



ASHFIELD BOYS HIGH SCHOOL NEWSLETTER

TERM 2 WEEK 7 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
07 - 11 June		<ul style="list-style-type: none"> Year 12 Advanced English - The Tempest Seymour Centre Year 10 Marine Studies - Dobroyd Aquatic Club 			<ul style="list-style-type: none"> HTA HSC Study Day Year 12 MH and AH at Sydney Year 11 SLR Half Yearly Exam
14 - 18 June	<ul style="list-style-type: none"> Public Holiday 	<ul style="list-style-type: none"> Year 10 Marine Studies - Dobroyd Aquatic Club Year 12 Advanced English: Writing Portfolio and in class reflection 	<ul style="list-style-type: none"> Year 11 Advanced English - Othello - Seymour Centre 	<ul style="list-style-type: none"> Year 9 Parent Teacher Interviews 	
21 - 25 June		<ul style="list-style-type: none"> Bushcare Year 10 Marine Studies - Dobroyd Aquatic Club Year 11 Ancient History Task 2 Section 1 - research Task 		<ul style="list-style-type: none"> Year 12 English Extension 2 Day 	

PRINCIPAL'S REPORT

Congratulations to the Senior TheatreSports Team who competed valiantly in the Sate Semi Finals on Tuesday. Even though the boys were not successful at making it through to the Grand Final they performed excellently.

The next P&C meeting will be held on Monday night at 6pm in the Common Room. It would be great to see you there.

Dwayne Hopwood
Principal



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THEATRESPORTS – SEMI-FINALS

In the last week, our Intermediate and Senior TheatreSports teams competed in their semi-finals. Both teams performed well and fought valiantly, but with only the top two scoring teams going through to the finals, 2021 was not going to be our year. In the Intermediate competition, our team was only one point off the second-place getters. Whilst illness plagued our senior team and we had to replace team members with younger players, they still performed brilliantly. The highlight of the evening was a song set in a fish 'n chip shop....and yes, our boys can sing!

Alex, Vincent and I are so proud of the team's achievements. The number of audience members that approach us at the end of each event to say how great our boys are numerous. They play with confidence, great sportsmanship and gusto; throwing themselves into situations and experimenting with less familiar games that might give them the edge. With continued collaboration between the players, they are going to be a force to be reckoned with. Watch out 2022 competition, we are coming!

As always, huge thanks to our players, Vincent and Ms Whitting. Without you, the program would not be operational. Our parents are so supportive; cheering from the sidelines and car-pooling. Our fan base is growing and their enthusiasm does wonders for the team's confidence.



Photos from our Intermediate Competition. (Players: Alex Prout, James Carroll, Jem Faure-Brac, Arnav Iyengar, Lucas Sharratt)



Photos from our senior Competition. (Players: Dari Elhami-Manesh, Alfie Jellett (Year 10), James Carroll, Arnav Iyengar, Jem Faure-Brac (Year 9))

Tracy Small - Head Teacher CAPA



Year 9 Parent Phone Interviews

Dear Parents

Year 9 Parent phone interviews will be held on **Thursday 17th June 2021**. Staff will be available at various times throughout the school day to make calls to parents. Staff availability will vary, however, phone interview time slots will be available from 9.30 until 6.50pm.

We ask that phone calls are kept to a maximum of 10 minutes (as per booking), to ensure we stay on schedule. The majority of staff will call from a mobile with a No Caller ID, so please ensure that you answer No Caller ID calls.

To make a parent phone interview booking go to www.schoolinterviews.com.au and follow these simple instructions.

Bookings open on Wednesday 9th June at 9am. The school will send a text message once bookings are open.

Simply enter the code and press "Go"



Enter your details, including your contact phone number



Select the teachers you wish to talk to



Select the appointment times that suit you



When you click **FINISH**, your phone interview timetable will be emailed to you automatically. If you do not receive your email immediately – **Check your junk mail folder AND make sure you have spelled your email address correctly**

You can return to www.schoolinterviews.com.au at any time, and change your interviews - **until the bookings close on Wednesday 2nd June at 9pm**

Any issues please email linda.henry@det.nsw.edu.au



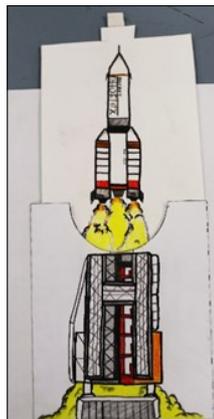
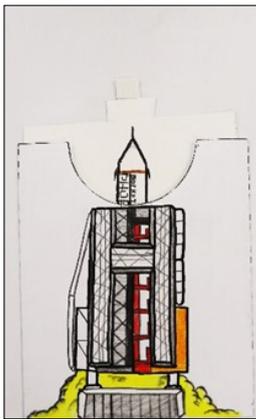
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YEAR 8 VISUAL ARTS - CONTEMPORARY SURREALISM



Year 8 Visual Arts students have been working on creating paper pull out drawings based on the practice of artist Ben Avlis. Students have the opportunity to show off their creativity and imagination by drawing a seemingly normal image, which pulls out to reveal a crazy creature. They have been working with watercolour pencils and felt tip pens and will continue to use a variety of mediums to create other surreal artworks throughout the term.



M D Jovicic - Visual Arts Teacher



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Thursday, 3 June 2021

Dear Parents/Guardians,

This term all students in Years 7-10 will be completing a series of Progressive Assessment Tests (PAT) in their classes. The purpose of the PAT tests is to assess the individual level of achievement for each student to assist us all in individualising our teaching. With this additional information we can better identify individual student needs, plan for targeted teaching and monitor learning growth.

The results will not be used for school reports or any purpose other than to better inform teaching and learning. No preparation for the PAT tests is required. Indeed, we strongly suggest that students do not prepare for the tests.

If you have any questions please contact Ms Arya, Head Teacher Teaching and Learning.

As always, we appreciate your support.

Your sincerely

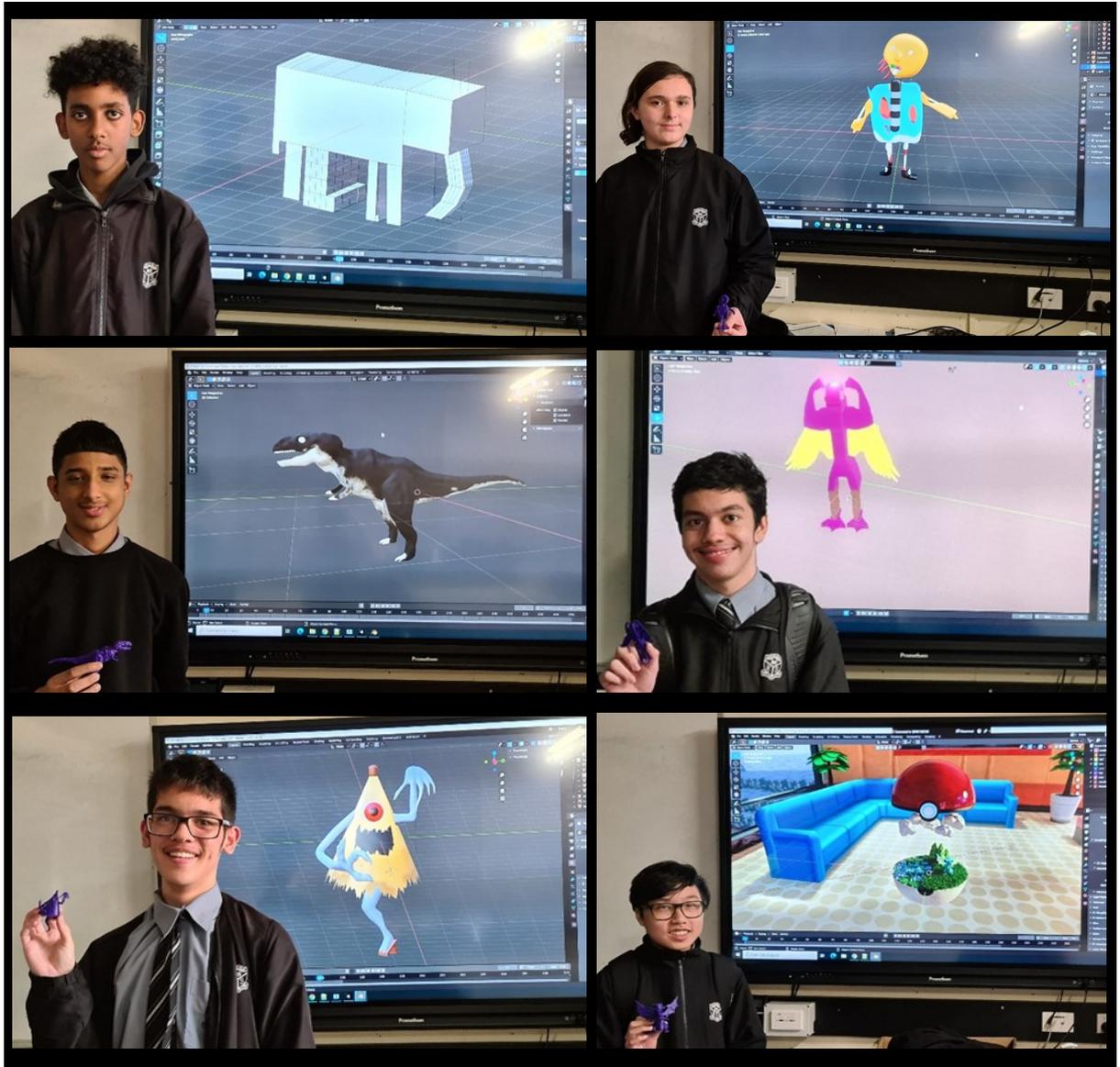
Dwayne Hopwood

PRINCIPAL



INFORMATION SOFTWARE TECHNOLOGY

In Year 9 and 10 IST, the boys have been learning how to 3D model, texture and animate in Blender. These boys have designed a creature and have had their designs 3D printed.



Mr A Cini - IST Teacher



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PHYSICAL ACTIVITY FOR HEALTH

#AŠHĪĀĠ



Year 9 PASS has been studying and engaging in a variety of physical activities for health. Physical activity is something we all need and the wide range of benefits can not be overstated. From Yoga to Pilates and HIIT workouts the students have been learning about the various intensities of physical activity and the positive impact that a lifelong commitment to being active can have on our mental, emotional, social and physical health.

Mr W Tyler
PDHPE Teacher



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CHESS CLUB NEWS

Through Term 2 the Chess Club has fielded a junior team in the Metropolitan Secondary Schools Chess Competition.

ABHS is paired in the Eastern Division with 37 other junior teams. In our group we play 4-board matches against: Fort Street, Meriden, Trinity Grammar, Sydney Grammar, Sydney Boys, Sydney Girls and Newington College.

The ABHS Junior Team has six members: Harry Tucker (8), Ben Harding (7), Miles Tonelli (8), Josh Pernic (8), Daniel Hunt (7) and Tyler Perich-Cvrkaji (7)

Five matches are complete and there's two more ahead.

Round 1 ABHS vs Newington College (1-3): our first match was at home in the library. We're discovering that good hosts provide light snacks and drinks for both teams. Playing chess while hungry isn't much fun. We'd decided our board order (i.e. playing strength) via a chess club round robin tourney. Ben played Board 1 followed by Harry, Josh and Tyler. Everyone dived into their games playing much like it was chess club – i.e. blitzing moves and early attacks – forgetting there's 30 minutes of thinking time available! Harry scored a good win and we lost the other three games.

Round 2 ABHS vs Fort Street HS (0-4): our second home match in a row. For this match Harry and Ben swapped boards and Daniel replaced Tyler on board 4. Again our boys played a bit too quickly and neglected a few chess principles like developing your pieces and castling to move your King to safety. Attack was the name of the game! We were beaten on all boards by more solid chess players.



ABHS Junior Team and coach Mr Munro

Round 3 Meriden vs ABHS (0-4): our first away match saw the team travel to Strathfield. One of the great aspects of the tournament is going to visit other schools. Meriden are wonderful hosts. This match was a real confidence boost for our team as we won all four games.

Round 4 ABHS vs Trinity (0-4): a match of 'what might have been'. Despite losing all four games eventually, Harry on Board 1 and Ben on Board 2 played their best games to date. Both developed great positions from the opening and both were materially ahead into the middle game. The two games were played at a much slower pace than previous matches with both taking time to consider their best moves. Ben was first to falter, missing a tricky combination which resulted in him being checkmated on the back rank (a classic tactic). Harry and his opponent fought their way to a complex Queen and three Pawn endgame. There was one chance for Harry to force checkmate, but the opportunity was lost and the game.

Round 5 ABHS vs Sydney Grammar (2-2): our team of Harry, Ben, Tyler and Josh travelled into the city to play the match against Sydney Grammar. Tyler and Josh resorted to chess club tactics, which often work against club mates, but were outmatched by steadier opponents. On the top boards, Ben played solid chess, checkmating his opponent. Harry also won, in the endgame after Queening a pawn, despite a few errors made in haste through the middle of the game. An excellent team result.



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We have two more matches to complete in the division. While our team won't progress to the Finals, I see significant improvement in chess maturity for all players. It's great to test your skills against stronger opponents, where even losses can whet the appetite to improve.

If our team was to go back and play the early matches again, with the experience gained so far, I'm certain we'd win a few more of those close games. The boys are already looking ahead to next year.

Thanks to all the players for their great sportsmanship and commitment. All games are played after school on Friday.

Mr Munro and Mr McCusker



KEAON GETS ORIGIN CALL UP



ABHS old boy and South Sydney Rabbitohs player Keaton Koloamatangi has been called into the NSW State of Origin game 1 squad as the 20th man. In only his second year of NRL the magnitude of this achievement can not be overstated. A huge congratulations to Keaton and his family!

Mr W Tyler - PDHPE Teacher



Attendance Counts

EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

Check the time your school starts. DON'T BE LATE!



EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

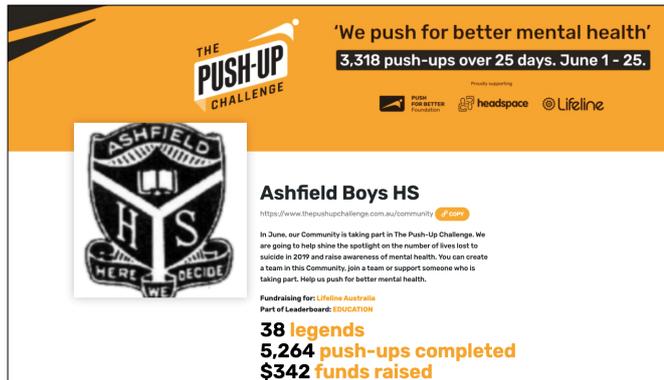
Every day counts!



Ms Tania Brown - HT Wellbeing



PUSH-UP CHALLENGE



THE PUSH-UP CHALLENGE

'We push for better mental health'
3,318 push-ups over 25 days. June 1 - 25.

Part of Leaderboard: EDUCATION

Ashfield Boys HS
<https://www.thepushupchallenge.com.au/community/7009>

In June, our Community is taking part in The Push-Up Challenge. We are going to help shine the spotlight on the number of lives lost to suicide in 2019 and raise awareness of mental health. You can create a team in this Community, join a team or support someone who is taking part. Help us push for better mental health.

Fundraising for: Lifeline Australia
Part of Leaderboard: EDUCATION

38 legends
5,264 push-ups completed
\$342 funds raised



130

Conversations about mental health are important.

THE PUSH-UP CHALLENGE

Day 1 – 130 push-ups

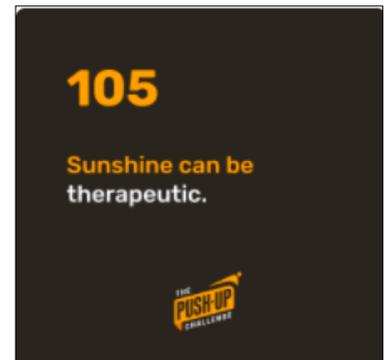
More than 1/10 Australians will consider ending their life: Over a lifetime, around 13% of Australians between the ages of 16-85 will seriously consider suicide.

The evidence suggests that asking someone about whether they are experiencing suicide ideation does not increase the likelihood of them completing suicide. Asking your friends and loved ones about what is going on for them can identify those at risk and increase the chances that the person gets help.

Day 2 – 105 push-ups

It's possible that getting 15 minutes of bright sunlight each morning could reduce levels of distress.

It's possible that getting 15 minutes of bright sunlight each morning could reduce levels of distress. Fifteen minutes, seven days... that's 105 minutes of sunshine per week.



105

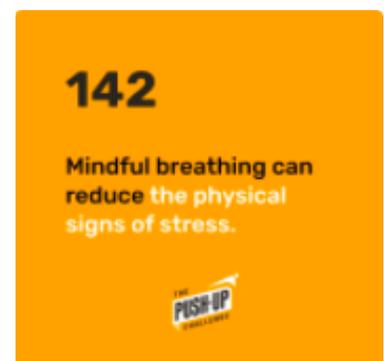
Sunshine can be therapeutic.

THE PUSH-UP CHALLENGE

Day 3 - Mental Health Fact

One deep breathing exercise you can try is known as 1-4-2 breathing. This involves keeping the ratios of time spent inhaling, holding, and exhaling, at 1:4:2. For example, you might inhale for 2 seconds, hold for 8 seconds, exhale for 4 seconds, then rest.

Beginners in mindful breathing might try the box breathing 4:4:4 method or if your GP has recommended a particular breathing method you should always go with that. One 2017 paper demonstrated that deep breathing from the diaphragm can reduce our negative emotions, improve our concentration, and decrease the levels of the stress hormone cortisol in our bodies.



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Mindful breathing can reduce the physical signs of stress.

THE PUSH-UP CHALLENGE



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ATHLETICS CARNIVAL - RESULTS

Individual Champions (Top 3)



Ashfield Boys HS
2021 Athletics Carnival

12 Years Boys

Rank	No.	Name	House	Points
1	696	Sarac Mark	DARAWAL	45
2	230	Chuatrakul Narwin	WARRAMUN	21
3	826	Woollard Mark	ARABANA	20

13 Years Boys

Rank	No.	Name	House	Points
1	477	Kombumerri Kohan	KOORAWAT	36
2	458	Khoo Wilfred	KOORAWAT	22
3	533	Lumagui Rhys	WARRAMUN	20

14 Years Boys

Rank	No.	Name	House	Points
1	124	Anagnostopoulos Lian	WARRAMUN	60
2	129	Argiratos Zac	WARRAMUN	42
3	268	Dawson Thomas	WARRAMUN	36

15 Years Boys

Rank	No.	Name	House	Points
1	461	Kilani Ilyas	DARAWAL	47
2	460	Kilani Imran	DARAWAL	36
3	622	Nwamadi Obinna	KOORAWAT	31

16 Years Boys

Rank	No.	Name	House	Points
1	273	Deller William	KOORAWAT	74
2	842	Yule Casper	WARRAMUN	34
3	112	Al-Yasiri Mohammad	ARABANA	33

17 Years Boys

Rank	No.	Name	House	Points
1	704	Shapiro Dominic	KOORAWAT	44
2	416	Ige Oluwaseyitan	DARAWAL	25
3	481	Krisco Nick	WARRAMUN	23

18 Years Boys

Rank	No.	Name	House	Points
1	690	Sakogiannis Nicholas	KOORAWAT	45
2	365	Gutierrez Placido	DARAWAL	26
3	605	Nathan Praveen	KOORAWAT	20

Mr S Calic - PDHPE Teacher/Sports Coordinator



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ZONE CROSS COUNTRY CARNIVAL

On Friday the 14th of May the Zone Cross Country Carnival was held at Meadowbank Park. All of the boys competed well and were fantastic ambassadors for the school. The standout performer on the day was William Deller in Year 10 who came in 4th place. Dru Whitfield in Year 7 (15th), Thomas Dawson in Year 9 (17th), Charlie Hocking in Year 11 (18th) and Sam MacBeath (19th) all finished inside the top 20.

All the boys had fun on the day and are to be congratulated on their efforts.



William Deller



Hunson Feng



Connor Milewski



Charlie Hocking, Raymond Looi, Jayden Galanis

Mr R Payne - PDHPE Teacher



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The **HSIE Faculty** is providing **Year 12 students** who are studying, Business Studies, Economics or Legal Studies, Ancient History and Modern History with a :

“Business Lounge”

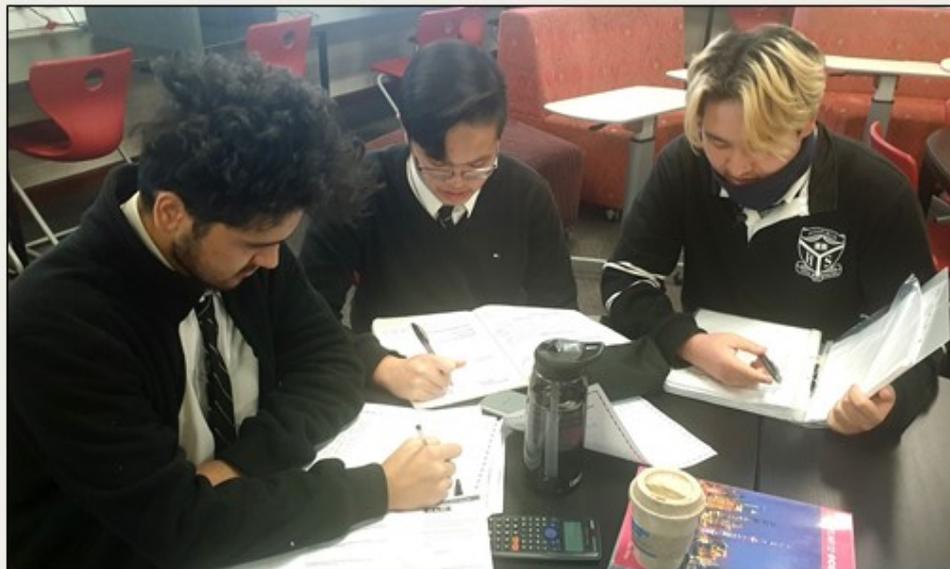
“**Business Lounge**” is available to assist Social Studies students with extra help in preparation for their upcoming exams.

“**Business Lounge**” will be held:

On: Friday mornings from 8:10am

Where: Senior Study Centre

What to bring: Yourself, any work or questions that you want help with.



STUDENT ADMINISTRATION UPDATES

CONTACTING THE SCHOOL ABOUT ABSENCES AND LATE ARRIVALS

1. Please only phone about your son's absence or late arrival to school if the matter is urgent.
2. If your son is absent from school, please reply to the SMS you receive. This is our preferred avenue of communication in regard to absences. Alternatively please email the school,

ashfieldbo-h.school@det.nsw.edu.au

The office will contact you, if we need to clarify anything.

3. In your SMS response please explain the reason for your son's absence and its duration.

CASH

In an effort to keep both our students and staff safe, can I please ask that you **do not pay with cash**. Please pay by eftpos (student counter) or preferably online.

Reminder

Change of Address and or details
Late or Absent Forms
Travel Exemption Forms

Are available on our website to download, hard copies are available at the Student Service Desk.

<https://ashfieldbo-h.schools.nsw.gov.au/>

Emails

If you are not receiving emails from the school, please check your SPAM/JUNK mail folder as emails maybe going into this folder.

Thank you for your understanding.

Poppy Sotiriou
School Administration Manager



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SPORTS ORGANISATION

Winter Sport Round 8 - 9th June 2021

Grade Sport

Assembly point	Sport	Grade	Opponent	Venue	Coach	Leave class at	Assemble at	Game time
A	Badminton	1st/2nd /U15's	North Sydney	NSBHS Gym	Wang	TBA		1:00
C	Rugby	U16's	Asquith	Headen	Burford/Dang	TBA		1:00
D	Rugby	U14's	Asquith Maron	Headen	Chatwin/Tyler	TBA		2:00
E	Football	U15's A	North Sydney	Anderson	Pham/ Calic	TBA		1:00
G	Football	U15's B	North Sydney	Anderson	Payne	TBA		2:00
I	Football	U14's A	North Sydney	Cammeray	Kucheruk	TBA		1:00
J	Football	U14's B	North Sydney	Cammeray	Chu	TBA		2:00
K	Football	U13's A	North Sydney	Waverton	Richardson	TBA		1:00
L	Football	U13's B	Asquith B	Hammond	Pieterse		12:15	1:00
L	Table Tennis	2nd/U15's/U14's	North Sydney	NSBHS Hall	Tenefrancia	TBA		1:00
M	Tennis	U15's	North Sydney	Wheatleigh St	Stitt		12:25	1:00
N	Lawn bowls	U15's	Asquith	Asquith BC	Bason			1:00

Detention E3 12:34 - 14:31 Duinker

Winter Sport - Week 11 - 9th June 2021

Recreational Sport

Assembly point	Sport	Venue	Teacher	Assemble in Year 7 quad at	Finish time
A	Basketball/Netball	Olympic Park	Lu	11:45	14:00
C	Futsal	Olympic Park court 4	Morris	11:45	14:00
E	Table tennis	Olympic Park	Apostolopolos	11:45	14:00
G	Basketball Years 7-8	Centenary Park	Curran	12:34	14:31
K	Basketball Years 9-10	ABHS Outdoor B'ball court	TBA	12:34	14:31
O	Karate	Library	Jones	12:34	14:31
Q	Multi Sport Years 7-8	ABHS Oval	Darwin	12:34	14:31
S	Multi Sport Years 9-10	ABHS Oval	Phillips	12:34	14:31
U	Power Walking Years 7-8	Local Area	McCusker/Boshell	12:34	14:31
V	Power Walking Years 9-10	Local Area	Prasad/Durand	12:34	14:31
14/15	Outdoor Fitness	Ashfield Park	Babbage/Mahmud/White	12:34	14:31
Y	Theatre Sport	D11	Whitting	12:34	14:31
1	Volleyball	ABHS Canteen Area	Ahearne	12:34	14:31
3	Tennis	Year 7 quad	Jovicic	12:34	14:31
5	Badminton/Table tennis	ABHS quiet area	TBA	12:34	14:31

Detention E3 12:34 - 14:31 Duinker



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2021 Winter Sport - Wet Weather Assembly Point

Grade Sport	Wet Weather Assembly Point	Recreational Sport	Wet Weather Assembly Point
Badminton 1st/U15's	Gym	Basketball/Netball OP	D 4
		Futsal OP	G 29
Rugby U16's	G 26	Table tennis OP	F 6
		Gardening	G 12
Rugby U14's	G 3	Basketball Years 7-8	F 16
		Basketball Years 9-10	F 15
Football U15's A	E 4	Multi Sport Years 7-8	F 1
Football U15's B	E 5	Multi Sport Years 9-10	F 2
Football U14's A	G 27	Power Walking Years 7-8	G 2
Football U14's B	G 1	Power Walking Years 9-10	F 3/ F 4
Football U13's A	F 11	TheatreSports	D 11
Football U13's B	F 14	Outdoor Fitness	D 1/ D2
		Karate	Library
Table tennis All	ABHS Hall	Volleyball	F 5
		Tennis	D 3
Tennis All	F 13	Badminton/Table tennis	G 28
Lawn bowls 1st/U15's	Gym		

Detention E3 12:34 - 14:31

Futsal -Olympic Park Booking Dates		Table tennis -OLympic Park Booking Dates	
21st April	Court 4	5th May	
28th April	Court 4	12th May	
5th May	Court 4	19th May	
12th May	Court 4	26th May	
19th May	Court 4	2nd June	
26th May	Court D	9th June	
2nd June	Court D	16th June	
9th June	Court D	23rd June	
16th June	Court D		

