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Year 10 Boarders at Abbotsleigh Breakfast

## FROM THE TEAM LEADERS



For many of the students of Year 10, this weekend and the start of next week will be spent fine tuning their leadership and Cadet skills on either the Junior or Senior Leader Promotion Courses. This is an intense, challenging and rewarding experience for those involved and one that will stand the boys in good stead in their years and varied experiences to come.

That said, for those that missed out or did not continue with Cadets, Knox offers a variety of other activities that help to further develop leadership skills and that promote personal growth and development. Whether it be the Duke of Edinburgh Program, involvement in KAPA, participation in Drama/Theatrical performances or engaging in Debating, Mock Trial and/or Public Speaking, for example, it is important for each young man to look to extend themselves in the hope of discovering their true potential and capability, whilst also finding new activities to socialise in and to enjoy.

Whilst Ms Wiffen did make the point in last week's newsletter, I want to restate that it is imperative for those Year 10 boys that are attending the Formal to understand their responsibilities to themselves, their families, the School and potentially their partners in enjoying their night and experience appropriately. The Formal is meant to be a night to remember for all the right reasons, not one to forget.

Have a fantastic weekend!

SAM WHITE YEAR 10 TEAM LEADER

## UPCOMING EVENTS

**Saturday 19 - Tuesday 22 August**  
Senior Cadet and CUO Promotions Course

**Wednesday 30 August**  
Year 10 Formal Miramare Gardens

**September 7-10**  
Spelling Bee Musical - [Click here](#) for tickets

**Friday 8 September**  
Knox Spring Festival - Gillespie Field  
9.30am - 2pm. [Click here](#) for raffle tickets  
See the full calendar in [Parent Lounge](#)



## CONTACT

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[Year 10 page on the Portal](#)

## FROM THE STUDENT ADMINISTRATION OFFICER



Year 10 Boarders attended a breakfast at Abbotsleigh on Wednesday morning where the topic presented was Tolerance and Freedom of Speech.

Your [consent forms](#) for the Formal need to be handed to me in Room 19 as soon as possible please. If you wish to [order corsages](#), as per my newsletter last week, these must be ordered by 5pm on 29 August.

Good luck to Tom Constable, Archie Elliott, Jeremy Jenkins, Charlie Moore and Bodhi Phillips as they compete in the NSW State Snow Sports Championships at Perisher.

### FORMAL TIP OF THE WEEK - 5: *The Art of Introduction*

The sole purpose of introducing people is to give them an opportunity to know each other. Remember that while you know many of the students and staff at the Formal, your partner may know only a couple of others, or no-one at all. Introducing her to friends at your table, and to a staff member or two, will help make her feel more relaxed. It is traditional to introduce the man to the woman out of respect, for example: Suzie please meet my friend James. You could then perhaps add a little extra information about James, as an 'ice breaker'. It is quite natural to feel nervous at a gathering when all seem strangers, however, simple good manners can ease the way for everyone to feel comfortable, and for strangers to become friends and acquaintances.

Have a great weekend.

PAMELA HITCHCOCK YEAR 10 STUDENT ADMINISTRATION OFFICER





THE DUKE OF EDINBURGH'S AWARD

For those students who wish to attend the Duke of Edinburgh's Award Ceremony on 6 September, please ensure that you submit your form by 26 August. For those who need to complete their qualifying journey, registration for this camp can be made using the [link](#).

The camp is scheduled for the first weekend of the September holidays.



Top: Bridge Climb - Ben Bradshaw, James Gray (yr9), Jinjie Huang and Chris Wang (Yr 9)

Bottom: Featherdale Wild Life Park: Ben Bradshaw, Jinjie Huang, Chris Wang (Yr 9) and James Fisher (Yr 9)



## FROM THE HEAD OF KNOX MIDDLE SECONDARY ACADEMY

### Healthy Digital Diet

I am sure that there are times when many of us feel that the technology in our lives has taken over and we have lost that all important balance. From smartphones, computers, tablets and smartwatches, the technology is everywhere and hard to avoid! Life without the internet is difficult and finding a balance is essential. Technology in all its forms has its place and it is important for those of us who were educated at a time with far less technology to acknowledge that for our students 'school work' and 'homework' look very different to how we remember it. Learning today is very much wrapped around technology and it can often be difficult to distinguish between someone who is using a device to learn, from one who is using it for social media or gaming purposes. Encouraging a healthy digital diet for everyone in the family is crucial. Finding time, or creating time, to be offline is part of the process and for our students at Knox, we are very fortunate that there are a huge number of activities and opportunities that give our boys the chance to be away from the screens and to master their physical and mental skills... or just socialise in person! Achieving a healthy digital diet forms a key part of our Knox Total Fitness model. If you are interested in more information on how to support your son in achieving this balance, our resident ICT Integrator Mr Michael Beilharz, along with Child Psychologist Dr Philip Tam, have created a series of podcasts titled Healthy Digital Diet. Their [podcast series](#) has a wealth of great information to help support families in achieving this balance that I would encourage you to watch.

GEMMA GRANOZIO HEAD OF KNOX MIDDLE SECONDARY ACADEMY



### JERSEY DAY 1 SEPTEMBER

Wear a sports jersey on Friday 1 September and support organ donation. Jerseys are **NOT** to be worn to and from School.



STOP the TRAFFIK Campaign - a global movement made up of people and organisations who passionately give up their time and energy to prevent, disrupt and abolish human trafficking

The Social Justice Club has organised a campaign to support the work of [Stop the TRAFFIK](#). Merchandise will be on sale next week at school. Your sons have the opportunity to campaign and challenge companies who do not provide clarity in relation to fair and just employment in their employment chain.

Buzz Kitto, who leads 'Stop and Traffik' spoke about the harsh realities of 'people trafficking' to a very respectful Year 10 at Year Meeting recently. We encourage you to discuss the ethical purchases of clothing, tea, chocolate and seafood with your son. Help him become a champion of change and informed how and why modern slavery is rife in these industries.