

# Randwick Boys' High School

Guiding Young Men to Success

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Issue 02

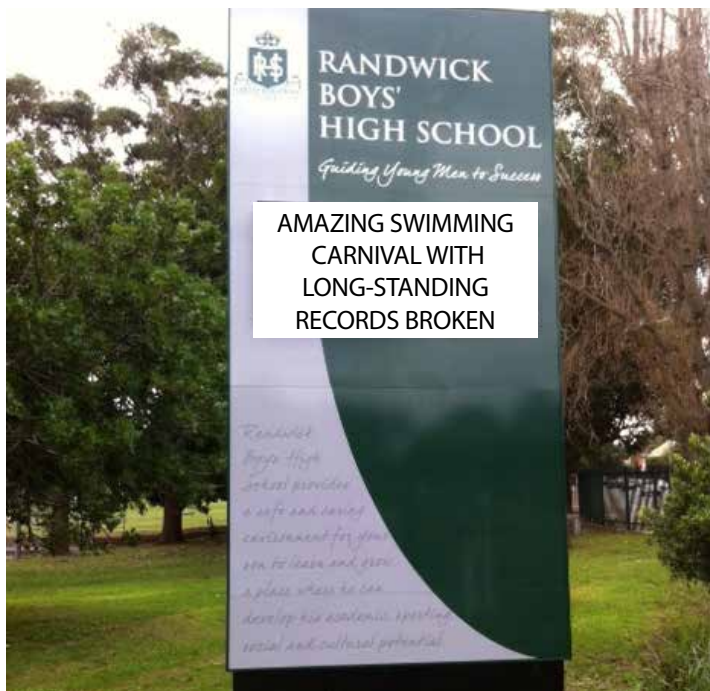
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09 February 2018

## Swimming Carnival





## From the Principal

### Swimming carnival

Congratulations to all staff and students who attended our annual swimming carnival on Thursday 8<sup>th</sup> February. It was wonderful to see so many students in attendance, particularly the large number of Year 7 and 12 students who were there. Our Year 12 students have a little latitude and are allocated the grass area next to the pool. They enjoy dressing up on the day and having the responsibility of looking after 'their own area'.



It was also great to see so many competitors filling the lanes in races. The school spirit on show was tremendous.

An update regarding records broken and house points will be made shortly. There were some brilliant individual performances who will be recognised shortly.

I would like to thank all parents and guardians who attended and cheered for all students!

A special 'Thank You' to Mr Phil Noreika, one of our PD/H/PE staff members, who coordinated the event and ensured it was an enjoyable day for all.

I can also PROUDLY announce that the traditional Student vs Staff relay was held again in 2018. The opening leg saw Mr Jackson take a healthy lead and he looked to have the better of Scott Dyson, who powered home to beat Mr Jackson by an arms length. Ms Munro swam very well in her leg, Mr Bennet performed well and then Mr

Noreika anchored the team to glory and the official outcome being a win to the staff by about two body lengths. A great way to finish what was a brilliant day!

### Sport

Speaking of Mr Noreika, he is our sports coordinator and is the first contact for any issues regarding sport at our school. He can be contacted via the front office and can answer any queries from parents/guardians.



The first week of sport was a smooth transition and I am sure this will continue. I would like to wish all Grade sport teams well in the final rounds of the summer season and extend our best to all teams who will qualify for the semi finals.

Trials will begin shortly for the winter season sports. Rugby and Soccer remain the most popular sports in winter and, I am sure, this will continue in 2018.

I would like to encourage all students to trial for various sports as you may have hidden talents in areas you have not even attempted yet.

### Engagement

It is very impressive to see all students engaged in their learning and enjoying High School. It is fabulous to hear from new parents, particularly Year 7 parents that they are thrilled with Randwick Boys' High School and how much their son's enjoy our school and learning. I am extremely confident that this will continue for the next 6 years!

### Upcoming events

Meet the Teacher and 'Welcome BBQ' – Tuesday 27<sup>th</sup> February from 5pm.

Open Night – Tuesday 6<sup>th</sup> March, 5.30 – 7.30

Finally, I look forward to seeing many of our parents at the first P & C meeting of the year, Tuesday 20<sup>th</sup> February in our staff common room at 7pm.

L Raskall  
Principal





**COMING EVENTS FOR TERM 1**

Week 3	Week B/Events
Thursday 15 February	Excursion: Yr 11 Visual Arts, AGNSW, 8:50am

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**P&C Welcome**

The P&C would like to welcome all new and returning families. I am sure you have noticed our brand new basketball courts. The refurbishment was partly financed through a local government grant that the P&C secured. Our special thanks goes to our local state member Bruce Notley-Smith.



We are looking forward to another productive year and invite you all to come along to our meetings on every third Tuesday of the month to find out how you can make a contribution to your son's learning environment.

Upcoming key dates:

13th February, 6:30pm to 8pm: Keith Whelan 'The Grants Guy' will speak about available corporate and government grants

27th February, from 5pm: Teacher Meet & Greet with P&C BBQ

For more info, please email [info@randwickboyspandc.org.au](mailto:info@randwickboyspandc.org.au).

**P & C meetings**

20 February

20 March (+ Annual General Meeting)

15 May

19 June

21 August

18 September

16 October

20 November



Birgit Schickinger  
P & C President

**Student feeling unwell while at school**

If your son/ward becomes unwell at school, he needs to:

1. Ask teacher for a note to go to the office.
2. After reporting to the office he will be sent to the Deputy Principal.
3. The Deputy Principal will decide if the parent/carer needs to be called.

This ensures your son/ward's attendance will be correctly marked for the rest of the day.

Administration

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**National Ballkid Program 2019**

Students 12-15 years interested in being trained as Ballkids & participating in the Sydney International Tennis Tournament at Olympic Park in January 2019 or other Australian Open Tennis Series events should apply online before 1 March 2018 via the weblink:

<https://ballkids.tennis.com.au/register.aspx>

See Mr Burke in the ILC if you have enquiries or need assistance.



Mr G Burke  
Grade Tennis Supervisor





## Swimming Carnival





# AROUND THE GROUNDS

## Summer sport 2017/18 - Round 13

SPORT	OPPONENT	SCORE	
		RBHS	Other
Basketball 1s	Normanhurst	45	27
Basketball 2s	Normanhurst	61	50
Basketball 15s	Normanhurst	28	32
Basketball 14s	Normanhurst	44	28
Cricket 2 (semi-final)	Epping		5/204
Cricket 15			
Futsal 1s	Normanhurst	5	0
Futsal 2s	Normanhurst	2	4
Futsal 15 As	Normanhurst	7	1
Futsal 15 Bs	Normanhurst	5	2
Oztag 1s (2 <sup>nd</sup> grade)	Normanhurst	15	3
Oztag 15 As	Normanhurst	12	3
Oztag 15 Bs	North Sydney	5	4
Tennis 2 <sup>nd</sup> Grade	Normanhurst	5	1
Tennis 14s	Normanhurst	4	4
Volleyball 1s	Normanhurst	0	2
Volleyball 2s	Normanhurst	0	2
Volleyball 15s	Normanhurst	0	2
Volleyball 14s	Normanhurst	0	2
Water polo 1	Epping	0	10
Water polo 15s	North Sydney	2	14



## Sport for Schools 2018 Initiative

We are calling all RBHS community to get involved this year to take part in the 'Sport for Schools' program. Any student, teacher, parent/carer who shops at any Coles supermarket can help raise funds for new sporting equipment that our students can utilise. The initiative opened this week and the cut off is yet to be advised. Our school is also in the running to win a signed pair of the fastest man on the planet, Usain Bolt's running shoes!



## SPORTS QUOTE OF THE WEEK



P Noreika  
Sport Coordinator

**RBHS - Study Skills Time Line- Elevate Education – 2018**

Randwick Boys' High School is in the fourth year of a study skills program with Elevate Education. Students, teachers and parents are involved. The following provides a time line and a description of the seminar that the students are participating in. The program is supported by staff and parent workshops as indicated below, to ensure reinforcement in the classroom and at home.

Coming event in week4 and 5 for Year 11 and 12.

Looking forward to seeing the parents on the Tuesday 27<sup>th</sup> of March. All welcome!

**RBHS - Study Skills Proposed Time Line- Elevate Education – 2018**

YEAR	TERM	DAY	DATE	TIME	WEEK	Seminar
11	1	Monday	19/2/18	9:00am-10:00am	4	Student Elevation
12	1	Friday	2/3/18	9:00am-10:00am	5	Ace Your Exams
Parents	1	Tuesday	27/3/18	6pm-7pm	9	in-service
8	2	Tuesday	15/5/18	9:00am-10:00am	3	Junior Time Management
12	2	All week during roll call	21/5/18-25/5/18	8:50am-9:15am	4	Follow up
12	2	Tuesday	26/6/18	9:00am-10:00am	9	Finishing Line
11	3	Tuesday	31/7/18	9:00am-10:00am	2	Time Management
7	3	Tuesday	14/8/18	9:00am-10:00am	4	Kick Start
9	3	Tuesday	28/8/18	9:00am-10:00am	6	Junior Memory and Mnemonics
10	4	Tuesday	18/12/18	9am-11am	10	Study Sensei
10	4	Tuesday	18/12/18	11:20am-12noon	10	Career 1

Study Skills Team ☺



Dear School Community,

From next year, your Parents and Citizens' Association is introducing a **voluntary, annual contribution**.

We realize that most parents with children in high school are extremely time poor, have busy working and social lives and can't always contribute as much time to fundraising events as they would like to. We understand.

The P&C at Randwick Boys' High School has a say in school matters. We offer our views on school planning, sit on merit selection panels for classroom and executive positions and provide an open and inclusive forum to all existing and new families. We are active in the community with our wonderful student leaders at the forefront. Because we care.

We will still cook sausages on the BBQ and enjoy Trivia nights etc, but we believe it is the right time to introduce another way of supporting us and our school. Randwick Boys' High School offers our sons a quality education, however we all have a chance to contribute if we want to offer our sons even more than that.

A major basketball court upgrade is about to start - one example of a project that is co-funded by the P&C. Soon, we will investigate air conditioning in the hall, another co-funded effort. The focus of our fundraising for the next couple of years will be the installation of a state-of-the-art STEAM room or Maker Space, complete with laser cutter, 3D printer, robotics etc. STEAM subjects like Science, Maths and Technology have always been a stronghold at Randwick Boys' High School - we want to lift the standard to 21st Century learning - but we would like to ask for your support.

The P&C contribution is **annual and voluntary**. We appreciate every little bit and would like to thank you in advance.

Our **suggestion** is an **annual P&C contribution** of

- \$50 for one son
- \$70 for two sons
- \$90 for three sons

Of course you are **welcome to pay more or less** than the suggested amount.

You will see the **P&C contribution as an item on your son's invoice** early in Term 1 next year.

If you have any questions or feedback, please don't hesitate to contact us on [info@randwickboyspandc.org.au](mailto:info@randwickboyspandc.org.au).

The P&C and all Randwick Boys' students thank you for your generous support.

Birgit Schickinger  
P&C President

Lance Raskall  
Principal



## HIGH SCHOOL MENU

**FOOD CODING**  
G - EVERYDAY  
O - OCCASIONAL  
CF - GLUTEN FREE

**total**  
CATERING SOLUTIONS

## SALADS

<b>CREEK SALAD (C)</b> TOMATO, CUCUMBER, ONION, CAPSICUM, OLIVES & FETTA	SMALL	LGE
	\$5.00	\$6.00
<b>CHICKEN AVACADO PASTA SALAD (C)</b> ONION, MAO AMACADO, CHICKEN, CARROT, RED PEPPER & MARSLEY		
	\$5.00	\$6.00
<b>TUNA PASTA SALAD (C)</b> TUNA, CAPSICUM, ONION, CARROT, PARSLEY & PASTA		
	\$5.00	\$6.00
<b>PESTO PASTA SALAD</b> PESTO, OLIVES, SPINACHES, TOMATOES & CARROT		
	\$5.00	\$6.00
<b>PUMPKIN SALAD (C)</b> PUMPKIN, KALE, SPINACH, PINE NUTS & FETTA CHEESE		
	\$5.50	\$6.50
<b>GARDEN SALAD (C)</b> MEXICAN LETTUCE, CHERRY TOMATOES, CUCUMBER, CARROT, CAPSICUM & SPRIGS		
	\$4.50	\$5.50
<b>POTATO SALAD (C) CF</b> POTATO, PARSLEY, SPANISH ONION & MAO		
	\$4.50	\$5.50
<b>CHICKEN CAESAR (C)</b> CHICKEN, SCHNITZEL, COS LETTUCE, CAESAR DRESSING, BACON & CROUTONS		
	\$5.50	\$6.50
<b>GREEN BEAN (C) (CF)</b> MAID BEANS WITH DRESSING		
	\$4.00	\$5.00
<b>TABOULI SALAD (C)</b> PARSLEY, TOMATO, WHEAT CEREAL & DRESSING		
	\$5.00	\$6.00
<b>THAI NOODLE SALAD (C)</b> GRILLED CHICKEN, VERMICELLI NOODLE, CUCUMBER, MINT, CORIANDER, CAPSICUM & CARROT		
	\$5.50	\$6.50
<b>TABOULI &amp; LENTILS (C)</b> TABOULI, LENTILS WITH LEMON JUICE		
	\$5.00	\$6.00
<b>EASTERN DELIGHT (C)</b> TABOULI, HUMMUS, CHOICE OF SCHNITZEL OR FALAFEL WITH CRUNCHY PITA BREAD		
	\$5.50	\$6.50

## ROLLS &amp; WRAPS

<b>SINGLE</b>	<b>DOUBLE</b>
<b>SWEET CHILLI CHICKEN (C)</b> CHICKEN, SALAD & CHEESE	<b>DOUBLE</b>
	\$6.00
<b>CHICKEN CAESAR (A)</b> CHICKEN, BACON, CHEESE & CAESAR DRESSING	
	\$5.00
<b>FALAFEL (C)</b> FALAFEL, HUMMUS, TANGHAI, CUCUMBER & LETTUCE	
	\$5.00
<b>CHICKEN TANDOORI (C)</b> CHICKEN, YOGHURT, CUCUMBER & LETTUCE	
	\$5.00
<b>CHICKEN SCHNITZEL (A)</b> CHICKEN, SOFT ROLL, TABOULI, HUMMUS, TOMATO & LETTUCE	
	\$5.00

## BURGERS

<b>GOURMET BURGER (A)</b> FRESH BEEF, ONION, BBQ SAUCE, BEETROOT, TOMATO & LETTUCE	\$5.50
<b>CHICKEN CAESAR BURGER (A)</b> GRILLED CHICKEN, CAESAR DRESSING, BACON & COS LETTUCE	\$5.50
<b>CHEESE BURGER (A)</b> FRESH BEEF PATTY, CHEESE, FRESH TOMATO & TOMATO SAUCE	\$5.50
<b>VEGGIE BURGER (A)</b> CHICKEN EGG, VEGETABLE, YOGHURT, AVACADO, BEETROOT, ALFALFA & CHEESE	\$5.50
<b>PERI PERI PORTUGUESE BURGER (A)</b> CHICKEN BREAST, PERI PERI SAUCE & LETTUCE	\$5.50
<b>CHICKEN BURGER (A)</b> FRESH CHICKEN PATTY, LETTUCE & MAO	\$5.50
<b>CHICKEN ALLOI BURGER (A)</b> GRILLED CHICKEN, LETTUCE & ALLOI SAUCE	\$5.50

## DRINKS

<b>WATER</b> 600ML, WATER 1L WATER	\$2.50 \$4.00
<b>JUICE 150ML</b> ORANGE, APPLE	\$3.00
<b>JUICE 500ML</b> ORANGE, APPLE, MANGO, PASSIONFRUIT	\$4.00
<b>FLAVOURED MILKS</b> 300ML CHOCOLATE, STRAWBERRY	\$2.50
<b>500ML</b> CHOCOLATE, STRAWBERRY	\$4.00
<b>DARE COFFEE 500ML</b> ESPRESSO, MOCHA	\$4.50
<b>FLAVOURED MILK SHAKES</b> CHOCOLATE, STRAWBERRY, VANILLA & CARAMEL	\$4.50

## BAGUETTES

<b>VEGGIE FILLINGS (C)</b>	\$6.00
<b>CHICKEN BAGUETTE WITH ASSORTED FILLINGS (C)</b>	\$6.00

## HOT DISHES

<b>LEAN BEEF PIE (A)</b>	\$4.00
<b>LEAN SAUSAGE ROLL (A)</b>	\$3.80
<b>LEAN SHEPHERDS PIE (A)</b>	\$4.50
<b>SPINACH &amp; RICOTTA ROLL (A)</b>	\$4.50
<b>QUICHES (A)</b> VARIETY OF QUICHES	\$4.50
<b>HOT CHICKEN SCHNITZEL ROLL (A)</b> CHICKEN SCHNITZEL, LETTUCE & MAO	\$5.50
<b>OVEN BAKED WEDGES</b> CLIP \$4.50 TOY \$5.50	

## HIGH SCHOOL MENU

**FOOD CODING**  
G - EVERYDAY  
O - OCCASIONAL  
CF - GLUTEN FREE

**total**  
CATERING SOLUTIONS

## SANDWICH BAR

<b>BACON ROLL (A)</b>	\$3.50
<b>EGG ROLL (C)</b>	\$3.50
<b>BACON &amp; EGG ROLL OR WRAP (A)</b>	\$4.00
<b>BREAKFAST MEAL DEAL (A)</b> EGG & BACON ROLL OR WRAP & A SMALL FLAVOURED MILK	\$6.00
<b>TOASTED BANANA &amp; BREAD &amp; A SMALL FLAVOURED MILK</b>	\$5.50
<b>TOAST (C)</b> JAM OR HONEY	\$2.00

## PIZZA

<b>MARGARITA (C)</b> CHEESE & TOMATO	\$4.50
<b>VEGETARIAN (C)</b> OLIVE, EGGPLANT & ROAST CAPSICUM	\$5.00
<b>HAWAIIAN (C)</b> HAM & PINEAPPLE	\$5.00
<b>BBQ CHICKEN (C)</b> CHICKEN WITH ONION & CHEESE	\$5.50

## SUSHI

<b>CHICKEN TERIYAKI (C) CF</b>	\$3.50
<b>CRAB &amp; AVACADO (C) CF</b>	\$3.50
<b>TUNA (C) CF</b>	\$3.50
<b>VEGETABLE (C) CF</b>	\$3.50

## TURKISH BREAD

<b>CHICKEN SCHNITZEL DELIGHT (A)</b> CHICKEN SCHNITZEL, ROAST CAPSICUM, PESTO & CHEESE	\$5.50
<b>CHICKEN DELIGHT (A)</b> ROAST CHICKEN, AVACADO, BAKED TOMATOES & CHEESE	\$5.50
<b>MEDITERRANEAN DELIGHT (A)</b> OLIVE, ARTICHOKE, ROAST CAPSICUM & PETA	\$5.50
<b>VEGETARIAN DELIGHT (A)</b> EGGPLANT, SUN-DRIED TOMATOES, ROAST CAPSICUM & CHEESE	\$5.50
<b>HAM DELIGHT (A)</b> SMOKED HAM, SUN-DRIED TOMATOES, OLIVE & CHEESE	\$5.50

## PASTA

<b>LASAGNE (C)</b> HOMEMADE BEEF, HOMEMADE VEGETARIAN	\$6.00
<b>PENNE VEGETARIAN (C)</b> CHART, CELLOST, VEGETABLES & SALSA	\$6.00
<b>PENNE BOSCAIOLA (A)</b> HAM, MUSHROOM, CREAM SAUCE	\$6.00
<b>SPAGHETTI BOLOGNESE</b>	\$6.00

## COLD FOOD

<b>FRESH FRUIT SALAD (C) CF</b>	\$4.50
<b>YOGHURT &amp; BERRIES (C) CF</b>	\$4.50
<b>YOGHURT &amp; MUESLI (C) CF</b>	\$4.50
<b>FRUIT (C)</b> FRUIT AVAILABLE DAILY	\$1.00
<b>FRESH FRUIT SALAD</b>	\$4.50

## TOASTED SANDWICH

<b>CHEESE</b>	\$3.50
<b>HAM &amp; CHEESE</b>	\$4.00
<b>HAM, CHEESE &amp; TOMATO</b>	\$4.50

Freshly made on the premises