# EPPING HIGH STANDARD

THE NEWSLETTER OF EPPING BOYS HIGH



Telephone: 9869 2701 | Fax: 9868 1198 | Email: eppingboy-h.school@det.nsw.edu.au | Website: www.eppingboy-h.schools.nsw.edu.au

#### Issue No: 8-24 June 2019

IMPORTANT DATES

28 June - 27 September Flannel Friday

20 June Zone Athletics Carnival

**25 June** Year 8 Parent Teacher Evening

1 July P&C Meeting 7.30pm

**2 July** Honour Book Assembly Year 10 Parent/Teacher Evening

**4 July** Multicultural Day Business Day

**5 July** Year 7 BTM Assembly End of Term 2

22 July Staff Development Day

**23 July** Start of Term 3

25 July Prefect Elections

**29 July** Year 9 Parent Teacher Evening

**30 July** Drama Night

1 August Year 7 Parent Teacher Evening

5 August Year 12 Trials commence P&C Meeting 7.30pm

15 – 16 August Prefect Camp

20 August Rugby Dinner

22 August Prefect Induction Assembly Football Dinner

27 August Evening of Music

30 August Winter Sports Assembly

3 September Art Exhibition Opening Night Technology Expo

9 September Year 11 Exams Commence

18 September Year 12 Graduation Dinner

23 September Year 7 Vaccinations

**25 September** Year 12 Community Concert

26 September Year 12 Farewell Assembly

27 September End of Term 3

14 October Start of Term 4

# From the Principal - Tim O'Brien

#### **Student Performance**

Congratulations to Lachlan Wilson and Matthew Simmons, along with Sophie Elsmore and Osibi Akerejola-Eminefo from Cheltenham Girls High School, for their outstanding performance at the State Principals Conference in Manly.

They performed two songs from Les Misèrables and received rave reviews from all present.

Thanks to Michael Tabrett, Jane Meney and Melissa Kenny for accompanying the students. Lachlan, Sophie and Osibi performed a trio song, *A Heart Full of Love* and Matthew sang a solo, *Bring Him Home*.







Sophie Elsmore



Osibi Akerejola-Eminefo

Matthew Simmons

Lachlan Wilson

#### Medical Insurance

I advise parents/carers that in the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity.

The departments public liability cover is fault based and would only be applicable if the department were in breach of its duty of care to students in a way that may result in claims for compensation.



## Deputy Principal, Years 7 and 8- Glenn Kayes (Relieving)

I am thankful for the opportunity to be able to fill in for Ms Schadel as Year 7 and 8 Deputy Principal for the next two weeks up until the end of term as she takes a well-earned break. Any enquiries or concerns regarding Years 7 or 8 please feel free to get in contact with me via the school number or email me: <a href="mailto:glenn.kayes1@det.nsw.edu.au">glenn.kayes1@det.nsw.edu.au</a>

It has been pleasing to see the boys engaging with our Technology free areas around the school. An important part of their physical and mental development is their ability to communicate with each other and burn off energy via some exercise at our breaks. A small matter of concern is the amount of lost property we are collecting at the moment, with the mornings getting colder and the days being quite warm, a number of school jackets are being left around. Please label your sons clothing so we can return it to them. In addition it is school policy that no hoodies are to be worn at any time on school grounds, this is a safety issue as it helps us identify students. If you could please help us by reminding your son in the morning not to wear them under their school clothes it would be greatly appreciated.

We have a busy end to the term with a number of assessments and various extra curricula activities occurring. Please ensure your son is on top of his diary and school calendar so he does not miss out on any key events.

A very important night to be aware of for Year 8 parents is the Parent Teacher night on the 25<sup>th</sup> June. The Parent Teacher night is held in the Edmond Barton Centre between 4.00 - 6.00pm. Please do not forget to book interviews with your sons teacher.

# Deputy Principal, Years 9 and 10 - Seddique Martin

Parents may or may not be aware that the Deputy Principals associated to particular year groups are currently going through a transition period. As of next term, Ms Kathryn will be looking after Years 9 and 12, Ms Schadel will be with Years 8 and 11 and myself (Mr Martin) with Years 7 and 10. This change has been introduced to allow the DPs to keep a foot in both Middle and Senior school camps to gain a greater understanding of the progression through the years. Deputy Principals will follow their year groups as they progress through the years until graduation in Year 12.

Teachers are major players in the lives of young people. The teacher-student relationship is often a key relationship in a teen's school experience. A good relationship can motivate the student in the classroom and may support the student in other ways as well. An uncomfortable relationship can likewise negatively affect learning. With that said, however, most students are probably not aware of how "human" teachers really are. They may not realize that teachers do become concerned when students are ill or are in difficult situations; that teachers are often hesitant to ask personal questions; that teachers sometimes wonder how to express concern adequately or acceptably to students; and that teachers do see individuals in their classes each day, but numbers and time constraints often make it difficult to make conversation, express concern, or make one-to-one connections. One of the things that I emphasise, when I speak to students is that they get involved in as many extra-curricular and co-curricular activities. Epping Boys High School is keenly focused on developing the whole boy and student involvement in co-curricular activities plays a part in this development. Being involved in activities beyond the classroom will help students feel a greater sense of belonging and engagement with the school, allow boys to have more than one core group of friends, provide multiple outlets to vent frustration and/or seek advice or assistance, enable them to remove themselves from difficult social situations and will inadvertently result in improved school outcomes.

Farewell to Year 9 as you now report to Ms Kathryn with concerns. I look forward to seeing your progress through the years.

# Deputy Principal, Years 11 and 12 – Narelle Kathryn

As we draw towards the end of Term 2 many of the Senior boys are feeling the stresses of multiple assessment tasks. Could I encourage all families to be extra patient with them at this time, but also encourage them to work on a time management plan for any future tasks. When the boys return next Term they should be studying hard for their Trial Examinations. The boys already have their timetables for their Trials so they should have a good idea of their study plan. Now is good time to reinforce how important it is for the boys to attend every lesson after their trial exams. The teachers at Epping Boys High School are very experienced with many staff doing HSC marking. The knowledge and expertise of these teachers in the final weeks before the HSC exam are vital and the teachers are the best support for the boys during that time. Please ensure that all boys attend every lesson right to the end of the Term 3

Disappointingly I need to remind the boys to be careful with their belongings and not to bring valuables or a lot of money to school. I have been notified of a few instances where items have gone missing when left in an unattended bag or phone. Phones need to be kept in school bags at all time and bags need to be kept in a safe place. However, some things of value are best left at home.

# Music@Epping-MichaelTabrett,CAPA

#### **Term 2 Music Activities**

It has been a very busy term with many music activities taking place, both in school time and on evenings and weekends. Since the musical, "Les Miserables" finished, we have been preparing for new performances.

Grandparents Day featured musical performances from Senior Percussion Ensemble, Concert Band, Junior Guitar Ensemble and String Ensemble. Our Intermediate Guitar Ensemble and Year 9 Jazz Group entertained at the Summer Sports Assembly. Well done to all these students.

Sydney Eisteddfod is currently being held, with the Senior Percussion Ensemble, Stage Band, Wind Ensemble and Concert Band all performing in instrumental groups sections. Stage Band came 4<sup>th</sup> in the Premium Stage Band section. Congratulations to Mike Kenny and the boys for their amazing effort. Senior Percussion Ensemble conducted by Lachlan Skinner competed against many high quality ensembles and did our school proud. Wind Ensemble conducted by Mike Kenny performed beautifully for the first time in the Premium Concert Band section. A special congratulations to Jimmy Cheung in Year 12 who played the solo clarinet feature in their piece, "Twitch". Our Concert Band will perform for the first time tomorrow in the Intermediate Concert Band section. We wish them and their conductor, Christine Pringle, all the best.

Wind Ensemble has been busy over the last couple of weeks with preparations for an upcoming performance at Chatswood High School this Sunday 30 June. They will combine with the Cheltenham Girls High School Wind Ensemble for a piece composed by Australian composer Greg Butcher, who will conduct the bands. See the photo below of the combined rehearsal with over 100 musicians from the two schools last weekend. All are welcome to attend the concert, see flyer for details.



Lead singers from Les Miserables recently performed at the Principals' Conference and next week our String Ensemble will perform at another education conference. These events are important to showcase our musical achievements to the wider education community.

State Music Camps (Senior & Junior) are being held soon at Narrabeen. They are an intensive week of music education run by the Arts Unit, around 350 students attend each year. Our school will be represented by Mitchell Rushworth (Yr10), Tom Logan (Yr9), Gabriel Cheung, Riley Garfield, Edward Liu & Jun-Wei Wong (Yr7). Congratulations to these boys for your participation.

Our CAPA Assembly will be held this Thursday 27 June. This event will acknowledge the outstanding achievements of our students is all areas of CAPA: Music, Drama, Art and Panorama.

HSC music students are busily preparing for their Trial HSC Music Performance exams early in Term 3. We wish them all well.

Term 3 is shaping up to be another busy term. The major event of our calendar is the Evening of Music which will be held on Tuesday 27 August. All music ensembles will be performing at this high quality event, so mark this date in your diaries and be sure not to miss this evening.



ADULTS \$10, CONCESSION \$6 (AT THE DOOR)



## Sport Report - Stephen Kayes



#### Sydney North Swimming

**Congratulations** to Sebastian Butler who recently received his 30 game tie for 1<sup>st</sup> Grade Hockey.

Seb recently competed for Sydney North in the CHS Hockey Championships, battling through injury with his head being split open in game 1 requiring stitches.

Seb is also thriving on the elite umpiring pathway and we wish him all the best with upcoming opportunities that have presented themselves. Keep up the good work!

Epping Boys sent a large team through to the Sydney North Swimming championships that were held at Sydney Olympic Park Aquatic Centre on Thursday 21<sup>st</sup> of March. Well done to the following students for your efforts. Toby Dorahy, Andrew Templeton, Justin Yeung, Daryl Yau, Daniel Song, James Cho, Luke Christison, Richard Seo, Alex Doherty, Haydyn Ryland - Adair, Harrison Dockary, Ben Lucas, Tim Otypka, Xander Ng, Ethan Macdonald, Gabriel Rosendo, Liam Doherty, Jesse Tockuss, Tamas Tottszer, Jacob White, Harry Edwards, Jackson Dean, Sungmin Chi, Aaron Goh.

Results can be viewed at the following website: https://app.education.nsw.gov.au/sport/Events/ViewResults?EventId=4393

#### **NSW CHS Swimming**

At the end of Term 1, students who were successful at the Sydney North Championships went on to compete at the NSWCHS Swimming Championships that were held at Sydney Olympic Park Aquatic Centre. It was a 3 day event and Epping were well represented in both individual and relay events. Well done to the following students for all your efforts: James Cho, Toby Dorahy, Ben Lucas, Timothy Otypka, Luke Christison, Jesse Tockuss, Jacob White, Tamas Tottszer, Haydyn Ryland-Adair, Daniel song, Xander Ng, Aaron Goh, Liam Doherty.

Results can be viewed at: https://app.education.nsw.gov.au/sport/Events/ViewResults?EventId=5195

#### **NSW All Schools Swimming**

**Congratulations** to the following students on making it through to the NSW All Schools championships that were held over 3 days at Sydney Olympic Park Aquatic Centre. It is a remarkable effort to make it through to this stage of the competition and many students have displayed their dedication and consistency over the years, competing on many occasions. Well done and the school is very proud of your achievements. Daniel Song, Toby Dorahy, Ben Lucas, Tim Otypka, Aaron Goh, Xander Ng, James Cho.

#### **Cross Country**

The cross country was held on Friday the 3<sup>rd</sup> of May 2019. Once again the event was well supported by the students with all Year 7 and 8 competing and numerous boys across years 9-12 being actively involved in the event. Congratulation to the students below on being crowned age champions and runners up. Best of luck at the Zone cross country championships later in the month.

			Cros	s count	ry Age	<b>Champions</b>	for 2019			
12's	13's		14's		15's		16's	17's	18's	
Toby Dorahy	Ben Thompson		Maea Applegarth		Adam Bruntsch		Max Depalo	Alex Doherty	Mitchel	Harrison
					Rur	iner up				
Owen Emeleus Max Scott		Steven Horrocks		Ashton Hanna		George Davis	Ethan Nicol	Liam Do	herty	
			Participation	and Pla	acing I	House Point	Recording She	et		
Age Group	e Group Darvall Harris Midson Terry						erry			
12's		11	15	9	)	12	13	8	11	20
13's		44	11	5	1	10	47	9	41	25
14's	<b>4's</b> 37		32	4	0	16	28	3	39	4
15's		6	22	5		13	3	15	2	5
16's		9	26	(T)	5	5	11	24	4	0
17's – 19's		5	38	7	,	26	4	20	4	16
Totals		112	144	11	.5	82	106	79	101	70
Final total 256		256	197		185		171			
Final Standings										
1 <sup>st</sup> Place – Dar	val	2	2 <sup>nd</sup> Place – Ha	rris		3 <sup>rd</sup> Plac	e – Midson	4 <sup>t</sup>	<sup>h</sup> Place – T	erry

## Sport Report - Stephen Kayes, continued

#### Zone Cross Country

Congratulations to all of the students who competed in the Zone Cross Country carnival on Friday the 24<sup>th</sup> of May at Macquarie University playing fields. Epping Boys were well represented in all age groups once again carried on the Epping Boys culture of competing to the best of their ability and supporting their peers through the event. Thank you to the students who assisted by providing water to the Epping runners out on the course. We have many students who will now go on to compete at the Sydney North championships and we wish them all the best. Please see below for a list of results.

**Overall points scores** 

1st- Epping- 227 points

2nd- Normanhurst- 464 points 3rd- North Sydney- 603 points 4th- Asquith- 864 points 5th- Randwick- 960 points 6th- Homebush- 970 points 7th- Ashfield- 1096 points



Age	Name	Pos	Age	Name	Pos	Age	Name	Pos	Age	Name	pos
12	Toby Dorahy	1	13	Ben Thompson	3	14	Maea Applegarth	6	15	Adam Bruntsch	1
12	Owen Emeleus	2	13	Max Scott	7	14	Steven Horrocks	4	15	Ashton Hanna	4
12	Daryll Yau	4	13	Thomas Willmott	10	14	James Cho		15	Jack Anderson	2
12	Virat Upadhyay	9	13	Jordan Batista	9	14	Luke Christison	3	15	Cameron Mitchell	5
12	James Every	22	13	Charlie Hogben	17	14	Alex Dent	7	15	Andrew Phillips	7
12	Jacob Ren	41	13	Jun-Wei Wong	15	14	Jason Koubouzs	9	15	Henry Zhu	20
			13	Domenic Herngren	11	14	Ritvik Yadav	19	15	Luca De Gioia	22
			13	Thomas Yoo	16	14	Rei Loh	15	15	Denis Bannyan	38
Age	Name	Pos	Age	Name	Pos	Age	Name	Pos			
16	Max Depalo	6	17	Alex Doherty	1	18	Mitchell Harrison	5			
16	George Davis	2	17	Ethan Nicol	4	18	Liam Doherty	4			
16	Alex Malka	9	17	Jordan Metcalfe		18	Oliver Cunningham	11			
16	Chengyue Li	10	17	Lachlan Wilson	5	18	Matthew Boulos	20			
16	Daniel Craig	7	17	Ryan Drake	12	18	Hamish Roos	12			
16	Alexander Harrison	8	17	Charlie Workman	9	18	Ben Hayes	23			
16	William Neilson	5	17	Riley Leverett	32	18	Logan Wade	10			
16	Ben Papandrea	17	17	Marcus Robinson	33	18					

## Library - Overdue Books, Jennifer Allan, Librarian

We have been seeing an increase in the number of overdue books in the library. Students are to be reminded that when they borrow a book from the library they are loaned out for a period of **TWO WEEKS**. If they require the book for a longer period they are asked to bring the book to the library to extend their borrowing period for another two weeks.

Letters have recently been sent to the parents of students who have overdue books and are asked to remind their boys of their responsibility in regards to this matter. Any texts that are lost are required to be paid for so they are able to be replaced.

Thank you for your assistance with this growing problem.

I will return my library book on time.	
I will return my library book on time.	
I will return my library book on time.	
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## Rugby and Football Canada and USA Tour Report

Over the Term 1 school holidays, students were provided the opportunity to travel to Canada and the USA for a 17 day Rugby and Football Tour. Under the guidance of Mr Martin, Mr Kayes, Mr Gordon, Ms Laman and team physio Grant Burton, the students were able to explore and experience how families live and operate on a daily basis. We allocated each day to different students and asked them to report on their experiences throughout the tour. I hope you enjoy and apologies if some of it is hard to follow or understand. We wanted it to be authentic!

#### Day 1 - Airport, arriving at Whistler, spaghetti factory (Bannyan and Beale)

Report unfortunately lost or missing

#### Day 2 - Free day in Whistler and morning run with the team (Brown and Bryant)

On the second day of our tour, we spent our last day in Whistler. All the boys woke up in the morning for a team run around Whistler. Mr Gordon and Mr Kayes lead the team while Ms Laman was going at her own pace. The jog had mountains in the back and a track through the bush. All the boys somehow managed to finish the jog whilst Mr Gordon and George Davis thought it was necessary to show off by going back to help the less capable individuals.

After the jog in the morning all the boys went for a walk to recover from the early morning jog and prepare themselves for the free day. Mr Kayes set out some challenges for the boys to complete throughout the day. Many boys were successful in completing these challenges, we also went shopping, had dinner and went to the concert for around 5 minutes that was on in the main village at Whistler.

Overall the boys started the day early with a jog and were able to have a free day to explore their last day in Whistler.

#### Day 3 - Capilano suspension bridge and meeting billets at St. George's (Busch and Carpenter)

Day three of our Canada/USA tour, we woke up at 8 and packed our bags in preparation for our billets at St Georges. We boarded the bus and took an hour trip to the suspension bridge at Capilano. The weather was cold and wet whilst we walked through the trees and across the suspension bridge which connected two cliff faces with a strong current river below. The bridges took us through the forest with trees towering 50 metres tall. We then continued our drive to St Georges School where we had an hour training session for both rugby and soccer on the St Georges ovals. After, we had a small meal in the school hall and met up with our billets which we were allocated with our partners. We then went home with our billets for the night and that concluded day 3 of our tour.

#### Day 4 - Game day vs St. George's, Vancouver, visited Stanley park, Gastown, last night with billets (Chappell and Clift)

On day 4 we had our last night with our billets. This was also the day of our first game vs St. George's. In the morning we were dropped off at school with the billets and whilst they attended class we went sightseeing to places such as Stanley Park and Gastown. We were able to get some great photos at these places. After sightseeing we went back to St. George's for our soccer and rugby game. Unfortunately both teams were unlucky and lost but we played strong games in both codes and were happy for the competition. After the game we went out with our billets for the rest of the day.



# Rugby and Football Canada and USA Tour Report

#### Day 5 - Transfer From St. George's to Earl Marriott, training session and meeting the billets (Max Chaney and Luka Stojanovic)

Day 5 was not the most entertaining in the beginning I'll be honest, but it got much better. Key word is much. It kind of sucked leaving my first billet as I was staying in a mansion but he was far too posh so whatever. The trip to White Rock was relatively short and we took a break at a big factory outlet, Dubai was bigger though. I unfortunately *dun goofed* by not bringing my wallet to buy some cool clothes but it's okay I didn't have much room in my suitcase. We arrived at Earl Marriot and every one was cold except for me. We trained in their very small and kind of rubbish footy field but we only played a game of walking touch. It was kind of lame but not the worst thing in the world and we all had fun joking around pretending to do amazing plays but in reality we were walking around. Very soon after we were offered to relax and wait in the EMS school gymnasium and then we were picked up by our billets. I reached my billets house and it was very nice and tidy. We quickly settled down and my billet invited his really cool friend over and the small talk begins. My billets mother had treated us all to some of the greatest homemade enchiladas I've ever tasted and they tasted ridiculously good so I got to show them my magic trick where I make large portions of food disappear. The enchiladas had opened the small group we had going up with discussing the differences that Australia has. It was really interesting discussing with them and explaining how over exaggerated the dangerous wildlife is in Australia. After the meal we headed out to a small birthday party where I got to meet so many more cool people and the party really showed how welcoming Canadians are. After the party we head back to the billets house and we went to sleep. This day was probably one of the better days for me as I was introduced to some really amazing people. This was Luka's Day 5 6:20 report

# Day 6 - Free day in White Rock with billets and game 2 for soccer and rugby vs Earl Marriott (Liam Doherty and Michael Waddell)

Day 6 was a great day for all the boys, especially with the rugby coming off the back of a 53-12 win in the morning against Earl Marriot. The afternoon was spent with our billets, and many of us experienced the full tour of White Rock. Highlights included visiting the state of the art multi-purpose sporting facility, seeing the peace arch at the US border, viewing a North American record for petrol prices (170.9 c/L) and the spectacular view of Vancouver, Vancouver Island, Washington State and the Canadian Rockies from the pier. Overall it was a great day and thankfully not too cold!

# Day 7 - Transfer from Earl Marriott to Vancouver airport, travel to San Francisco, Holiday Inn Vacaville (Ryan Fitzpatrick and Rhys Fox)

We woke up early on Monday the 15th of April to catch a transfer bus from Earl Marriot to YVR. I found going to school with our billets very interesting as we could see how an "American" high school operates. Australian schools operate very differently in many facets such as the lunch tables and the cafeteria. During the transfer to Vancouver airport we stopped at White Rock beach and took photos on the "White Rock". The rest of the transfer was pretty uneventful. Many people slept throughout the flight as we were extremely tired after a few very busy days billeted by welcoming families. The transfer to Vacaville was engaging as we experienced the infamous "California traffic". Passing through Oakland on the way to Vacaville it was evident why there is an obesity crisis as it seemed like there was a block of fast food every kilometre. Most of the boys went to "In N Out Burger" which was a tick on their bucket lists. Finally, the boys enjoyed staying at the "Holiday Inn, Vacaville" as it was a twin share room and the boys could catch up on some much needed sleep.

#### Day 8 morning shopping at Vacaville outlets, game for soccer vs East Sacramento, met billets from Jesuit's (Harris and Hughson Miranda)

It was a late start for the boys, departing the hotel in Vacaville at 11am. The next 4 hours were filled with chaos, mayhem and a lot of spending. We spent this time at the Vacaville outlets buying clothes and much more. Some boys even spent up to \$900. We then drove to Jesuit school and let off some steam by "training" in a random park. The boys were then off to play an important game against East Sacramento and the rugby boys to meet their Jesuit billets.

The soccer game was well fought but fell short and lost 1-0. Many attacking opportunities arose but none resulted with the ball being in the back of the net. We then spent the night with our billets and experienced the American lifestyle.



## Rugby and Football Canada and USA Tour Report

#### Day 9 free morning in Old Town Sacramento district, rugby game vs Jesuit's, stayed with billets (Jones and Joslin)

Before our game against Jesuit, the tour squad went to Old Sacramento for a bit of sightseeing and a fat feed. After a heartbreaking first loss to St Georges and a well-deserved win against Earl Marriott the boys were looking for a challenging game against Jesuit. The game went well coming away with another victory. After the game we picked up the New Zealand billets and went to a tour squad party at one of the Jesuit's houses. When we went home, we had a nice quite night back at the billets house.

#### Day 10 - Transfer to San Francisco, afternoon on Fisherman's Wharf, roll call at 3:30pm Pier 33 (Oliver Koraca and Ronan Leavr)

Once our billets dropped us off and Charles had picked up, the bus ride towards San Francisco was long and tedious, mostly because of the stretch of traffic that had held us up for an hour. People were knocked asleep because of the previous day so they slept for most of the trip. Our first stop was the famous Golden Gate Bridge, it was an amazing experience and there were plenty of photo opportunities. After being at the bridge we continued to our hostel where we were staying for the next two nights. After we sorted our stuff, we walked (as a group) towards Fisherman's Wharf. We went to look at the cable car and just to assert our bearings. After everyone had complained too much about the lack of food because of the day of travelling the teachers arranged for us to meet at Pier 33 after we had been fed. After the teachers had met with us they had given us the opportunity to explore the wharf, there were a variety of different shops to look at but the teachers were pretty strict about us getting an early nights sleep because of <u>Alcatraz</u> the next day.

#### Day 11 - Alcatraz and Union square followed by baseball game at Oakland Coliseum, Oakland vs Blue Jays (Nick Long and Gus Lyons)

We went to Alcatraz on a ferry then did an audio tour in Alcatraz then went to the gift shop in Alcatraz.

We caught a ferry back to San Fran where our homie Charles picked us up in his rig. We carried on to union square where I went to get a filthy feed from Carl's Jr.

After I demolished that beast I went to a couple of shops and splashed some cash on a champion turtle neck then trotted along to Charles's rig to go to the baseball game

On the way to the baseball game on the bus I slept for a bit just to get a little wink of sleep before the big game that to this day, I do not understand. When I woke up I saw Dylan Bannyan going ballistic, swiping girls on tinder (ask Nick Long for the video if further interested) when we arrived at the game, I saw 2 people kissing and I felt uncomfortable and looked away.

There was quite a nice team vibe about going to the baseball game with the supporters getting fully kitted up to cheer on their home team. I decided to get behind the team so I got myself an Oakland A's hat and became part of the Oakland community instantly. The rush when I put on my hat sent shivers down my spine and made my feet tingle. When we got to our seats the atmosphere was exhilarating and I couldn't fathom that I would have ever come to a baseball game but here I am, at a baseball game, wearing a hat, supporting the team, what a rush , what a thrill.

Half way through Billy went onto the kiss cam and because Ronan was sitting next to him, in my mind I knew this wasn't Ronan's first rodeo so I knew he would lead charge for the kiss cam.

I was feeling a little naughty so I got myself a nice icey cold Fanta with a succulent greasy hotdog. After I devoured that beast of a hotdog, I was feeling a little peckish so I decided to grab myself a corn dog. Boy oh boy was it a marvellous creation as soon as my eyes locked on the thing I was hooked, there was absolutely nothing that could stop me from eating that mammoth.

The night started to wrap up as the final innings was commencing. After the game finished, we hopped back on the bus and jammed to some old school bangers on the way back to our lodge in Fort Mason. When we got back we went straight to bed and didn't get up to anything suspicious at all.



# Rugby and Football Canada and USA Tour Report

## Day 12 transfer to San Francisco airport, fly to Calgary, Calgary to Banff (Matheson and McCarthy)

Report unfortunately lost or missing

#### Day 13 Lake Louise, hits of ski equipment and skiing (Metcalfe and Neil)

It was an early start for the boys, a day full of fun on the snow was on the agenda. We got ourselves up at 7am and sustained ourselves with an all you can eat buffet breakfast, leaving us all very satisfied. Most of us were on the bus to the snow by 8:30am and straight into it.

The day clearly displayed an array of amateurs and more experienced skiers. It was an enjoyable day had by most. Aside from a couple of lost causes not naming anyone in particular.

#### Day 14 - Day on the snow in Lake Louise and team dinner (Nicol and Pekic)

Today was last day before travelling home. This was our second and last day skiing at the Lake Louise slopes. Majority of the boys got on the 8:30am bus to head to the slopes after having a buffet breakfast served with the accommodation. Today was a cold and cloudy day with the slopes being a bit icy at the start of the day. The ski lifts opened at 9:00am with lots of the Epping Boys waiting for their first ride of the day. Throughout the day, the sun peaked through the clouds a couple of times. All of the boys were giving either skiing or snowboarding a good go after having the first day to practice. Majority of the boys had an amazing second day on the slopes. The ski lifts were all finished for the day by 4:00pm. Lots of the boys stayed to the end to maximise the time in the snow. After the snow, we came back to Lake Louise Inn, some boys went for a walk down by the icy cold river and went back to jump into the hot tub. The boys enjoyed a dinner back at the restaurant in the accommodation we are staying at with a presentation after. The day ended with boys heading back to rooms and going to sleep.



**Day 15 depart Lake Louise, back to Banff and then Vancouver (Pleming and Sanjay)** Report unfortunately lost or missing

#### Day 16 - Highlights and summary of the tour (Waller and Wilson)

There were many great experiences I got to undertake during this tour with billets and with the tour squad. Most of these moment I will cherish for the rest of my life.

After the big long 14 hour flight we encountered just to make to Vancouver was worth it once being billeted by a boy name Grant from the school St George's. Josh and I were amazed with the luxury and the room space inside of this wonderful house. With Josh and I having so much room to move around in with comfort. The next day we had great meals for breakfast made by the father of our billet who had set up a wonderful morning spread, before our game later that day. That game was definitely brutal with referee's decisions going against us which without a doubt tested our EBHS rugby side when it came to patience. Unfortunately the game ended with me having a cut above my eyebrow as it was split open from a knee into my from a ruck. Besides all the blood gushing out of my eye and a 4 hour wait in hospital for someone to stitch my eye up. I got out of hospital with my billets sister Lauren along with Mr Martin who patiently waited with me in the hospital. After that terrible wait in the Canadian UBC (University of British Columbia) hospital we were able to get myself ready for a great night as there was a party that the St George's boys set up for us which definitely was a thrilling night with all of us, celebrating playing against and alongside each other.

## **Rugby and Football Canada and USA Tour Report**

Another great experience was with the next billeting family at Earl Marriott, where I was billeting with Oliver Koraca. The wonderful family that billeted us were overly friendly and were willing to help in any way they could in helping us stay fed, warm, clean etc. Taking us to the gym where we were able to work out and show off our strength in front of everyone there. Oliver and I had plenty of fun talking to these families about not just facts of each other's nations, but playing games of guessing slang words which was quite intriguing to Oliver and I. We overall had a fun time and had a great stay at another great family's house.

I also enjoyed the US when we were staying at Fort Mason, where we had a terrific view of the water being only a 3 minute walk to Fisherman's Wharf. We had beautiful ocean views as well as views of landmarks such as Alcatraz, the Golden Gate Bridge, and also a small beach where interestingly enough a sea lion was relaxing on the beach. This was another great moment where we got to walk the long and very mountainous streets of San Francisco. I also had the chance to have some wild sized food as America does have a much bigger difference in size when it comes to meals. However I would not recommend going to a burger shop all the time. The US was also interesting as we got to go to Sacramento where there were a few interesting places like bridges and rivers where many ocean and wildlife were about.

And then we headed for our last destination Lake Louise where we skied and snowboarded around the slippery and Icy surfaces of this mountain in Lake Louise. Our first day consisted of getting used to the conditions compared to Australia and for some people like myself getting used to how to properly ski and snowboard. Learning the way to ski and snowboard for some of us was very hard taking many falls and leaving plenty of bruised and sore bodies after day one. Day two however was a little more icy than the day before but most of the boys started to get the hang of skiing and snowboarding to a great ability. It took plenty of patience, courage and strength to get over the barriers of 'I can't do this' or 'it's too hard'. Most of the boys overcame this going straight to the top of the mountain and doing their runs, with some even deciding to go down the other side of the mountain. At the end of the day all of us were sore from the great experience we had in the cold with everyone heading to the pool and spa in the Lake Louise inn that we stayed at for 3 nights.

Overall the trip has been amazing for each and every one of us loving many different aspects of the trip. But after all the spending on gifts and many hours travelling from place to place this enjoyable and wonderful trip came to an end with one last big flight home from Calgary to Vancouver and then Vancouver to Sydney right after another before touching down back home and getting over jet lag.

#### Canada Tour Football Captain Report by George Davis and Harry Edwards

The tour started off with a tough game against St. George High. Although we fought very hard until the final whistle and had the majority of the play, especially in the second half, we just couldn't finish our chances and we went down 2-0. This was a hard result for the boys but we obviously knew we had room to improve. Sanjay was awarded the MVP of the match by the host school. Two days later we travelled down to meet our next school, Earl Marriot High. This game was a big improvement on our first game. Coming up against a much stronger opposition meant that the team gelled much better and after a dodgy first 15 minutes we settled into the game and had some strong passes of play. Soon after the half we conceded a second but the boys never dropped their heads. This was rewarded by a fantastic run from Ethan to score a great goal. An exciting finish with many chances inside the last 10 minutes to equalise, however, we just couldn't capitalise on any of them meaning we went down 2-1. George was awarded MVP, however, Ethan was a standout performer as well.

The final game of the tour was played against East Sacramento FC, which wasn't a school but a local club team. This game was much like our first game which we conceded cheaply and even though we had the majority of play just couldn't get that final touch needed to finish it off. Unfortunately again we went down just 1-0 and no MVP was awarded, however up top Nathaniel and Ronan both played well, testing out the keeper on a few occasions.

Overall the results on the tour were slightly disappointing as we knew we could've played much better and with a bit of luck, a few results would've gone our way. A mention goes to some rugby players who filled in during our second and third games; Jordan, Aidan, Ronan and Liam. Also a thanks to our coaches, Mr Kayes and Mr Gordon who consistently provided us with tactical strategies and always encouraged us to keep our heads up.



# **Uniform Shop**

Why not shop **ONLINE** – it's quick and easy. Simply create an account profile, place your order and select 'walk-in' to pick up your order from the School Uniform Shop on the next open day (Mondays 10am – 2pm or Thursdays 7.30am – 11.30am) **Daylightsportswear.com/epping** or **PHONE** to place your order paying by credit card – **0451 255 624** 

When ordering ONLINE, orders must go through the Daylight Sportswear website, NOT Epping Boys High School (see the above address)

**SOCKS** – thank you for your patience while we are waiting for our delivery of socks. They should be back in stock at the end of May/early June.

For those of you who have left your name and phone number - I will phone as soon as I have them in the shop

Delma Marsden - On behalf of Daylight Sportswear Uniform Shop



# **Filtered Drinking Water Stations installed**

Five new water bottle filling stations have been installed at Epping Boys HS. Locations include: Parson's pathway, 'K' Block, Millamurra (chilled), Oval and near Music block. These stations were funded by a Building Stronger Communities grant and P&C voluntary contributions. Many thanks to everyone involved.

This is a terrific opportunity for students to be well hydrated and bring their own bottles and fill and reduce single use plastic. CAPA is organising a competition to produce appealing graphics to install on the non-chilled water stations. They should look terrific once the customised graphics are added.



#### Susan Day, P&C Executive Member





## Wellbeing and BTM (Boys to Men) - Cameron Gordon, Head Teacher Wellbeing

#### This month on SchoolTV - Positive Parenting

Despite the best efforts of parents around the world, the reality is, there is no such thing as the 'perfect parent'. However, arming yourself with the right information is a good start!

Research shows, that one of the most important protective factors in the lives of young people, is a close relationship with a supportive adult. With the mental health of today's young people being at an all-time low, it is simply not enough to parent effectively. Parents need to familiarise themselves with practical skills, knowledge and strategies when it comes to raising children.

Here is the link to this month's edition <u>https://eppingboy-h-schools.nsw.schooltv.me/newsletter/positive-parenting</u>

#### **Upcoming Dates and Events:**

- Year 9 BTM Assembly Tuesday 25th June Period 2 in the Hall
- Year 8 BTM Assembly Monday 1st July Period 3 in the EBC
- Year 10 Sleep Connection Seminar Part 2 Tuesday 2<sup>nd</sup> July in the EBC
- Year 12 batyr Mental Health Seminar Thursday 4<sup>th</sup> July Period 1 in the EBC
- Year 7 BTM Assembly Friday 5th July Period 3 in the EBC



Depression, Anxiety, Cyberbullying, Drugs, Alcohol...

SchoolTV is a new resource designed to inform and support parents on najor issues with contributions from Australia's leading experts.

# tiles | pavers | stone | retaining walls

# Amber Tiles Eastwood

# is now open!

Bring in this advert to receive 10% off your first order\*

## 606 Blaxland Rd Eastwood 9804 6755 ambertiles.com.au

## **Model United Nations Assembly**

Model United Nations Assembly (MUNA) is an initiative begun by Rotary Clubs around the world to foster leadership and goodwill among young people. Recently, the Rotary Club of Epping convened the second Assembly of its three year tenure over the Northern Sydney district MUNA, hosted here at Epping Boys High School last Saturday 15 and Sunday 16 June.

The Assembly was opened on Saturday by local state member for Ryde, Mr Victor Dominello MLA.

Twenty-eight schools from all over northern Sydney sent a total of 41 delegations, each representing the interests of a member state of the United Nations. Each delegation was sponsored by their local Rotary club.

A highlight of the event was the Parade of Nations on Sunday morning. Each delegation was encouraged to dress in the national costume of their nation, which was judged by the federal member for Bennelong, Mr John Alexander MP.

This year, Epping Boys' again sent two delegations, generously sponsored by Epping Rotary. James Jackson, Raheem Misbah and Haydyn Ryland-Adair represented the Republic of Iraq, and Ethan Allan, Patrick Crown-Milliss and Hassan Rehan represented the Democratic Socialist Republic of Sri Lanka. Also, Sam Logan and Brynn Gillespie generously supported the Rotarians in their running of the event.

Our delegations conducted themselves with the highest level of respect, responsibility and engagement. They mixed and negotiated with other states, and gave riveting and well-crafted speeches about climate change, the status of women around the world and international business. They deftly applied the rules and procedures of parliamentary debate. In fact, our Iraqi delegation set a precedent when they moved a procedural motion on the floor of the Assembly, and other delegations soon followed their lead.

Our Sri Lankan delegation made the most of their opportunities to speak to the Assembly. Their speeches and engagement with other countries resulted in them achieving second place out of all the delegations assembled. This means that they have qualified for the National Model UN being held in the House of Representatives chamber in Old Parliament House, Canberra.

Well done to all of our boys who participated or assisted in MUNA this year. Many thanks to the Rotarians who volunteered their weekends to convene and run the Assembly, in particular, Mr Peter Garrard and Mrs Toula Serna. Also, many thanks to Mrs Nadine Koff and her hospitality students for catering over the whole weekend.







If your son has lost anything recently, please ask him to ask at the school office.

We have many items of clothing, including jumpers, jackets, shoes and hats, sports gear, keys, lunch boxes, drink bottles etc.....

Any unclaimed items of school clothing will be donated to the second hand clothing pool at the end of the term.

Please label your son's belongings

# **Community Notices**





### www.schoolatoz.com.au

# Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	Antibiotics may be needed.
<b>Chickenpox</b> (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
<b>Diarrhoea</b> (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	Quantie until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	for at least 24 hours after diarrhoea and/or vomiting stops.
<b>German measles</b> (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	for at least 4 days after the rash appears.
<b>Glandular Fever</b> (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	while continuing to treat head lice each night. Tell the school.



Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	if they have symptoms. Contact your doctor before returning to school. infection (not the first outbreak) and no symptoms.
<b>Impetigo</b> (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	until antibiotic treatment starts. Sores should be covered with watertight dressings.
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	A until well.
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	for at least 4 days after the rash appears.
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	<b>a</b>
Mumps	Fever, swollen and tender glands around the jaw.	Quarter of the set of swelling.
Ringworm* [tinea corporis]	Small scaly patch on the skin surrounded by a pink ring.	for 24 hours after fungal treatment has begun.
Runny nose or common cold		unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
Scabies*	ltchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	A until 24 hours after treatment has begun.
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	as it is most infectious before the rash appears.
<b>Whooping Cough</b> (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
<b>Worms</b> (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	and tell the school as other parents will need to know to check their kids.

#### \*It is important that the rest of the family is checked for head lice, scabies and ringworm

NSW

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is located in K23 during lunch time on Monday, Tuesday, Thursday and Friday. No experience necessary. Come along and make new friends.

**ALL WELCOME** 

# **RECYCLE YOUR BATTERIES @ EBHS**

Batteries are made up of heavy metals and other toxic elements, including nickel, cadmium, alkaline, mercury, nickel metal hydride, and lead acid. It is these elements that can threaten our environment if not properly discarded and/or recycled.

A household battery recycle bin can now be found outside the science staff room.

Please take advantage of this service and help reduce toxic chemicals poisoning our environment by disposing of your house-hold batteries in our recycle bin.

RECYCLE ME!

Recycle bins can also be found at Eden Gardens at North Ryde

STEAM

ScienceTechnologyEngineeringArtsMathematics

STEAM challenges students to solve the problems of the future in a creative way supported by evidence and first-hand research.

All students are welcome to come along and change the world on

Tuesdays at lunch time in K07.

### See Mr Leggo in Science





Daylight Sportswear Pty Ltd ABN 76 069 733 455 6-8 Lone Pine Place, Smeaton Grange NSW 2567 Telephone: (02) 4648 1066 Fax: (02) 4647 0143 Email: daylight@daylightcorp.com

## Epping Boys High School Uniform Shop

## Price List

Name:Ye	ear:	Date:	Re	ec#
Item	Price \$	Size	Qty	Total incl GST
Tailored Trousers	45.00			
Grey Beltloop Shorts	37.00			
S/S Grey Middle School Shirt	32.00			
L/S Grey Middle School Shirt	35.00			
S/S White Senior School Shirt	32.00			
L/S White Senior School Shirt	35.00			
Jumpers				
Green Wool Jumpers 10 – 16	72.00			
Green Wool Jumpers 18 – 22	72.00			
Green Wool Jumpers 24 – 28	72.00			
Sport / PE		-		
Microfibre Jacket	67.00			
Winter Jackets	67.00			
Trackpants	42.00			
Sport Polo	37.00			
Sport Shorts Darvall	26.00			
Sports Shorts Harris	26.00			
Sports Shorts Terry	26.00			
Sports Shorts Midson	26.00			
Others				
School Socks S 2-8; M 8-11; L 11-14; XL 14-17	7.50			
Rugby Socks	8.00			
Boys Blazers	110.00			
Caps – one size	12.00			
Middle School Tie	20.00			
Senior School Tie	20.00			
Total to Pay			+	

Cash and credit card - eftpos facility. Cheques will not be accepted.

The Uniform Shop is open:

Monday 10.00 am until 2.00 pm Thursday 7.30 am until 11.30 am

The Uniform Shop is located in G Block. If you have any queries, please contact Delma Marsden on 0451 255 624



Please note that we are now bag free

### EBHS CHANGE OF STUDENT PERSONAL INFORMATION

Student First Name:		Student Surnam	1e	Roll Class
Previous Address:				
			Date Addre	ess Changed:
			Post Code:	
Home Phone:				
Parent/Guardian 1: Wo	ork Phone:	Ра	arent/Guardian 1:N	lobile
Parent/Guardian 1: En	nail:			
Parent/Guardian 2: Wo	ork Phone:	Pa	arent/Guardian 2: I	Mobile:
Parent/Guardian 2: En	nail:			
Emergency Contact ?	I (someone othe	than Parent/Guardian)		
Name:		Emergen	cy Contact Phone	
Relationship to Studer	it (eg Aunt, Friend	):		
Emergency Contact 2	<b>2</b> (someone other	than Parent/Guardian)		
Name:		Emergen	cy Contact Phone	
Relationship to Studer	it (eg Aunt, Friend	):		
Parent/Guardian Name	ə:			
Parent/Guardian Signa	ature:			Date:
OFFICE USE ONLY	□ ERN	Student File	□ NESA	□ Transport

### **SMS NOTIFICATIONS**

#### **Absences**

If you receive a text regarding your son's absence, please only reply if he is sick or on leave. If you believe your son is at school or on a school excursion etc., please telephone the school on 9869 2701.

#### **General SMS Information**

Due to the SMS system we have, all text messages are sent in bulk from the computer. We are unable to reply to any text messages we receive. If you have any queries about an SMS please phone the school on 9869 2701.

#### **Notification of Absence**

If your son is going to be absent, please call the school ASAP and upon return, please use the following form to explain your son's absence. NB: Early Leavers permission notes should be submitted to the Front Office. These notes must be signed by a deputy principal prior to being submitted to the front office. If your son will be away for five or more days, an application for extended leave/travel form must be filled out and submitted to the Principal two weeks prior to absence. Forms may be collected from the Front Office.

#### **NOTIFICATION OF ABSENCE**

Student Surname:	. Given Name:	Roll Class:
WHOLE DAY ABSENCE Date(s):	LATE ARRIVAL Dat	e:
EARLY LEAVER Date:	Departure time:	
Reason for absence:		
Parent/Guardian Name:	Parent/Guardian Signature:	Date:
(Please Print)		