

USEFUL LINKS

[Sport Fixtures](#)

[Make a Payment](#)

[Knox website](#)

[Illness & Misadventure Form](#)

[Student Leave form](#)

[Student Driver Form](#)

[Vehicle Driving Policy Form](#)

[Careers](#)

[Assessments](#)



FROM THE TEAM LEADERS

Many of the boys in Year 11 have applied for Prefect roles over the past week. Whether the students are interested in promoting academic excellence, boarding, chapel, performing arts, co-curricular activities or leading a sporting House, they should consider how specifically they intend to contribute to that particular Portfolio Leadership Team.

This newsletter would not be complete without mentioning the acts of kindness from a number of our boys at Knox. The following are but two examples of praise that the Headmaster and Deputy Headmaster regularly receive. The first was from an 82 year old lady who was walking her dog in front of a group of senior students coming back from Curragul. As she is 82 and not as agile on her feet, she stopped and told the group of boys that they were welcome to pass her. The boys all thanked her and told her that it was alright, she should take her time and that they were not in a hurry. As a retired teacher herself, she was delighted at how well-mannered these lovely young men were. The second letter was from a member of the public who fell as she was walking across a median strip. It was a substantial fall, her glasses and bag were thrown across the road, her jeans were torn and her knee was grazed. Although there were people who witnessed her fall, one of our Year 11 students, Leo Tilley, stopped to ask if she was okay. He then crossed the street with her to ensure that she was safe. To excel in school and to demonstrate good sportsmanship is very important, but to be kind speaks volumes about a person's character. Well done boys, you are wonderful ambassadors for Knox and exceptional young men.

JENNIFER TRAN YEAR 11 ASSISTANT TEAM LEADER

UPCOMING EVENTS

Wednesday 31 May

- Meningococcal Vaccinations, Portrait and Thistle Rooms, 8am - 4pm

Monday 5 June

- Parent Morning Tea, Great Hall Foyer, 10.30am - 12.00pm

Monday 19 June

- Cadet Passing Out Parade

Wednesday 21 June

- Year 11 Formal
- Knox Track & Field Championships, Sydney Olympic Park

Friday 23 June

- Term 2 concludes, 3.15pm

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



FROM THE STUDENT ADMINISTRATION OFFICER

Year 11 is proving to be an extremely busy year. A few reminders this week. I encourage parents to make sure their sons read the weekly newsletter. Students need to be aware of what is on offer in order that they do not miss out on all the wonderful opportunities available to them.

Boys are reminded to return their completed 'Consent for Meningococcal ACWY Vaccination' forms to me by Monday 29 May. Please note that **only** the original forms will be accepted by the NSW Health Department (not a scanned copy). If your son misses out on the opportunity to have the vaccination done at school he can have the vaccination done by his family doctor.

Our annual Parent Morning Tea has been arranged for Monday 5 June. Be sure to put this event in your diary. An opportunity to meet other parents and staff over a hot cup of tea and a slice or two of cake.

In order to minimise waiting time and endless queuing boys are reminded to ensure that they have their student cards with them when paying for food in the Boater Cafe. There are still a large number of boys who continue to pay by cash for their food. Whilst we will always accept this, it is ideally required that apart from Term 1, the canteen should be largely cash free. Click [here](#) to access the Cashless Card System details.

RENEE WILLSON YEAR 11 STUDENT ADMINISTRATION OFFICER

CONTACT

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[Year 11 page on the Portal](#)

YEAR 11 FORMAL

Formal Invitation - Click [here](#)

Formal Consent Note - Click [here](#)

Payment Instructions - Click [here](#)

Click [here](#) for the Payment Portal

NSW ALL SCHOOLS SWIMMING & DIVING CHAMPIONSHIPS RESULTS

Congratulations to our Swim & Dive Team who have continued their success from the CIS Championships through to the NSW All Schools Swimming & Diving Championships. Special mention to our Year 11 achievers:

Ben Dempsey:

Gold 17yrs Springboard Dive

Sydney Robertson:

Bronze 50m Freestyle

Jack Edie:

Silver 200m Freestyle; Silver 400m Freestyle

Leon MacAlister:

Gold 50m Freestyle; Gold 100m Backstroke; Gold 50m Back



FROM THE CAREERS ADVISOR

Over the next few weeks a number of important career events will be held for Years 11 and 12 students and their parents.

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 Years 11 and 12 students and their parents to attend this presentation. Registration to this event is essential - please [register here](#).

LINDA GOMEZ

CAREERS ADVISOR/PSYCHOLOGIST



Above: Will Green and Riley Koo having great fun whilst studying in boarding.



Above: This week we welcomed Storm Templeton an exchange student from Landon School for Boys in Washington D.C.



FROM THE DIRECTOR OF STUDIES KNOX SENIOR SECONDARY ACADEMY

This week in Year Meeting, Mr Weeding and I started a series of presentations that we will deliver this term in preparation for the upcoming assessments, the Term 2 Study Break and the examinations next term. We spoke to the boys about Flow to begin with. Proposed by Hungarian psychologist Mihaly Csikszentmihalyi, Flow is a mental state of operation whereby a super-focused state of mind is achieved through strong devotion to a task. We challenged the boys to recall a time when they persisted on a task and time passed them by. When a student is engaged in a challenging task and they have skills that can be applied to work towards a successful outcome, they may get lost in time in pursuit of a result. Some examples could include:

- Perfecting an essay that is building on plans and drafts where feedback has been received and is being acted on.
- Persisting with mathematical problems that are increasing in complexity, having already mastered easier ones.
- Making notes for a research task using reliable material that has been sourced with the assistance of the Librarian.
- Seeing progress in a major work such as in Visual Arts or Design and Technology.

Theoretically everyone can experience a feeling of Flow. This recording provides an explanation of Flow using the following graph. Click [here](#) to review.



(Source - Flow: Happiness in Super Focus accessed 16 May 2017)

Our challenge to the boys was to try and set themselves up so that they are developing Flow in their study regimes. Understanding teacher feedback and then acting on the advice is essential. Ideally the boys will be able to reduce the Challenge level (using the graph above) across their subjects and achieve a sense of Control prior to their exams in Week 7 next term.

The boys were reminded of the importance of keeping a positive mindset during challenging times in their academic program. A proactive approach to seeking assistance and recognising that while they may not understand a particularly concept at stages throughout the course, they need to adopt the mantra of 'NOT YET' rather than 'I CAN'T'.

"Fail early, fail often, fail fast, fail forward. I am NOT THERE YET!"

Our focus in Week 5 will be to look at various ways to set up a study planner that should enable the boys to enter the 'control' region of the graph.

GREG NUNAN DIRECTOR OF STUDIES KNOX SENIOR SECONDARY ACADEMY



Above: Cory Aitchison in full dress at the ANZAC Parade.