

The Weekly Newsletter of Sydney Boys High School

From the Principal High Talent

Congratulations to Visual Arts students, Eric Wu (SHS-2021) and Matthew Awad (SHS-2021)



whose films have been shortlisted for this year's V-Fest 2021. Great news for water polo. Brian Ahn (9M) was selected in the NSW State team to compete in the National Championship in January. Well done Brian!

Staff changes

For 2022 Mr Ormsby will be taking over the role of Community Services Committee Coordinator. Ms Ibbott will consult with him as a Community Services Committee Adviser. The Transition of New Students coordinator for 2022 will be Ms Chan (HT Student Wellbeing). Mr Wiramihardja will take on the new role of Eastside Debating Coordinator.

Student Awards Scheme- Closed for 2021



Last points for the *Student Awards Scheme* for 2021 could be earned up to Tuesday 30 November. If you check your participation file and detect that something is missing, it is up to you notify the MIC in charge of the activity to have the text file of successful participants compiled and sent to Mr Dowdell. Awards have to be determined and medallions/ plaques

ordered before the end of the school year so that they will be ready in time for our awards assemblies early next year. We are on a tight schedule. Medallions must be tallied, ordered and names engraved on them. Workplaces start to wind down for the holidays from now on, so we need to be efficient with our process. The outcome is that all medallions and awards are ready in time for our Student Awards Assembly in week 4 next year. Don't miss out on getting all the points you should! It is very important that individual students go to the R drive to check up on their activities and points. If there are discrepancies, Mr Dowdell needs to know about them so he can contact MICs or program organisers, so everyone gets what they deserve. Remember, for this COVID year only, qualifying points have been reduced by 25% to compensate for the time out of school caused by the lockdown.

Mandatory Life Ready Course



The Department of Education has a mandatory course that must be completed by all students in stage 6. All Year 10 students must attend in order to save the 25-hours of instruction from interrupting our Year 11 programs, we have been running it in the last week of Year 10 for several years. Ms Chan, HT Wellbeing, designed a 3-day experience for our students. This year the program commences on 14 December with students attending a 2-hour 'Breaking the Man Code' workshop & a 'Resilience and Support Network - Smash the Stigma' workshop. The day will conclude with a Surry Hills Youth Officer talk on online behaviour. 15 December opens with 'Life choices By Young Men' with Brent Sanders, followed by 'Building motivation and resilience skills' from the Kidman Centre; and concluding with a 'Smiling Mind' Workshop. 16 December starts with 'Looking After Your Mates', a session by Tom Reynolds, followed by 'You choose -Youth Road Safety' hosted by Melissa McGuinness.

N O T S

G

The school incurs expenses in hiring professionals to deliver modules of the course, necessitating a charge of \$79 per student as a **co-payment**. We see the course as a valuable opportunity for teenagers to be exposed to the issues, privileges, and responsibilities of adulthood. Outside presenters deliver these learning experiences. They **cannot be repeated for absent students** next year. Any student who misses this course will have to work through **25 hours** of DOE materials in his own time. I am asking for the support of all Year 10 parents as we deliver this compulsory part of the curriculum.

Dr K A Jaggar Principal



Year 9 Students Senior Uniform

Purchase your senior uniform NOW to avoid long queues. Senior Tie.....\$31.50 Senior Trousers\$85 Short Sleeve White Shirt 14-22\$30, 24-28 \$32 Long Sleeve White Shirt 14-22\$32, 24-28 \$34 M Gentele High Store Manager





Canteen News

We would like to thank the school community for their patience and understanding when the Canteen was closed last week. We are very happy that it is open for business again and welcome back our dedicated volunteers.

The Canteen Committee's Annual General Meeting (AGM) was held on Wednesday 10 November 2021, and the following office bearers were nominated and elected for 2022:

President: vacant Vice-President: vacant Secretary: Lisa Fackender Treasurer: Annie Wang Volunteer Coordinators: Cecilia Chan and Heidi Yuen

We are seeking expressions of interest for the President and Vice-President positions. Everyone is welcome to join the Canteen Committee. It is a great way to learn new skills and contribute to the running of the school canteen. Training and support are provided, and it is possible to job share positions. Please send an email to <u>canteen@sbhs.nsw.edu.au</u> if you are interested in any of the positions.

Volunteers

Please remember to check-in using <u>both</u> Service NSW and Canteen QR Codes. The Service NSW check-in is required for COVID regulations, and the school is required to keep a record of all volunteers on site, therefore it is important that volunteers also check-in using the Canteen QR Code.

We would like to thank the following parents for volunteering in the Canteen from 3rd November:

3-Nov	Wee Lynn Teo, Wei Chen
4-Nov	Thomas Denigan
5-Nov	Wei Gao
8-Nov	Lisa Fackender, Cherry Guan
9-Nov	Arti Shah, Kannas Pang
10-Nov	Annie Yu, Dimi Barlas
11-Nov	Ishrat Haque, Yulin Cai
12-Nov	Lindy Masya, Nhung Nguyen
15-Nov	Hung Chan Phan
16-Nov	Taslima Chowdhury

- 17-Nov Chunmei (Juliet) Zhu, Qing Chen
- 18-Nov Rongmei Zhang, Sandra Jouravlev
- 19-Nov Meilan Gao
- 29-Nov Grace Guan, Mook Kooi Loo
- 30-Nov Selvy Wijaya, Yan Liu
- 1-Dec Wee Lynn Teo, Wei Chen



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. If you have an hour, or more, to spare on a regular or ad hoc basis, please contact us by any of the following means:

- fill out the Canteen Volunteer Registration form
- send an email to <u>canteen@sbhs.nsw.edu.au</u>
- call us on 9662-9350

It is a great opportunity to meet other parents, share stories and learn from each other. No prior experience is required as we will provide full training.

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

COVID-19 Information for Volunteers

High Canteen is following the NSW Health advice to ensure everyone stays safe. Under the NSW Public Health Orders, from 18th October, anyone (including volunteers) working on a NSW school site must be fully vaccinated to help protect the health and safety of staff and students. When attending a school site, you will need to show evidence of vaccination (immunisation history statement, or a COVID-19 digital certificate, or a medical contraindication certificate from a medical practitioner in a form approved by the Chief Medical Officer) to our Canteen Managers.

While in indoor settings in school, masks or face coverings are required for all volunteers.

It is essential you do not attend the canteen if you:

- have tested positive to COVID-19
- are a close contact of someone who has tested positive for COVID-19
- have been tested for COVID-19 and are awaiting test results

Please follow NSW Health guidelines on what you need to do before returning on site. Please inform the volunteer co-ordinator, before your scheduled shift, if you are unable to attend.

Final Note

I have had an incredible year serving the Canteen Committee. I would like to thank our amazing Canteen volunteers, dedicated Canteen Managers, Eirini and Karen, the Committee team, and Dr Jaggar for their support throughout 2021.

Tania Kirkland

Ex-President Canteen Committee



		Canteen Price	e List 20	21		
Breakfast		Lunch and Rece	ss Iten	Hot Food		
		*So you don't miss out on what	ou want for			
Cheese Toast	\$1.80	sure you ORDER it b		Chicken Fingers	\$2.00	
Cheese & Tomato Toast	\$2.00			Chicken & Corn Roll	\$2.00	
Cheese/spinach/tomato toast	\$2.20				Chicken Burger	\$4.50
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		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		Wraps	\$4.50		Steak & onion roll	\$4.00
Water - Pump	\$3.00		φ1.00		Sweet Chilli Chicken Sub/Wrap	\$4.50
cans - carbonated	\$2.50			Traveller Pies	\$4.20	
Berri Juice	-			Falafel Wrap	\$4.50	
	φ2.00	Salad Box (plain)	\$5.00			φ+.00
		Vietnamese Rolls	\$3.40			+
			ψ0τ0			+
					Miscellaneous	
					Tissues	\$0.60
					Spoons / Forks	\$0.05
					(supplied free with meal purchase)	ψ0.00
						+
Special Orders					Seasonal Foods	
# If you have specific dietary needs					**NB Not all food items are available	all the
favourite sandwich is not on the me you have to do is ask! We may be make it for you. Make sure you orde school.	enu - all able to	time. For example, home style lunch boxes pasta, rice, salads, soup etc are all seasonal				boxes - easonal.
				_		
		2021 PRI	<u>CE LIS</u>	Γ		
8.30 to	9.00 a	am *Breakfast is availa	ble * Tin	ne to pla	ce lunch orders	



NSW Health is offering school vaccination again as school-based learning returns

- Information for parents/guardians

NSW Health has been working with education authorities so that school vaccination can be offered as school-based learning returns.

Program background

In 2021 NSW Health is offering the following vaccines:

YEAR	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV)	2 doses at least 6 months apart
real /	Diphtheria, Tetanus and Pertussis (dTpa)	1 dose
Year 10	Meningococcal ACWY (MenACWY)	1 dose

While the school vaccination program has been disrupted due to remote learning in some areas, vaccination clinics are being rescheduled as students return to school.

COVID-19 safety measures

NSW Health has implemented additional measures based on expert clinical advice to reduce the likelihood of COVID-19 transmission in school clinics, including:

- nurses vaccinated against COVID-19
- health screening of nurses before clinics
- pre-vaccination screening of students
- physical distancing restrictions at the clinic entrance & observation area
- ensuring the number of students and nurses at the clinic does not exceed the maximum space allowed
- enhanced hand hygiene & environmental cleaning of all surfaces

What parents/guardians should do

There is no need for parents/guardians who have given consent for their child to receive vaccinations at school to take any action, except to:

- contact the school to withdraw consent for HPV, dTpa or MenACWY vaccination if any of these vaccines have been given at the GP
- ensure that students with influenza-like symptoms do not attend school and are tested as soon as possible (<u>www.nsw.gov.au/covid-19/symptoms-and-testing</u>)
- note that there is a minimum dosing interval of 7 days between any routine school vaccinations (HPV, dTpa and Meningococcal ACWY) and any dose of a COVID-19 vaccine

When students will be vaccinated

The second visit for the Year 7 vaccinations and Year 10 Meningococcal catch-up will be offered to consented students at Sydney Boys High School on the <u>7th of December 2021</u>, Tuesday.

More information

Information about school vaccination during COVID-19 is available at <u>www.health.nsw.gov.au/schoolvaccination</u>



Sydney High School Cadets Unit (SHSCU) Returns to In-Person Parade in Week 8, Term 4

Cadets are now back from the seemingly everlasting online learning during the four-month lockdown where we engaged in new aspects of being a cadet. One of these was being involved in First Aid practices for bites, stings and bleeding control to prevent further injury. Radio communications was an integral topic where we were taught codewords and how to utilise them swiftly to ensure easy communication through radio. We even had an enlightening session on how to tie knots in preparation for camping and pinning our hoochies down. Even though much of our initial new recruit exposure to cadet training was through the online participation during lockdown, we did not miss a step and immediately got back into the routine on the parade ground. We were Third Platoon as Cadet Recruits, and we took our place at the back of the parade ground.



For our first week back for face-to-face parades last Tuesday, LT(AAC) Ronald Luo commenced the briefing with announcements for the week and concluded with a presentation of promotions to the Cadets who had online attended courses during lockdown. Congratulations to Liam Fiene, Neil Ghosh, Dean Johnsun, Jordan Komenen, Melissa Liu, Kenton Liu, Tom McFarland and Haoran Zhang for their promotion to CDTCPL; Sophie Jin and Shaleeta Xia for their promotion to CDTSGT and Eileen Wong to CDTLCPL. Their promotions were well earned achievements and an inspiration to everyone in the unit. CDTCPL Ghosh and CUO Zhang provided training to new recruits and cadets on how to keep our uniforms clean, in preparation of getting our eagerly awaited uniforms. As a recruit, it was a moment of pride as we donned our uniforms for the first time and joined the legacy that is the SHS Cadets Unit. Aaron Chan (7R) CDTREC



Parents & Guardians of Cadets: Please download SZapp from the Apple App Store or Google Play and subscribe to 'CADETS.' SZapp installation guide can be found at the end of High Notes.



Music Storage Room

The Music Department will be clearing out the Music Storage Room from Friday 10 December.

Students who have instrument(s) in the music storage room are advised to take their instrument(s) home by Thursday 9 December.

Any instruments/accessories left in the music storage room will be disposed from Friday 10 December.

Term 4 Music Performance Program

ALL music ensembles are cancelled for the rest of this term. All music ensembles will re-commence in 2022 Term 1 Week 2.

Private Instrumental Lessons will be able to take place onsite again from Wednesday 1 December (before or after school only)

Please note re. Private Instrumental Lessons:

- Students/Parents/Guardians will need to speak with their instrumental tutor directly whether lessons will be online or onsite
- Students will need to bring their own instrument(s) / equipment / accessories (e.g. guitar picks / drum sticks / guitar leads etc.) items will NOT be loaned and/or supplied by the Music Department

- Students should NOT be participating in private instrumental lessons onsite if feeling unwell and/or showing symptoms (cough/shortness of breath/sore throat/fever/runny nose]
- Parents/Guardians will not be allowed on school site

Parent/Guardian/Student Communication

<u>Parents and Guardians</u>: 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.

<u>Students</u> 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: <u>music@sbhs.nsw.edu.au</u> Please note: Students will also be notified of any music related events during ensemble rehearsal



Bring Your Own Device 2022

PRODUCT OPTIONS

Our recommended devices are designed to simplify your choices and purchasing processes. A range of devices in a range form-factors are available. All meet the school's Device Specification. All have no moving parts to ensure reliability and all are backed by a multi-year warranty where the school will act as warranty agent on your behalf. Sydney Boys High School has partnered with JB Hi-Fi Education to make our recommended devices available:

Lenovo ThinkPad Yoga L13 \$1323

Multi-touch with full keyboard

Multi-touch with full keyboard

2256 x 1504 pixel screen

8GB RAM + 256GB Storage

- 1920 x 1080 pixel screen
- 8GB RAM + 256GB Storage

Microsoft Surface Laptop

\$1774

\$2054

\$1482

Conventional laptop form-factor

3 Year warranty, school-supported.

360 degree rotating hinge

Windows 10

Windows 10

3 Year warranty, school-supported

- **Microsoft Surface Pro**
- Multi-touch with keyboard cover
- 2736 x 1824 pixel screen
- 8GB RAM + 256GB Storage

•

- Detachable keyboard cover
- Windows 10
- 3 Year warranty, school-supported

Apple MacBook Air

- Laptop with Apple's M1 processor
- 2560 x 1600 pixel retina screen
- 8GB RAM + 256GB Storage
- macOS 11 'Big Sur'
 - 3 Year warranty available, school-supported (you must select the 3 year warranty to receive support from the school)

- HOW TO BUY
- Visit the JB purchasing portal at https://sbhs.co/bbuy
 - Log in with code **SBHS2022**



Nurturing scholar-sportsmen since 1883





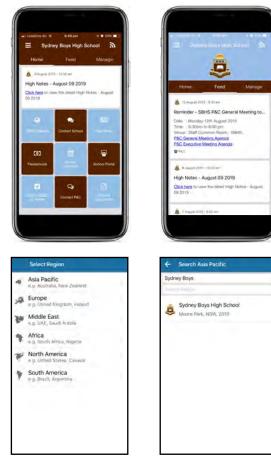




Stay up to date with **E SZ**app

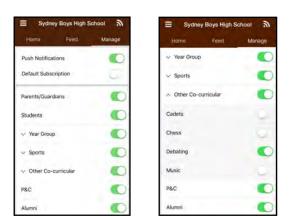
Download this App to be kept up to date with everything that is happening at **Sydney Boys High School**. It features School Calendar, School Newsletters, School Contacts, Documents, and Push Notification Alerts. Messages can be translated through the app into many different languages.

Installation Instructions



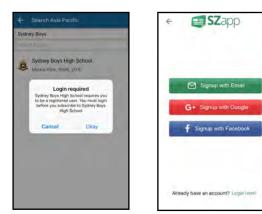
2. FIND OUR SCHOOL Select Region: Asia Pacific

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

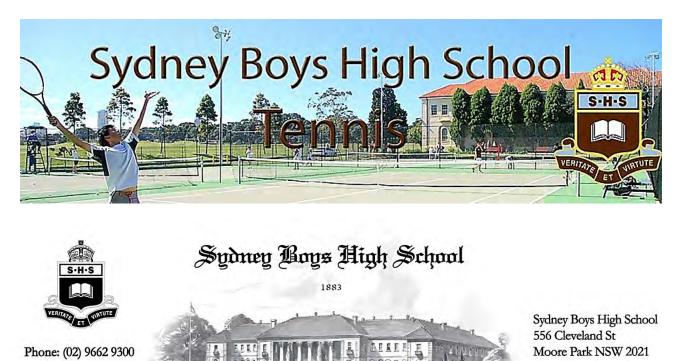
You will need to register a user with your email or sign in with Google or Facebook.

Notifications SZapp	(*)	APP NOTIFICATIONS	
Allow Notificitions	0	SZapp	
Allow Notifications	-	DN	
ALENTS .		App icon badges	
0.41		DATEGORNES.	
Lock Server Notification C	entre Bacrers	sz_notification	
Banner Style	(onterary)		
Sounds			
Badges			
CHINGNS-			
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



Fax: (02) 9662 9310

www.sydneyboyshigh.com

Dr K A Jaggar Principal

Dear Student & Parent/Guardian,

Donglas halt

The High Tennis program relies on fundraising to function at the High level it currently does. One of the most direct and easiest ways to fundraise is by attending parking duties. I am asking for volunteers both student and parent to attend 1 or more of the following parking duties:

The Sydney Bays High School

- Wednesday 29 December 4-6pm

All parking duties have an experienced paid attendant to assist you.

If you &/or your son can help, please email me <u>richk@sbhs.nsw.edu.au</u> by Friday 10 December Kurt Rich MIC Tennis



HIGH SAILING

The winds were yet again exceedingly high this saturday and as such, sailing was cancelled for the day. However, Thursday still allowed for valuable practice with favourable winds. We continued employing our fleet racing strategies, honing our skills on a simple two-lap upwind mark rounding.

We took advantage of the generally port-favouring gusts and improved our starts. Generally, we were able to be on the line, ready, within five seconds of the start. The upwind part of the course proved to be the most challenging, carefully selecting when and where to tack. Overall, our skills improved tenfold and term 1's racing will most likely see the juniors placing higher than previously. **Neil Ghosh**



Please ensure the Term 4 co-payments are made ASAP and contact me if you have any problems cottonm@sbhs.nsw.edu.au.

This weekend is the Xmas party so please send your son with a plate of something tasty or drinks for us all to share. Unfortunately, parents will not be able to join this year. (Fruits/Noodles/Sushi, healthy and filling if possible)

Sail Sydney is on the weekend of Wk10 9th-12th Dec

As members of the club any time we can spare to assist would be greatly appreciated. You can liaise with the club or through the AS website to find a time/day to help. See our own Yr11 Sam Ezra in action from last year.

https://youtu.be/sCU8JjWBq6E

Year 7 Chin Up Championship

This year's year 7 Chin up champion will be decided during Recess Monday on the 13th of December. All year 7 weights room members need to attend to compete &/or be in the year 7 weights room photo.



2022 Weights room prefect –Nelson Cheng, 2020 Winner Dylan Dutt



2021 Year 7 Weights Room Members

Kurt Rich Head Strength & Conditioning Coach



Basketball Report

This week HIGH faced off against The Kings School. It was a very good matchup for our last game of the term and all the HIGH teams played exceptionally well. We had many wins this week with the seconds grabbing the win and the firsts losing by just 1 point in overtime. It was unlucky for the firsts but here at HIGH we play with perseverance and will be sure to grab the dub next time. The 15A's and the 15's had a bunch of great games, beating kings confidently. The 3rd grade team also won by an incredible 59-29 win, which shows the effort to succeed despite it being the last game of the season.

TEAM	TERM 4 2020 (THIS WEEK)	1	SCORE	TOP SCORER/MVP
1 st	LOSS		98-99 (Over time)	B.MULHOLLAND 28, I.TAYLOR 27, R.MULHOLLAN D 10 REBS
2 nd	WIN		55-48	A.BHALERO 22, J.MULDER 16+ PRODUCTIVITY IN 17 MINS.
3rd	WIN		59-29	T.ZHANG 14
4th	LOSS		17-29	O.ZAPATA 7
5 th	WIN		28-15	J.SUNG 12
6TH	LOSS		14-31	M.SUI 9
7 ™	WIN		33-20	M.ADEL 10
8 TH	WIN		25-10	TEAM EFFORT
9 TH	LOSS		20-21	TEAM EFFORT
10 [™]	WIN		26-15	TEAM EFFORT
16A	LOSS		34-36	R.CHAE 8
16B	LOSS		31-39	A.LEE 9
16C	LOSS		38-30	TEAM EFFORT
16D	LOSS		23-24	A.WANG 10
16E	RAIN			
16F	RAIN			
15A	WIN		29-23	A.KWOK 13
15B	LOSS		34-9	TEAM EFFORT
15C	LOSS		8-31	A.CHI 5
15D	LOSS		12-21	TEAM EFFORT

15E	WIN	7-18	G.WANG 5
15F	WIN	25-20	L.LEUNG 10
14A	LOSS	26-37	M.LAU 14
14B	LOSS	31-35	J.YE 15
14C	RAIN		
14D	RAIN		
14E	RAIN		
14F	RAIN		

Mr Hayman's team of the week was the HIGH seconds. Mr Hayman praised the seconds for how well they played and stood their ground against Kings, despite the seconds being made of primarily year 9's and 10's. So far the seconds have been playing quite well and if they keep working, hard, smart and together with the coaches, no doubt Mr Hayman is right, they are bound to succeed at the highest levels of the GPS.

Remember everyone at HIGH to play smart, play hard and play together next season. This gap in the season is the best time to work on your skills and better yourself as a player. Keep grinding during this break and let's get some buckets together next year! **Mr B.Hayman**

MIC Basketball



VINTAGE PHOTO OF THE WEEK: Mr Hayman's 2003-4 First grade team that defeated Grammar for the first time in many years. The team features many Old boys who are still active in the Old Boys games, donations and Basketball committee roles



NBA Latest

Last Wednesday night (Australian time) Brooklyn was at home against New York. We would call it a 'Derby', but they called it a tough one with the Nets just pulling out a 112 – 110 win. KD, and James Harden combine for 61.

With the Nets missing Kyrie Irving, Blake Griffin and Joe Harris due to injuries, that has certainly put pressure on the rest of the team to perform. Paddy Mills #8 Brooklyn Nets did what he could to keep his team in front on the board with some lively play. That make the Nets 13 wins out of their last 16 games. Harden is my MVP with 34. Ed

Go HIGH! Play Hard, Play Smart and Play Together! Thanks to everyone who makes Shootin' Hoops possible Brought to you Xavier Perry and Lucas Adamson.



Home South Coast Summer



<u>Summer Surf Camp</u>

Pittwater Paddle



Now more than ever teenagers need community, connection, opportunities to get outside and to have fun!

2021 has been a year of unexpected lockdowns, home learning and 24/7 screen time. Teenagers need a break (and so do parents!).

Growing Wild Outdoors has a lineup of cracker trips for teenagers these summer holidays. Our trips are holistic outdoor experiences that connect teenagers back to themselves, community, and the natural world.

Sign up with a friend or come alone! We design our trips so that every teenager can feel part of a community and successful at Growing Wild Outdoors.

SUMMER HOLIDAY 2021/22 TRIPS



SOUTH COAST SUMMER

Take five blissful days to disconnect from life in the city and reconnect to the natural world and a new community in the Mollymook Beach area.

Details: Dates: 12-16 December, 2021

- Length: 5 days, 4 nights
- Year group: Year 10 + 11 (in 2022)
- Activities: Snorkelling, stand up paddleboarding, kayaking, camping, bushwalking, meditation, yoga

I WANT TO KNOW MORE

SUMMER SURF CAMP

Soak up the sun, sand and surf over four days in Gerroa at Seven Mile Beach National Park!

Details:

- Dates:
 - 1. 20-23 December, 2021
 - 2.9-12 January, 2022
- Length: 4 days, 3 nights
- Year group:
 - 1. Year 10 + 11 (in 2022)
 - 2. Year 9 + 10 (in 2022)
- Activities: Surfing, camping, bushwalking, meditation, yoga



I WANT TO KNOW MORE



PITTWATER PADDLE

Spend four magical days exploring the diverse beaches and bushland of Sydney's Pittwater.

Details

- Dates: 17-20 January, 2022
- Length: 4 days, 3 nights
- Year group: Year 8 + 9 (in 2022)
- Activities: Snorkelling, stand up paddleboarding, kayaking, camping, bushwalking, meditation, yoga

I WANT TO KNOW MORE

If you know someone with a teenager who might be interested in our summer holiday trips, please forward this on to them!

We can't wait to welcome you into the Growing Wild Outdoors family!

EXPLORE THE WEBSITE

VISIT WEBSITE

Our founder and director, Airlie Murray, can always be reached with questions at:

airlie@growingwildoutdoors.com.au +<u>61 455 227 786</u>

Get back out and about and SAVE!

Plus, buy an Entertainment Membership today and get a BONUS \$40 or \$20 eGift Card!*



AND go into the draw to WIN a year's worth of groceries valued at \$10,000!^

SUPPORT US & BUY NOW





The savvy way to give!

Buy today and **20% of the purchase** goes directly to our fundraising cause.

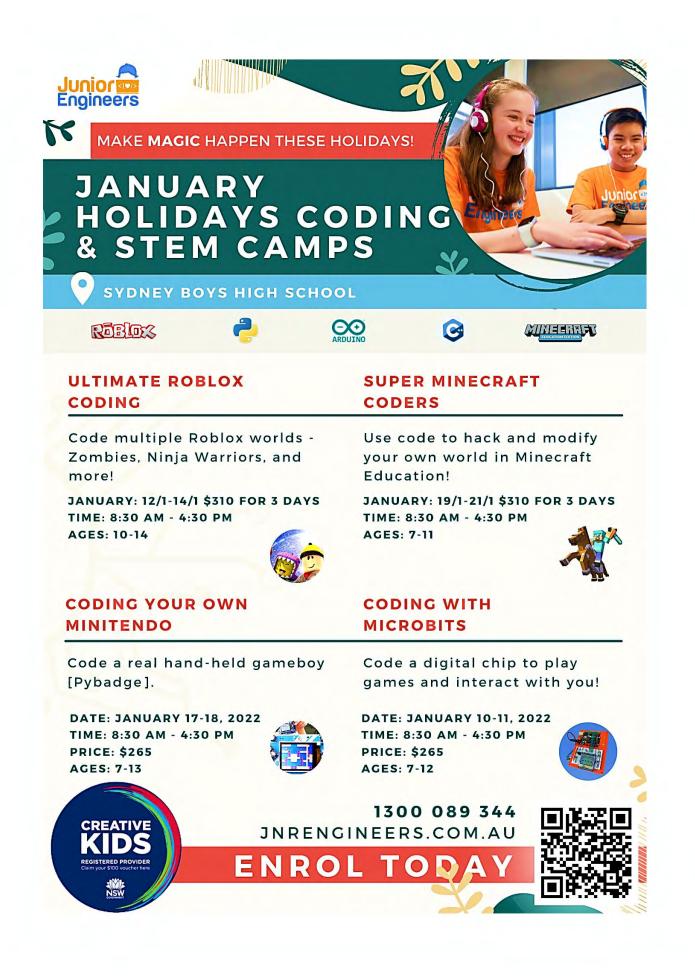
SUPPORT US & BUY NOW

The savvy way to save!

Buy today and start saving with your new Membership

SUPPORT US & BUY NOW





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

December 2021

03-12-2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 A	6 Drama performance, Lunch 1+2 Year 8 meeting, 09:55-10:20, amphitheatre Peer support leader training, JLB, P2-4 Individual photos, years 7-11, Melba studios, The Great Hall	7	8 Year 9 meeting, 09:55-10:20, amphitheatre	9 Rowing, CHS trials, Year 10 VIIIs Year 10 meeting, 09:55-10:20, amphitheatre	10 Stewart House Mufti Day Extension 2 HSC Task: Viva Voce, pl Year 7 meeting, P3, amphitheatre Year 11 meeting, 10:15-10:40, The Great Hall Room Booking: The Great Hall, Music with a purpose, 15:30-17:00	11 Rowing: Training Room Booking: classrooms Room Booking: The Great Hall, Music with a purpose, 11:00-19:00 Cadets: 23rd End of Year Ceremonial Parade held, 11:00-19:00 Parking: Sixers v Hurricanes, 18:35	12 Room Booking: classrooms
11 B	13 MIC XMAS lunch Rowing: Senior A CHS selections	14 Life Ready, Year 10, The Great Hall, GC Years 7 vaccinations (visit 2) and Year 10 Meningococcal catch up, room 801, 09:00-13:00	15 Life Ready, Year 10, The Great Hall, GC	16 Life Ready, Year 10, The Great Hall, GC Year 12 Assembly, 12:30, The Great Hall Last day of Term 4 for students (Years 7-11)	17 Staff Development Day LAST DAY OF TERM 4 (Staff)	18 Room Booking: 17:00-23:59, The Great Hall, classrooms+parking	19