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Congratulations to our Sailing Team who came first in the competition in Canberra last weekend

FROM THE TEAM LEADERS



'The backbone of success is hard work, determination, good planning, and perseverance.'
– Mia Hamm

It is very hard to believe that we have already arrived at the end of Week 5! It has been a frenetic, yet pleasing start for our young men with the majority of feedback from Year 11 teachers being overwhelmingly

positive. Week 6 sees the assessment schedule really ramp up and so, as the above quote from one of the greatest female Football players of all time suggests, the time is now for the boys to plan and buckle down.

To that end, it is imperative that each student seeks advice and support if they are unsure about how to plan and study effectively. The KSSA offers a myriad of study opportunities and tutors whilst our wonderful Mentors should be the first port of call for academic and pastoral advice.

As revealed at the Year 11 Information evening, our Mentor Program is addressing stress, sleep, procrastination and organisation. Having a healthy understanding of how to deal with each of these entities will really help our young men. Additionally, casual and regular conversations about potential future directions after Knox can certainly help to create a sense of purpose and stimulate drive and motivation if cultivated properly. We want to be able to give the Class of 2019 options after school though our priority is to ensure that they emerge from their time here feeling positive and knowledgeable about themselves and what they can offer to their friends, loved ones and the wider community.

I hope you all have a wonderful weekend!

SAM WHITE YEAR 11 TEAM LEADER

UPCOMING EVENTS

Monday 5 March

- Cambodia Immersion Evening 5.30pm-8pm - Parents and Students

Tuesday 6 March

- [Annual International Women's Day](#)
Mother and Son Breakfast - Thistle Room 7am - 8am

Friday 23 March

- [Gathering of the Clan](#) 7.30pm-9.30pm
Seniors Hall, Knox Senior Secondary Academy

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

FROM THE STUDENT ADMINISTRATION OFFICER



After 18 years of trying, with numerous second places over this time, Knox Sailing has finally cracked success with winning a major Teams Racing event, the 2018 ACT Teams Racing Championships held on Lake Burley Griffin last weekend. The two captains were Alistair Hunter and Harry Parker.

If you would like to participate in the Kuringgai Special Olympics Fun Run to be held on Sunday 11 March, please contact [Mr Diamond](#). Our boys

run alongside special athletes for support but also to raise much needed funds and awareness of the Special Olympics program.

If you would like to join us for the Annual International Women's Day breakfast, it is not too late to [register](#). The guest speaker is Kim Pearce, co-founder of the Possibility Project. I look forward to catching up with you at the breakfast.

I would like to wish Lachlan Kelly good luck as he competes in the Commonwealth Games trials in Queensland.

Have a great weekend.

PAMELA HITCHCOCK YEAR 11 STUDENT ADMINISTRATION OFFICER

'Learning never exhausts the mind. Leonardo da Vinci'



CONTACT

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[Year 11 page on the Portal](#)



FROM THE HEAD OF KNOX SENIOR SECONDARY ACADEMY

Year 11 students are currently looking at time management in their mentor periods. As the assessments start to build from next week onwards, effective use of time (which also encompasses adequate exercise and sleep) is crucial for academic success and overall well-being. In Year Meeting this week, Mr Nunan and I spoke about the importance of preparation and planning. A quadrant approach, as outlined in Stephen Covey's book 'First Things First' was introduced and over the next two years we will be referring to these quadrants regularly. This simple 2x2 matrix breaks activities down on the basis of importance and urgency. As assessments start the boys will be in a period of urgency and importance – the Quadrant of Necessity. At the moment the boys should be actively making notes, doing all homework and acting on feedback from their teachers; this work is important but non-urgent (at the moment) and is referred to as the Quadrant of Quality. As we move closer to the the assessments the urgency gets greater. Students who prepare ahead of time are making the most of the Quadrant of Quality and helping themselves to reduce the stress associated with busy assessment periods.

	URGENT	NOT URGENT
IMPORTANT	<p style="text-align: center;"><u>Quadrant 1 - Necessity</u></p> <ul style="list-style-type: none"> • Deadlines • Current exams/assessments • Homework submissions 	<p style="text-align: center;"><u>Quadrant 2 - Quality</u></p> <ul style="list-style-type: none"> • Good sleep habits • Ongoing revision and note making • Seeking and acting on feedback • Preparation and planning • Personal hobbies/interests • Relationships • Exercise (and diet)
NOT IMPORTANT	<p style="text-align: center;"><u>Quadrant 3 - Distraction</u></p> <ul style="list-style-type: none"> • Some email/text messages/social media posts • Interruptions that result in loss of concentration and 'flow' of work • Busy (but unrelated) work • Avoided if all distractors are removed (phones in another room to where study occurs) 	<p style="text-align: center;"><u>Quadrant 4 - Regret</u></p> <ul style="list-style-type: none"> • Time wasting, especially related to technology • Procrastination • Not communicating

ANDREW WEEDING HEAD OF KNOX SENIOR SECONDARY ACADEMY

KOKODA TREK

The annual Knox Kokoda Trek will be taking place once again in 2018, with this Social Justice opportunity open to all Years 9, 10 and 11 students. It is an experience of enormous cultural and historical significance, set against one of the most extraordinary (and challenging) landscapes on the planet. Places are limited, and filling fast. If you are interested, please contact [Ms Kennedy](#) in the PDHPE Department as soon as possible for an expression of interest form and information pack.



CAREER PROGRAM

The Careers Program has a dedicated page in the [Knox Portal](#). This is where you will find information such as:

- Weekly career newsletters
- Career updates
- Knox Career Seminars / presentations
- Applying for university
- Information on studying in the US
- Work skills (such as resume writing, interview skills)
- Job Board
- Other useful links



The Careers page is updated regularly so it is important to keep checking the Careers Page for regular updates and information on career events. Careers is also available on Skoolbag so I encourage parents and students to add Careers when setting up push notifications.

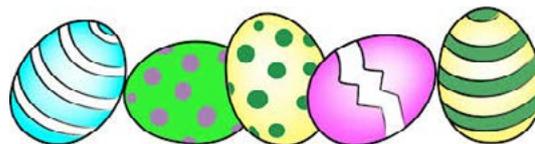
SPORT SHOES NEEDED TO SUPPORT THE PCYC PROGRAM FOR ABORIGINAL TEENS IN WALGETT

Could you please send in any sports shoes which you no longer need or your son has outgrown to Mrs Clarke so they can help Amanda Cheal at the PCYC Walgett run the sports program for local teenagers.



EASTER EGG AND POTS OF NOODLES DRIVE

As Easter approaches the Knox community traditionally supports the homeless with donations of Easter eggs and pots of flavoured noodles. This support is a way we can support the work of the Wesley Mission. We would greatly appreciate your generosity for this worthy cause. Please drop off donations to Room 19 or the KSSA SAOs or to your son's mentor or WLF teacher.



OKGA MOST IMPROVED AWARDS - SUMMER

Basketball	Hortin	ZENG
Cricket	Edward	TOOLE
Karate	Zac	CROWLEY
Squash	Zach	SLONIM
Swimming	Brendan	HEE
Table Tennis	Steven	HUANG
Tennis	Shawn	ZHANG
Musical	Davey	SHERLOCK



AFTERNOON STUDIES



PARENT BREAKFAST - DISPELLING MYTHS ABOUT EDUCATION

When: Monday 9 April, 7.30am-8.15am

Where: Thistle Room, KG1 Building, Senior School

Who: Knox Prep, Wahroonga Prep and Senior School parents

Presenters: Karen Yager, Deputy Head 7-12 and Head of Student & Teacher Excellence K-12, Andrew Weeding, Head of Senior Secondary Academy and Greg Nunan, Director of Studies Senior Secondary Academy