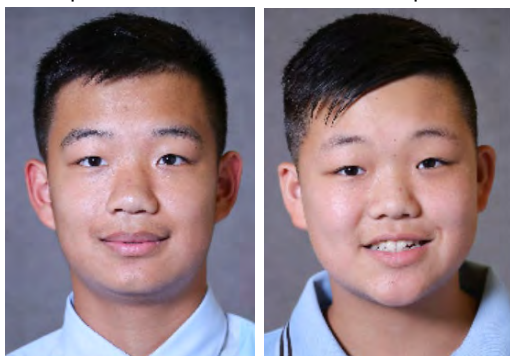




From the Principal

High Talent

In the recent 2021-22 VEX Robotics Australian National Championship in Adelaide, High students performed very well. The event is organised by The REC (Robotics Education & Competition). Every year more than 1 million students, from over 24,000 teams across more than sixty countries, participate. The REC Foundation's mission in organising VEX competitions is to increase student interest and involvement in Science, Technology, Engineering and Mathematics (STEM) by engaging students in hands-on, affordable, and sustainable robotics engineering programs. Ethan Li (10F) and Joshua Li (8S) team 58A were named the Teamwork Challenge National Champion and also Robot Skill Champions for



the VEX Robotics middle school division. Ethan Hu (7R) in team 878A was the Teamwork Challenge National Champion for the VEX IQ elementary school division. Great job, boys! Congratulations to Matthew Awad (SHS-2021) who was awarded a UNSW Co-op scholarship in computer Science.

Our Agreed School Values

Our agreed school values begin with **RESPECT**. If we believe in showing respect,

we will act in a thoughtful manner around others, being sensitive to their rights as persons. We will consider and reflect upon how our words and actions impact ourselves, others



around us and our environment. We will listen and hear others. If we hold the value of **COMPASSION**, we will know that we exist in a community of others. We will strive to create an inclusive community where everyone feels they belong. Our words and actions will demonstrate an understanding of diversity. We will show empathy by sensing how others may feel in certain circumstances and contexts, and by showing our support for them at all times. We will treat them as we would be treated. If we believe in behaving with **INTEGRITY**, we will be open and honest in all situations. We will show our moral strength by taking ownership of all of our actions, recognising their consequences. We will seek truth and act truthfully, modelling its value. We will walk our talk. We will take responsibility for our words and actions. Given the very high expectations that we have for ourselves, and our families have for us, we will show our **DEDICATION** to all our tasks. We undertake to perform to the best of our ability. We will fulfil commitments we make to ourselves and to others. We believe that we will have to be determined, resilient and versatile if we are to embrace our challenges and succeed in them to our own satisfaction. We will develop grit and perseverance, particularly when doing the hard things.

These agreed values were seen as the most important among many possible drivers of collective endeavours. Students, staff, parents and Old Boys would like to see these values define our learning community. We are jointly and severally accountable for making them a shared reality and not a collective dream. These value statements will become benchmarks against which we will assess our progress towards becoming the fully formed learning community to which we aspire. The values are both worthy and demanding for students and staff alike. For the life of our *Strategic Improvement Plan 2022-2025*, we must keep these agreed values at the forefront of our discourse about our school, be it positive or negative. These values must drive our actions on behalf of the school. We will strive to celebrate our successes and make good our shortcomings. Most importantly, the possibility of improvement has to be a shared belief and pursuing excellence a collective goal.

National Day of Action Against Bullying and Violence



Friday 18 March is the nominated National Day of Action Against Bullying and Violence. The initiative has been operating for 12 years trying to bring schools and communities together to find workable solutions to prevent bullying and lessen acts of violence. The aim is to build a *Kindness Culture*, promoting respect and community belonging in Australian schools. Together with the Department of Education's *Inclusive, Engaging and Respectful Schools* package and *Be Kind Online*, it is hoped that the concerted strategy will modify school cultures towards greater awareness of the impacts of bullying, exclusion and violence and develop a stronger collective will to employ processes and procedures to address them.

Head of the River Assembly



My address to the Rowing Assembly is reprinted below: 'Rowers of Head of the River crews, parents, students, teachers, welcome to our 2022 rowing assembly. We congregate again on the Friday before the Head of the River to honour and congratulate our crews as they prepare to lay their bodies on the line and push themselves to exhaustion in pursuit of a PB at the Head of the River regatta. As if COVID restrictions were not enough to derail our training program, floods in the Sydney basin have taken out the traditional venue at the Sydney International Rowing Centre. Luckily, our boys had a good antediluvian hit out at Grafton at the CHS championships. Despite all the interruptions our crews have worked hard to prepare themselves for this biggest regatta of the year.

Competitive sport is a lot about stress management -the environment, the crowd, the anticipation, the nervous wait to compete. Hungarian ex-patriot academic Hans Selye (1907-1982) first focussed the medical world's attention on the biological effects of stress. Stress is 'the nonspecific response of the body to any demand'. Selye's Syndrome recognises three phases in our reaction to stress - the alarm reaction; the stage of resistance and the stage of exhaustion. At first, we take stock and prepare for effects of stress. We can then cope with stress for a certain, individually determined amount of time, but thereafter, the exhaustion response takes over. Stress before the start of the Head of the River event can have a debilitating effect on performance by the 1500 mark of the course. I hope our crews manage their personal stress levels well on Saturday.

I would like again to acknowledge and congratulate George Barris (SHS-2001) for his high standard of work as MIC of Rowing and Coaching Coordinator. The program this year received a boost when the second pontoon was finally installed, doubling crew access time on some training days and supporting a broader sculling participation. Thank you to Old Boy John Croll (SHS-1981) who returned to High to help George Barris coach the first VIII. Thank you to Tim Trent (SHS-2018) in his second year as 2nd VIII coach. Daniel Xu (SHS-2016) has guided the fours program. Thank you to Steve Conninos (SHS-2013), Alvis Leung (SHS-2017) and Antoine Nguyen (SHS-2021) for their work with the Year 10 VIIIs.

Our Year 9 quads were coached by Gordon Su (SHS-2018), Lenny Han (SHS-2018) and Ryan Zhang (SHS-2018). Year 8 coaches were headed up by long-serving Marguerite Pain, with Jordan Whittaker (SHS-2020), James Appleton (SHS-2019) and Jack Ralph (SHS-2018). Marguerite is also coordinating our Year 7 introduction to rowing this year, with the help of Gilbert Win (SHS-2021), Kevin Chen (SHS-2021), Adrian Wong (SHS-2021) and Robert Yuan (SHS-2016). Thanks go to you all. I want to thank the staff who assist George to run the program – Mark Gainford, Joanna Chan and Vivian Paul. Thank you to our trailer drivers Terry Fong and Vivian Paul.

Thank you again to the Rowing Committee, particularly the President Les Chang, for his tremendous amount of work on behalf of rowing and the Outterside Centre this year. Our thanks go also to Secretary (Emma Britton), Parking Coordinator (Fred Shao), Camp Coordinator (Carmen Lam) and Communications Coordinator (Binh Johnsun).

Thirty years ago, the 1992 first VIII crew was labelled, the 'Golden Eight' because it was the first crew in 34 years to win the Riverview Gold Cup. Coached by Stuart Derwin, the lightweight crew trained hard, with an emphasis on many kilometres of sculling. After finishing a disappointing 6th in the Head of the River, the stroke, Darren Coleman wrote 'nobody knows the pain of a rower except another rower.' He concluded that 'rowing plays a major role in developing the lives of those it affects.' Shared goals, shared striving, shared success and disappointment – rowing is the ultimate communal sport. It builds character, resilience, dedication, commitment, self-sacrifice. Head of the River rowers join the fraternity of sufferers who found out how hard they could push themselves to extend their personal limits.

This year is like no other for rowing. The AAGPS has had to move out of SIRC and onto the Parramatta River course at Iron Cove. It is a very difficult area for spectators and so we are not sending many to the regatta. Importantly, the course has to be shortened due to issues around the two sets of pylons since the bridge duplication a few years ago. Consequently, crews have to alter their routines and race strategies. The skill of coxswains will be critical to navigating a straight course to the finish.

I want to congratulate all the boys who have been selected to compete for High. They have chosen to do what Angela Duckworth describes as their 'hard thing'. They test their grit every week and learn how to be grittier. The purpose of team sports at school is to build character in participants. The dispositions acquired through sports can be held for life. It is all about the process. Outcomes are limited or assisted by natural

attributes. Everyone can possess great resolve. 'Always bear in mind that your own resolution to succeed is more important than any other' as Abraham Lincoln observed. Success is achieved through courage, realistic goal setting and ferocious focus. The primary goal is to be on the list of 42 High crews who, since 1999 have rowed under the winner's time + 9.99%. Even better, aspire to be among the 28 crews between 5.1% and 7.5%. The ultimate goal would be to be alongside the four crews who have rowed the winner's time + <5%. Whatever the outcome, enjoy the experience and remember its uniqueness. It is your day! Good luck to you all!

Dr K A Jaggard
Principal

Meet The Prefect



What is your favourite thing about Rowing at High?

As your eight glides over the water, smoothly accelerating with every stroke, the sensation of speed is pure unrivalled joy. But rowing training consists of much more than just calm early morning rows, and the fun of rowing comes from much more than just the sensation of speed. The camaraderie of the senior squad is what I love about rowing. The knowledge that everyone is putting in the same effort and experiencing the same pain and joy creates an atmosphere unique to rowing. And I know that I'm not the only rower that loves this as, despite the almost psychotic amount of training, rowers come back session after session, season after season.

What advice would you give to someone in Year 8?

Take a minute to reflect on everything you've done over the past year. How much have you changed from Year 6? Have you used the opportunities that High has to offer? If you haven't, you still have five years to change that. It's not too late to start playing an instrument, change sports, join the gym - the year that your peers may have on you will mean nothing in Year 12. The best time to join the weights room was at the start of Year 7; the next best time is now. Your attitude in junior years will shape your later years at High. Any opportunities you take now will grow and pay dividends later.

How has High made you a better person?

Competition defines High: academic rankings, GPS scoring, debating - almost all aspects of High are competitive in some way or another, with each boy pushing themselves to perform to their utmost potential. But there are 180 people in a cohort - not everyone can be first. Life at High has taught me to be resilient and proud of what I have achieved, even if others have achieved more. If you gave it your all, be satisfied with yourself, regardless of whether you came first or one hundredth. Everyone has their strengths and weaknesses, but if you push yourself with every opportunity you get, you will always improve.

Klim Tsoutsman

Prefect of Rowing, Cross Country, and the Weights Room



Duke of Edinburgh Program

There will be a Duke of Edinburgh Information session for all students over 14 years old and their parents via Zoom on Monday 21 March at 5:30 - 6:30 pm.

The link for the meeting - <https://sbhs.co/duke22>

Miss Joanna Chan (Duke of Ed Program Coordinator)

Mr Andrew Fuller (Duke of Ed Camp Coordinator)





THE SYDNEY HIGH
2022

JUDY CASSAB
PRIZE

FOR PAINTING
AND DRAWING

THEME WHAT MATTERS

Students from Sydney Girls and Sydney Boys
are eligible to enter **one drawing or painting**
for consideration in the Judy Cassab Art Prize.

The winner will be announced at the
Illuminate Festival opening night on 29 August
at the Governors Centre.

One prize of two thousand dollars will be
awarded to the successful entrant.

Entry details will be made available in Term 2

Conditions:

Only one artwork per entrant

Size should not exceed one metre square

No HSC artworks

The shortlist process and judging is final.

Works must be collected on Friday 2 September
from the Governors Centre.

Cassab 06

English Assessments and Feedback

As we approach the first period of assessment submissions across the school for the year, I thought I'd offer some information to parents on how students can best engage with the feedback and improvement cycles in English.

Each English class has a class assessment that focuses on specific knowledge and skills that students will need for their upcoming year-wide exams. Teachers work closely with students, explaining what is required for these assessments and offering ongoing in-class feedback before the submission date. Once the class task is submitted, teachers read these and offer detailed feedback to individual students. This targeted feedback is designed to help students with identifying areas for improvement in the upcoming exams.

It is important for families to understand that the most effective way for students to prepare for exams is to engage meaningfully with this individual feedback provided from class assessments. Use the feedback as a scaffold for study to ensure students spend time on targeted, personalised improvement rather than unfocused reading or rewriting activities.

Exams are then marked and returned to the year group with a cohort-wide feedback sheet. The aim of this feedback sheet is aligned with best practice purposes – to scaffold and elicit an active response from students regarding marking rubrics, feedback and the position of their own work. Empowering students with academic self-efficacy is a key focus in English.

In a chapter from *The Cambridge handbook of instructional feedback* (2018) Jonsson & Pandero report "...less specific and individualized [sic] feedback that forces students to actively engage with the information may actually be more productive for student learning".

The process for exam feedback in English is:

- students go through the cohort feedback as a class
- the teacher hands back individual student papers without a mark on the page
- students then read through their own work and respond to a reflection quiz on Canvas
 - The quiz requires students to answer direct questions that identify deficits that were common across the year, and to understand how their response/s fit in terms of exemplar work

It is only after this engagement with feedback and application of it to their own work that students receive their exam mark. By this stage students should be capable of identifying their weaknesses, articulating their

strengths and understanding where there may have been misinterpretations.

The key first step in this process is ensuring students have meaningfully engaged with the feedback from their first, class-based, assessment submission. Since these will be submitted soon, please keep an eye out for teacher feedback by the end of the term. I'll post another reminder at the end of Term 1 about helping your son to engage with feedback for study purposes as we move into Term 2 exams.

Cassandra Pride
English Head Teacher

Routine School Vaccination being offered in 2022

NSW Health is working with schools to offer the following routine vaccines to Year 7 and Year 10 students in 2022 to protect them from preventable diseases:

YEAR	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV)	2 doses at least 6 months apart Wednesday, 23 March 2022, room 801 Friday, 4 November 2022, Room 801
	Diphtheria, Tetanus and Whooping Cough (dTpa)	1 dose Wednesday, 23 March 2022, room 801
Year 10	Meningococcal ACWY (MenACWY)	1 dose Thursday, 23 June 2022, Great Hall

NSW Health will also be offering catch-up vaccination during 2022 to students who missed HPV, dTpa or MenACWY vaccinations in 2020 and 2021. Where this is not possible, parents/guardians will be contacted and recommended to access free catch-up vaccine for their child at their local GP.

Please note that any vaccine offered to students at school requires the signed consent of parents/guardians.

More information about the NSW School Vaccination Program is available at

www.health.nsw.gov.au/schoolvaccination

Miss J Chan
Head Teacher Student Wellbeing



Clean-Up Australia Day

Immense High spirit was demonstrated on Friday 11th of March 2022 when 56 students from Year 7-12 participated in the Community Services Committee Clean-Up Australia Day effort at Centennial Park. Led by co-ordinator Mr. Ormsby and teachers Ms. Chan and Mr. Cotton, the event spanned for 2 hours with the boys' efforts receiving appreciation from by-passers at the park. The collection of rubbish – minor and large – all positively impact the environment. The record attendance, considering the 6:45 a.m. start, was a testament to the students' tenacious dedication to both school and community.

Special thanks to Mr. Ormsby, Mr. Cotton, and Ms. Chan for their supervision and support, as well as CSC chairman Rachit Saini for his extensive organisation of the day.

Written on behalf of the CSC Executive by Landrie Zuo (11F).



Meet the Teacher (Mr Matto)

For our next instalment of Meet the Teacher, we will meet Mr Matto!



Describe a little bit about yourself and your role at this school.

I have had the utmost delight of teaching science at Sydney Boys since 2020. I am a junior science and senior chemistry teacher, with a major in Chemistry and Biochemistry. I help organise and run senior chemistry study sessions during Tuesday Lunchtimes to help out students with Chemistry.

Why do you teach science and what do you enjoy about it?

I decided to teach science as I enjoy learning about and understanding the world around me works and thoroughly have joy in teaching others about the wonders of science. I especially enjoy chemistry as it allows me to manipulate matter and explore the matter our world is built with more thoroughly.

What do you find unique about teaching at SBHS?

In my years of teaching at Sydney Boys, I have discovered that students who attend High are very curious and eager to learn which challenges me with my teaching and encourages me to see and think through a unique perspective, allowing me to improve and widen my understanding.

What is a fun fact about yourself?

I once appeared on a Japanese TV Show in a morning interview asking tourists what they enjoyed about Japan.

We'll get to learn more about the teachers around the school in the next issue of High Notes!
SRC



Canteen Report – 16 March 2022.

Canteen Lunch Orders

Thank you to the boys who show their student ID cards when collecting their lunch orders. This makes it easier for our canteen staff and volunteers to serve your lunch quickly.

To ensure you don't miss out on your favourite foods, remember to put in a lunch order. You can do this between 8:30 am and 9:00 am in person at the Canteen or anytime online via the flexischools app or at flexischools.com.au

Committee News

We want to welcome Charmaine Francis to the canteen committee. Thank you for sharing your time and expertise with the school. We truly appreciate it. Charmaine will work alongside Janet Yan as the Committee Treasurers.

Thank you to Heidi Yuen, who stepped down from the Canteen Committee. We are grateful for Heidi's assistance in recruiting and supporting volunteers. Heidi was always available to help where needed. We look forward to still seeing her in the Canteen for her regular shifts.

We are seeking expressions of interest for the President and Vice-President positions for 2022. Please email canteen@sbhs.nsw.edu.au if you are interested.



Thank you

Thank you to our amazing volunteers who are the backbone of the Canteen. With their support, we can provide fresh food produced daily on the premises, decrease the amount of processed foods served, and keep costs low.

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

A special thank you to Hang Nguyen, who donated the ingredients and made Banh Mi and sticky rice for the students. They were a great success!!

Finally, thank you to the following people who have volunteered in the Canteen over the past few weeks.

28 February - Carol Han, Yan Liu, Haiqing Liu, Belinda Whitfield

1 March - Yili Zhang, Hanh Nguyen, Cecilia Chan

2 March - Becky Zhou, Cecilia Chan

3 March - Delia Leung, Qihua Xu, Rosaline Perry

4 March - Koungeare Sung, Renee Levitt

7 March - Catherine Fung, Anita Kwok, Razni Nazar

8 March - Hui Zhang, Leanne Ly, Kannas Pang

9 March - Na Li, Cecilia Chan, Liming Wang

10 March - Mook Kooi Loo, Delia Leung, Cynthia Leung

11 March - Sureka Thiagalingam, Fiona Yang

14 March - Jessica Tam, Grace Wenying Guan, Lisa Fackender, Kerrie Lane

15 March - Angela Soo, Taslima Chowdhury

16 March - Emily Kuo, Juliet Zhu, Qing Chen



Please consider joining our team. We require 3 – 4 volunteers each day to ensure the canteen functions smoothly. We are incredibly flexible and will gratefully accept any time you can donate to the Canteen and the students. If you have time to spare on a regular or ad hoc basis, please get in touch with us by any of the following means:

- fill out the [Canteen Volunteer Registration](#) form
- send an email to canteen@sbhs.nsw.edu.au
- 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.

Lisa Fackender

On behalf of the Canteen Committee

CAREERS OPPORTUNITIES at SBHS

The first of our weekly guest speakers program took place this Monday, representing Business Cadetships and Scholarships. We had over 50 yr 12's present.

I thought I'd share what leading corporations are looking for when they interview..... it may surprise a few.....

We are looking for

- ✓ consistent academic achievement and effort at school
- ✓ transferable skills
- ✓ leadership potential
- ✓ team involvement at school and/or in the community
- ✓ work experience (paid or unpaid)
- ✓ personal motivation
- ✓ an ATAR of 86.25+ or an IB score of 31+


For all Careers Info Students can see their dedicated Canvas Careers Page which is updated with everything they need to know. Especially important is that they read the notifications.

Below is the current list of speakers which we will add to.

▼ Guest Speakers

Cadetship Opportunities -(Business/Computer Sc./IT 14th March Lunch Senior Library

UNSW INFO DAY- 22nd March Lunch Senior Library

 25 March- Medicine Graduate and SBHS Old Boy Guest Speaker

USYD Monday 2nd of May Lunch Senior Library

UNSW CO-OP Monday 16th May Lunch Senior Library

UTS speakers on 23 May Lunch Senior Library



For all Careers Info Students can see their dedicated Canvas Careers Page which is updated with everything they need to know.

Music NOTES

Music Performance Program CANVAS page STUDENTS (only) – If you are in the Music Performance Program (i.e. music ensembles) and have not yet received a Music Performance Program Canvas invitation, please email the following details to music@sbhs.nsw.edu.au

*Subject Line: MPP Canvas

*Student Full Name

*Student Year

*Student Number

Music Storage Room

A reminder to all students:

*The music storage room is ONLY for instrument(s)

*Do not block the pathway when leaving instrument(s) in the Music Storage Room.

*Please make sure to place your instrument(s) neatly in the appropriate instrumental bay(s).

*Please ensure students have a clear name tag with their name/year on their instrument case.

*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.

Marching Band

Students in concert and/or stage bands playing a woodwind or brass instrument must be attending Marching Band rehearsals on Tuesday (after school) and Friday (before school).

Please note:

*Rehearsals only run in Terms 1 & 4 only – Please refer to the music ensemble schedule

*Students who cannot attend both rehearsals due to a clash in school co-curricular and/or sports training must attend at least one of the two rehearsals each week.

*Piano or Guitar students do not need to attend

*Selected percussion/drum students will need to attend rehearsals.

*Wet Weather Rehearsal – please go to Room 102

IMPORTANT – Covid Requirements

*Students who do not feel well should NOT be at school and therefore should not be attending ensemble rehearsals and/or private instrumental lessons.

*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

*Masks must be worn indoors, however, removal of masks will be permitted for the playing of woodwind and brass instruments but must be worn immediately before and after playing.

*Parents and Guardians are not to be onsite before/during/after ensemble rehearsals and/or private instrumental lessons.

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.



2022 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 <i>Term 1 & 2 only</i>	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 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 (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

2022 Term 1 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week 7A	Friday 18 th March	Head of the River Assembly, 10.15am Great Hall	Elective Music Students TBC
Week 10	Friday 8 th April	Anzac Day Service, 10.55am	Trumpet Student TBC

2022 Term 2 Music Events Calendar

WEEK	DATE	EVENT	MUSIC STUDENTS INVOLVED
Week 5C	Thursday 26 th May	Leadership Assembly, 9.55am Great Hall	Elective Music Students TBC
Week 5C	Friday 27 th May	Winder Sports Assembly, 10.15am Great Hall	Elective Music Students TBC
Week 8C – 9A	Sunday 19 th June – Tuesday 21 st June	Music Ensembles Workshop Times & Venues TBC	All Music Ensembles TBC
Week 9A	Tuesday 21 st June	Semester 1 Music Concert, 6.30pm – 8.00pm Great Hall	All Music Ensembles
Week 10B	Thursday 30 th June	NAIDOC Assembly, 9.55am Great Hall	Elective Music Students TBC

Music Events are continually added and/or are subject to change

SHOOTIN' 288 HOOPS

What a strong finish to the season for HIGH. The Firsts had an incredible game at home against Kings, winning 77-71, displaying their fantastic teamwork in front of many spectators, and setting a memorable inspiration. Well done Isaac Ayoubi, who scored 27 points for the Firsts. Third, Fourth and Fifth Grades also had wins. However, even with win or not, well done to everyone in HIGH basketball for their enduring efforts this season, returning from lockdown. A huge thank you to coaches and parents from everyone for helping HIGH players all the way. A huge thank you to Mr Hayman for organising another great season. What also made this season so great were our players. They would go on court, play hard, work together and play smart. They dedicated their time to the game, for the sake of basketball. From gaining a basketball IQ to working on skills, every player learnt something, contributing to the unique basketball community at HIGH. So, keep on going, even in the off-season. Learn something new about basketball, gain IQ, work on skills. And, not just for the next season, but for the love of basketball - that's how we had a great season and that's how we will into the future. At High We LOVE Basketball!!! And, a very warm welcome to new enrolments and Year 7s, all who have contributed to the basketball community at HIGH. Go HIGH!!!!

TEAM	TERM 1 2022 (THIS WEEK)	SCORE	TOP SCORER MVP
1 st	WIN	77-71	I.AYOUBI 27
2 nd	LOSS	64-40	A.BHALERO 10
3 rd	WIN	41-31	A.CHEN 13
4 th	WIN	32-31	O.ZAPATA 9 AND GAME WINNERS
5 th	WIN	47-30	J.LUO 10
6 TH	LOSS	25-36	A.YANG 12
7 TH	WIN	41-15	TEAM EFFORT

8 TH	WIN	49-9	N.LEE 14
9 TH	WIN	32-12	TEAM EFFORT
10 TH	WIN	33-22	TEAM EFFORT
16A	LOSS	49-45	R.CHAE 12
16B	LOSS	39-45	J.LI 12
16C	LOSS	35-49	S.SAINI 10
16D	LOSS	30-50	G.LIU 9
16E	WIN	34-23	TEAM EFFORT
16F	WIN	32-25	J.CHEN 10
15A	LOSS	49-51	A.KWOK 16
15B	LOSS	23-50	J.HONG, D.WU 6
15C	WIN	26-20	Z.HAMMAD 9
15D	LOSS	27-35	J.ZHANG 6
15E	WIN	30-20	TEAM EFFORT
15F	LOSS	30-37	S.GAO 10
14A	LOSS	61-13	S. MA 8
14B	LOSS	64-22	A.NANDASHOS OR 8
14C	LOSS	15-38	H.TAI WU 6
14D	LOSS	23-31	Z.QIN 11
14E	LOSS	8-32	TEAM EFFORT
14F	LOSS	15-26	A.KARMAKER 8
13A	WIN	22-11	L.HANG 8

NBA NEWS

In this week, LeBron James became the first player ever to record 10K/10K/10K, passing that number with an assist to Carmelo Anthony against the Phoenix Suns on Sunday. He also has another 20,000 points to his name, so his stats are 30K/10K/10K. The Phoenix Suns remain on top of the Western Conference, though, with the Memphis Grizzlies now in 2nd, just ahead of the Golden State Warriors. In the Eastern Conference, we are still waiting for Ben Simmons' debut with the Brooklyn Nets, but he has not yet recovered from injury. The Nets remain in 8th in the Eastern Conference, with Miami Heat in the lead and the 76ers and Bucks neck and neck for 2nd.

Melbourne sits at the top of the NBL ladder, with the Perth Wildcats in 2nd, fresh from a nail-biting 104-102 overtime win against the New Zealand Breakers on Monday. Sydney and South East Melbourne round out the top 4.

4TH GRADE REPORT:

You always want to make your last game for the season memorable.

Our 4th grade basketball team had been having a somewhat underwhelming season up to that point, so it was a given we came out hungry to play Kings. We'd matched up with them before and suffered a loss, but we

knew victory was within reach. However, the game started off rough for us – Kings was a very physical team that pushed the paint, and they racked up a lot of free throws, leading to a first half deficit. We didn't let this sway us, however, and came out confident that we could adjust and stop their offence. Through smart communication, drawing defensive charges and reducing fouls we rallied back and took the lead (shout out to William Sun for hitting a nasty dunk to help swing the momentum!).

It was a close game in the final minutes, with neither team holding a lead of over 2 points. With 9 seconds left on the clock a Kings player hit a desperate three that put them up one point, but hope was not lost. Coach Agus drew up a play and despite Kings playing solid defence we still managed to come away with a midrange look which sunk clean in, putting SB up by one point with 0.7 seconds left and ultimately sealing the game.

Everyone fought and gave it their all, and through valiant team effort our 4th grade team was able to come out with an unforgettable victory. You always want to make your last game for the season memorable, and we were able to do that. Thank-you to everyone who has contributed to our time at SBHS Basketball. - Octavio Carbajal Zapata, 4ths Captain



16A Team of 2021

STANDING: J MULDER, P LEE, W SUN, R ZHOU, T ZHANG
SEATED: K KUANG, P WANG, J LIU, L QIAN, P HUA


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.

Tennis Week 7 Update

A tough week to finish of the season, however, there were some strong performances against the very strong Kings Tennis program. The season may be over but there are a few things Tennis on the calendar to look out for:

- Thursday 17 March the 1st & 2nd Grade will play their last fixture.
- Saturday 19 Tennis social dinner 4-8pm at school, \$20 per student with a \$50 cap for families.
- MIC report
- In June the top 4-5 players will be involved in the Stan Jones Tournament.

Week 6 Fixture results –

<i>Week 6 High v Kings</i>			
	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	1	8	11%
2nd Grade	0	9	0%
3rd Grade	0	6	0%
4th Grade	1	5	17%
5th Grade	0	6	0%
6th Grade	4	2	67%
16 A	0	6	0%
16 B	1	5	17%
16 C	2	4	33%
16 D	1	5	17%
15 A	4	2	67%
15 B	4	2	67%
15 C	0	6	0%
15 D	0	6	0%
14 A	0	6	0%
14 B	3	3	50%
14 C	4	2	67%
14 D	5	1	83%
13 A	0	6	0%
13 B	0	6	0%
13 C	0	6	0%
13 D	1	5	17%
TOTAL	25	71	26%

Kurt Rich
MIC Tennis



Boat Naming

On 12 March Sydney Boys High School Rowing thanked the SHS Foundation and Gareth Deacon (1st VIII coach 2017-2021) for their dedication to supporting Sydney Boys High School Rowing by naming a boat after them.



Communication:

For parents – Szapp – rowing group

For students – The CANVAS rowing page

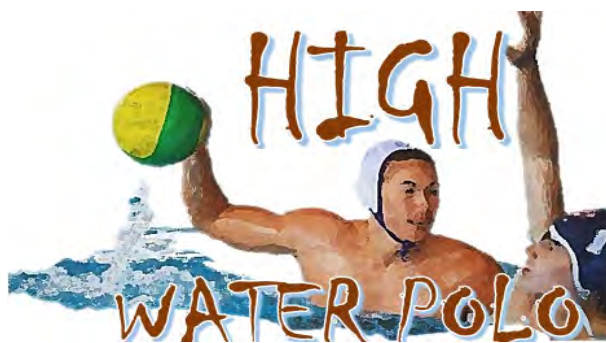
All communication will go through these channels so please ensure you are a part of these if you are rowing.

Season events:

Date/Event	Groups involved
19 March – Head of the River	Year 10 Vllls/Seniors

George Barris

MIC Rowing



15A Water Polo Report

On the back of a tough 7-5 loss to Joeys the previous week, the 15As were looking for revenge against a water-polo powerhouse- Scots College.



After two massive drives converted into goals by Liam and me, we were up 2-0 by the end of the first quarter. Luckily for us, our goalkeeper, John, managed to save numerous goals and maintain the score whilst our team made impressive drives through the pool and created more scoring opportunities. The next two quarters ended with more goals from our side, and an unlucky goal from Scots.



Despite our team being physically outmatched, Scots were not able to handle our mixture of great passing and purposeful drives which resulted in a resounding 5-1 victory our way. Well done boys!

Jason Yu (9S)



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



Try Rugby Day

Unfortunately, the fun day we had planned was washed out, so we had a quick presentation and talk to the Year 7's about the experiences current students had playing rugby. What shone out was that rugby was fun, safe and students who played rugby formed many strong friendships and loved their experiences together. The sport also embodies the school values and embeds many skills for life.

Year 7 rugby is about having fun, learning the game, and playing with friends. There is no contact until the boys are ready and we play at a level that suits us.

Year 7 boys who want to play rugby are advised to choose rugby as their winter sport and try it out. If they decide they would prefer another sport they can choose after giving it a go.

If you have concerns about your son choosing rugby or want to see more about Rugby at High, then please see the school website at

<https://www.sydneyboyshigh.com/sport/winter/rugby>

A survey last year of our old boys, noted that the friendships they formed enjoying co-curricular and in-particular playing rugby, came top of the list for them. It has helped open doors for them once they had left school, entered university, the workplace and throughout life. Most of our school captains and leaders have been rugby players and this is not by chance but has a great bearing on their attitudes, work ethic and camaraderie that they have gained through their enjoyment of playing the game.

Matthew Cotton
MIC Rugby



SYDNEY BOYS HIGH STORE & CLOTHING POOL
AUTUMN / WINTER PRICE LIST 2022

SCHOOL UNIFORM			SPORT UNIFORM		
BLAZERS	6-8 weeks delivery from date of order		PE / HOUSE SPORT	PE Polo	\$40.50
	From	\$295.00		Black Short with logo	\$40.50
				Sport Socks	\$9.90
PANTS	Trousers - Junior, Dark Grey	\$85.00			
	Trousers - Senior, Light Grey	\$85.00			
SHORTS	Grey College	\$60.00	TRACKSUITS (sold as separates)		
				Microfibre Jacket	\$95.00
BELTS	Black Leather	\$22.00		Microfibre Pant	\$75.00
SHIRTS	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
	Sky Blue & White, Long Sleeve with Crest				
	Sizes 10 - 14	\$30.00			
	Sizes 16 - 22	\$32.00			
	Sizes 24 - 28	\$34.00	CROSS COUNTRY	Top	\$69.00
JUMPERS	Up to Size 14	\$96.00			
	Sizes 16 -22	\$98.00			
	Sizes 24-26	\$100.00			
			FENCING	Top with SHS Logo	\$55.00
SOCKS	Anklet SHS Colours	\$9.90			
	Knee High SHS Colours	\$15.00			
	Sport Socks	\$9.90			
			FOOTBALL	Jersey Sky & Choc Stripe	\$65.00
TIES	Junior	\$28.50		Short Matching Design	\$45.00
	Senior	\$31.50		ISC Training Top	\$40.00
	Prefect	\$27.50		Socks	\$20.00
	GPS	\$40.00			
	Old Boys	\$27.50			
	SRC	\$33.00			
			RUGBY	Jersey Fitted	\$85.00
CAPS	HIGH Beanie	\$27.50		Advantage Short with Crest	\$49.50
	SHS Cap	\$22.00		Socks	\$20.00
BAGS	Backpack with Lap Top Section	\$95.00			
	Hav-a-Sak	\$33.00			
	Sports Bag	\$71.50	VOLLEYBALL	Polo Top Numbered	\$68.00
				Short with Sydney High	\$55.00
ART	Progressor 2B Pencil	\$5.50		Socks with SHS Colours	\$9.90
	Progressor 4B Pencil	\$5.50			
	Visual Art Diary A3	\$11.00			
	Visual Art Diary A4 120 page	\$9.90			
				Umbrella (Golf)	\$33.00
DESIGN & TECHNOLOGY				Jacket Water Proof	\$55.00
	DT Apron	\$12.00			
MATHS	Calculator	\$30.00	SCARF	SHS Scarf	\$22.00
	Compass	\$1.75			
	Grid Book 96 page	\$2.95			
	Protractor	\$0.75			
MUSIC	Music Book	\$2.95			

SYDNEY BOYS HIGH STORE & CLOTHING POOL

AUTUMN / WINTER PRICE LIST 2022

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

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

CLOTHING POOL

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

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

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

PAYMENT

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

GOODS & SERVICES TAX (GST)

GST is included on all prices listed.

BLAZERS

GPS Pocket	\$31.00
Music Pocket	\$35.00
Prefect Bottom Pocket	\$52.00
Prefect Top Pocket	\$31.00
Service Charge	\$39.50
Dry Cleaning	\$16.50
Full Braiding	\$90.00
Embroidery Line	\$25.00
Embroidery Line Removal	\$33.00
Crossed Rifles or Swords	\$38.50
House Badge (cloth)	\$12.50

BADGES

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

OPENING TIMES

Open During School Terms Only

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

Canteen Price List 2022

Breakfast		Lunch and Recess Items			Hot Food	
Ham & Egg Muffin	\$3.20	*So you don't miss out on what you want for lunch, make sure you ORDER it before school			Butter Chicken - Homemade	\$5.00
Toast - Cheese	\$2.00				Chicken Burger	\$4.50
Toast - Cheese & Ham	\$2.50	Sandwiches / Rolls / Wraps S/W ROLL				
Toast - Cheese & Tomato	\$2.50	Buttered Roll		\$1.50	Chicken Fingers	\$2.00
Toast - Cheese Spinach & Tomato	\$2.50	Cheese & Tomato (v)	\$2.50	\$2.80	Chicken Mayo Roll (hot)	\$4.00
		Cheese & Salad (v)	\$3.20	\$3.60	Chicken Mayo Sandwich (hot)	\$3.50
Hot Chocolate (Term 3 only)	\$1.20	Chicken & Coleslaw	\$4.00	\$4.60	Chicken Schnitzel Roll	\$4.00
		Chicken & Lettuce	\$4.00	\$4.60		
Fruit / Snacks		Chicken & Salad	\$4.00	\$4.60	Falafel Wrap	\$4.50
Assorted Snacks @ Various Prices		Curried Egg & Lettuce (v)	\$3.20	\$4.00	Garlic Bread (v)	\$2.00
		Dagwood Roll		\$4.00		
Banana Bread	\$1.20	Egg & Lettuce (v)	\$3.20	\$4.00		
		Egg & Salad (v)	\$4.00	\$4.60		
Fruit - Apple/Orange/Banana	\$1.00	Ham & Tomato	\$3.40	\$4.00	Noodles In A Cup	\$2.80
Fruit Salad	\$3.00	Ham & Salad	\$4.00	\$4.60		
		Roast Beef & Tomato	\$3.40	\$4.00	Pasta - Homemade - Small	\$4.00
Drinks		Roast Beef & Mustard & Lettuce	\$3.40	\$4.00		
		Roast Beef & Salad	\$4.00	\$4.60	Pide - Sausage, Chicken/Mushroom	\$3.50
Chill - Aloe Vera or Ice Tea	\$3.50	Salad (v)	\$3.20	\$3.60	Pide - Spinach/Cheese (v)	\$3.50
				"		
Juice	\$2.50	Turkey Cranberry & Lettuce	\$3.80	\$4.40		
Juice Bomb	\$2.50				Pie - Traveller	\$4.20
					Pizza Wrap	\$4.00
LA Ice	\$2.50					
					Rice Box - Homemade	\$4.00
		Salads				
Milk Flavoured 300ml	\$2.30	Salad Box (meat) - Small		\$4.50	Sausage Roll	\$3.20
Milk Plain 600ml	\$2.20	Salad Box (meat or egg) - Large		\$6.00	Spinach Ricotta Roll (v)	\$3.20
Milk Flavoured 500ml	\$3.50	Salad Box (plain)		\$5.00	Sweet Chilli Chicken Wrap	\$4.50
Up & Go	\$2.00	Sushi & Rolls			Teriyaki Don, Noodles etc - Homemade	\$5.00
Water - Pump	\$3.00	Sushi - Homemade		\$3.00	Miscellaneous	
Water - Spring	\$1.50				Spoons / Forks - supplied free with meal purchase	\$0.10
Waterford	\$2.50					
		Nachos - Wednesdays & Fridays			Tissues	\$0.60
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.		Nachos - Homemade (Halal)		\$5.00	**Our homemade Chicken and Beef dishes are HALAL **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.	

2022 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

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Surviving & Thriving in High School

with the Study Samurai Library!

Sydney Boys High school has organised a unique opportunity for students, parents and teachers at your school to learn from two experts: Dr Prue Salter who specialises in study skills and Rocky Biasi who specialises in peak performance, motivation and wellbeing.

To learn more, here's what you need to do:

- Check SzApp or email to parents for login details, then go to **studysamurailibrary.com**
- Students can access login details from their Year Group Canvas Announcements.
- Watch the welcome video.

Using the Study Samurai Library:

1. Try and watch at least one of the video lessons each fortnight - there are 75 to choose from! If there is an area you want to learn more about you are also welcome to watch those videos at any time.

The categories are:

- Performance
- Time Management
- Wellbeing
- Study Skills
- Mindset

2. Your Study Samurai Library also includes access to Prue's Online Study Skills Handbook website and Rocky's Online Wellbeing Resource. These resources can be accessed through the menu at the top when you log into the Study Samurai site. Explore the resources on these sites to learn more about study skills and wellbeing.

Your Study Samurai Library Includes



75 Video Lessons from Prue and Rocky on study skills and wellbeing topics



ELES Online Study Skills Handbook Website with 48 study skills units of work



Human Connections Online Wellbeing Resource with 16 modules

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>



ABOUT DUKE OF ED

The Duke of Edinburgh's International Award is the world's leading youth development program, enabling young Australians aged 14 - 24 to become empowered through physical activity, voluntary service, new life skills and adventurous journeys.

It's an opportunity for young people to become "World Ready", build resilience and upskill for future career and study opportunities.

TESTIMONIALS

PARTICIPANT

The Award helped break down cultural and personal barriers, pushing limits and exploring my strength and weakness. I volunteered at Meals on Wheels and with local refugees, providing free translating & tutoring services and hiked 2 weeks in New Zealand.

AWARD CENTRE

The Duke of Ed is a highly valuable element of the extra-curricular program. It gives individuals a sense of achievement, to challenge themselves and keep trying when they are struggling and out of their comfort zones. The Voluntary Service aspect is a great opportunity to make a positive contribution to others in their school or wider community.

AWARD CENTRES

Any organisation that works directly with young people can become an Award Centre and deliver the Award.

WHERE CAN I START MY AWARD?

Participants can complete their Award through any registered Award Centre. Award Centres can include:

- **Your School or University**
- **Your sports club or community group**
- **NSW Open Award Centres**

MORE INFORMATION

 sport.nsw.gov.au/dukeofedinburgh

OFFICE OF SPORT



DUKE OF ED

EQUIPPING YOUNG PEOPLE FOR LIFE

#WORLD
READY



OFFICE OF SPORT

EXPERIENCES THAT LAST A LIFETIME!

AWARD ELEMENTS

The three levels of the Award offer young people a structured program to fulfill their passions and ambitions allowing them flexibility to choose activities they want to participate in. Achieving an Award recognises individual goal setting and self-improvement through persistence and effort over time.

Award levels:

Award level	Minimum age	Duration	Sections
Bronze	*14	6 months	3 + Adventurous Journey
Silver	*15	Min 6 months	3 + Adventurous Journey
Gold	16	Min 12 months	3 + Adventurous Journey and Gold Residential Project

**Some exceptions may apply to minimum starting age*

Award Sections examples:

Voluntary Service	Skills	Physical Recreation
<ul style="list-style-type: none"> • Community • Sport club • Emergency Services (SES) • Library • Animal care • Charities 	<ul style="list-style-type: none"> • Music • Coaching • Digital media • Photography • Coding • Languages 	<ul style="list-style-type: none"> • Playing sport and training • Gym and Fitness • Dancing • Running and jogging

**1 hour per week, 2 hours per fortnight or 4 hours per 28 days*

WHAT CAN BE ACHIEVED

Through this challenging journey of self-discovery, Participants will:

- Experience a sense of adventure and learn outside the classroom
- Be recognised for your extracurricular and sporting activities
- Gain employability skills and make your applications stand out
- Make a real difference to their community through voluntary service and giving back
- Develop their ability to bounce back and overcome barriers to success
- Learn important life skills such as communication, resilience, leadership and teamwork
- Attain recognition through an internationally accredited youth program

Did you know young people can complete the Duke of Edinburgh's International Award through their school, sporting or community group?

They can adapt the Award to suit their interests, passions and ambitions, they can challenge themselves, give back and learn new skills just like 14,500 other young people in NSW last year. The Duke of Ed can help achieve their goals.