

## USEFUL LINKS

[Sport Fixtures](#)  
[Make a Payment](#)  
[Knox website](#)  
[Careers](#)  
[Assessments](#)



**NOMINATE FOR EVENTS NOW**  
 Speak to Head Coach of Track and Field, Mr Bromley, with any questions

**KNOX TRACK AND FIELD CHAMPIONSHIPS**  
 Wednesday 21 June, Sydney Olympic Park

## FROM THE TEAM LEADERS



'Tomorrow (noun) - A mystical land where 99% of all human productivity, motivation and achievement is stored.'

This week during our Year Meeting we watched a [TED Talk by Tim Urban](#): Inside the mind of a master procrastinator. This was a timely video considering our Year 10s are currently in the midst of assessments,

Sport training, Music and Drama rehearsals, co-curricular commitments and don't forget, HSC Subject Selection! As always we strongly encourage our boys to set healthy and easy to follow study plans which allow them to achieve their academic goals but also set appropriate down time. With an effective study plan, students will experience decreased anxiety come assessments and the exam period. If your son struggles with his time management and requires a study plan, we strongly encourage him to touch base with his mentor who can help assist your son to set one up.

As the boys get older they need to start checking their School email account more regularly as this can be primarily used by their teachers and coaches to communicate required information. This week, they would have received an email from Mr Nelson regarding their Subject Selection choices. How to go about filling this form out was demonstrated by Mr Nelson. Before your son makes his choice, he should talk to relevant Heads of Department if he has any questions or concerns but also ask current Years, 11 and 12 students for the student perspective on their intended subjects.

Have a great weekend.

ANDREA WIFFEN YEAR 10 ASSISTANT TEAM LEADER

## UPCOMING EVENTS

### Monday 29 May

Parent morning tea

### Saturday 3 June -

PLC Science Summit, [click here](#) for details

### Thursday 8 June

Parent/Teacher interviews 3.30pm to 9pm

### Friday 9 June

Parent/Teacher interviews 9am - 5pm

See the full calendar in [Parent Lounge](#)

## CONTACT

Pamela Hitchcock: 02 9119 0885

Email: [hitchcockp@knox.nsw.edu.au](mailto:hitchcockp@knox.nsw.edu.au)

[Year 10 page on the Portal](#)

## FROM THE STUDENT ADMINISTRATION OFFICER



Please remind your boys that Student ID cards should be used at the canteen. Typing their details in manually is holding up the queue for other boys and putting pressure on limited time available to ensure all boys get their food.

[Click here](#) to nominate for this years Track and Field Event being held on Wednesday, 21 June.

An important date for your diary - Year 10 Morning Tea - Monday, 29 May at 10am.

If your son is unwell, it is best for him to remain at home to restrict infection and to recover properly. Sick students will not perform at their best and it is a better option to liaise by email with subject teachers and to submit the Illness & Misadventure form along with a medical certificate if your son is absent the day before or the day of a scheduled assessment or exam.

Congratulations to Brendan Hee, Lachlan Kelly, Josh Mercer and Declan Owers on their wonderful achievements at the NSW All Schools Swimming and Diving Championships.

Have a wonderful weekend.

PAMELA HITCHCOCK YEAR 10 STUDENT ADMINISTRATION OFFICER

*'Only the ideas that we really live have any value'* Herman Hesse

## LUNCH INFORMATION SEMINARS

Monday 22 May - History (Modern and Ancient KCC310)

Tuesday 23 May - Geography (KG5)

Wednesday 24 May - TAS (R35)

Thursday 25 May - PDHPE and Sport Leisure and Recreation KB03)

Friday 26 May -Visual Arts and Photography (MK13)

## DATES FOR SUBJECT SELECTION

Preliminary submissions due:

Monday 29 May, Term 2 Week 6

Final Submissions:

Friday 28 July, Term 3 Week 2



## FROM THE DIRECTOR OF STUDIES KNOX MIDDLE SECONDARY ACADEMY

This week there has been a lot of discussion about subject choices for Year 11. All students received an email on Tuesday afternoon outlining how to enter their subject preferences online and giving details about their Preliminary Placements for Mathematics and English. Should your son wish to have his placement reviewed, he will need to email his request to [Mrs Richmond](#) (English) or [Mr Vuletich](#) (Mathematics) by the end of Term 2.

In line with preparing students for the rigours of senior study, we have Elevate Education, experts in study habits, coming to run a seminar for Year 10 students on Friday 26 May. Elevate's study skills programs are designed to achieve behavioural change amongst students. The session next Friday will cover:

- Utilising the syllabus to frame study
- Structuring and reviewing organised notes
- Conceptual learning to develop deep understanding
- Utilising practice exam papers

ELIZABETH RUFF, DIRECTOR OF STUDIES KNOX MIDDLE SECONDARY ACADEMY

## INTERNATIONAL STUDENT EXCHANGE 2017

Last year's International Exchange program was a great success and we look forward to equally successful exchanges again this year. Please read the information on the [Knox Portal](#) to answer some of your questions about the program. Links to some of the overseas schools who participate in the program with Knox are also available on the portal. Other colleges can be looked up on the net.

This year again, there were many more exchange applications than available places. Every effort is made to accommodate each boy. Some colleges have even been approached to ask for additional places, however, the number of Knox students going away depends on the number of applications received by the host schools and placing all Knox applicants this year may not be possible. We are currently working on overseas arrivals and departures taking place next term and will be in touch with boys and parents when we have more feedback about arrangements for Term 3 and 4.

Thank you for your understanding and patience. We have to follow careful procedures to ensure the safety of all exchange participants, as well as being sensitive to the exchange timings requested by our overseas exchange partner schools.

CAROLINE COOK, INTERNATIONAL STUDENT EXCHANGE COORDINATOR



Boys in action - Year 10 AFL



## FROM THE CAREERS ADVISOR

Wednesday 24 May (5.30pm-7pm in the Knox Cultural Centre Auditorium), National Institute of Education will be presenting a seminar on the Undergraduate Medicine Admissions Test (UMAT). The UMAT is a compulsory test for entry in undergraduate medicine, dentistry and health science degree programs. Registration is essential - [please click here](#) to register.

The annual Careers Night will be held on Monday 29 May in the Great Hall from 5.30pm. Students from Years 10-12 and their parents are welcome to attend this free event. The Careers Night will be in the form of an expo with over 60 exhibitors in attendance, including all the major universities as well as TAFE, tertiary providers and private colleges. An exhibitor layout will be published in next week's newsletter.

The Universities Admission Centre (UAC) will be attending on Tuesday 30 May (Great Hall, 5.30pm-7pm) for a School Presentation. UAC process and manage university applications and make course offerings on behalf of universities. UAC will be presenting on topics such as the ATAR, bonus points and applying for university. UAC will also be presenting the changes affecting offer rounds and admission. I strongly encourage all Year 10, 11 and 12 students and their parents to attend this presentation. Registration to this event is essential - please [click here](#) to register your attendance.

LINDA GOMEZ, CAREERS ADVISOR

# YEAR 10 PARENTS' MORNING TEA

The Knox Parents' Association warmly invites you to the Year 10 Parents' Morning Tea

**Date:** Monday 29 May 2017

**Time:** 10.30am - 12.00pm

**Venue:** Great Hall Foyer, Senior School

**RSVP:** By Wednesday 24 May to Anne van Veen at [annevanveen@optusnet.com.au](mailto:annevanveen@optusnet.com.au)

*We hope you will be able to join us!*

