

USEFUL LINKS

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



Knox Gala Day 2018
Saturday 2 June 2018, 10am-4pm



UPCOMING EVENTS

Thursday 15 March

- CAS Swimming and Diving

Tuesday 13 March

- Bandstand Evening Concert 7-12 Great Hall - 7pm

Friday 23 March

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

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

CONTACT

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FROM THE TEAM LEADERS

As part of our Mentor Program this week we continued with the importance of time management to help decrease stress. As part of their planning the boys should timetable sleep and rest into their already busy schedule. Sleep is such a critical factor in your son's health, memory retention and wellbeing. It is essential the boys prioritise sleep as a crucial part of their assessment preparation and realise how incredibly

important an uninterrupted night's sleep is. A bad night's sleep over a period of time has a big impact on mood, resilience and mental wellbeing, as many of the parents can attest to when they reflect back on their sons as newborns! The Sleep Health Foundation recommend eight hours of sleep each night for teenagers. They also recommend to give your body time to wind down in the evening (yes, away from phones and TV screens) which can help them get to sleep at a time that suits their own body's circadian rhythm.

Our Year Meetings the past fortnight have been a wealth of information and opportunity for the Year 11 cohort. Last week we had Andrew Weeding, Head of the Senior Academy, provide a new study technique to help the boys prioritise work and assessments with his quadrant presentation. This week we had Ms Villano from Macquarie University present on the Leadership Program. This leadership opportunity gives the Year 11 boys the chance to develop and learn from the very best at a tertiary level. This is an exceptional opportunity for the boys to be a part of but as Ms Villano mentioned is a big commitment, includes extra workload and is dependent on the students taking the initiative to apply.

ANDREA WIFFEN YEAR 11 ASSISTANT TEAM LEADER

FROM THE STUDENT ADMINISTRATION OFFICER



If your son would like to attend the CAS Swimming and Diving on Thursday 15 March, the permission form must be completed on the [Parent Lounge](#) **by 9am on Tuesday 13 March.**

The closing date for applications for the [Macquarie Leadership Program](#) is Friday 16 March.

[Tickets](#) are still available for 'The Pirates of Penzance'. I am really looking forward to the opening night and hope to see many of you there. Tim Barrie, James Cannon, Ben Dickson, Dean Gongolidis, Ed Hil, Davey

Sherlock will be performing and Hugo Morgan and Nickolas Van Veen are part of the Tech Crew.

It was lovely to see many Year 11 mothers with their sons at the International Women's Day breakfast. Kim Pearce, Co-Founder of the Possibility Project, gave a truly inspirational talk about her work in India.

Have a great weekend.

PAMELA HITCHCOCK YEAR 11 STUDENT ADMINISTRATION OFFICER

'Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit.'~ Conrad Hilton



FROM THE DIRECTOR OF STUDIES KNOX SENIOR SECONDARY ACADEMY

The boys continue to impress me with their focus in preparation for their assessment tasks as they become more numerous over the coming weeks. Evening study (ES) is well attended and the progress the boys are making through productive study habits should be evident in their results in coming weeks. I would like to remind the boys that if they have any doubts about attending ES or in the effectiveness of their study program, please ask one of the supervisors on duty or come and see me in the KSSA Management Centre.

Productive and effective study habits are an essential part of achieving success at the HSC. In order to study effectively the following strategies/techniques should be considered:

- Structured and planned preparation. Be strategic in what is covered;
- Daily/weekly timetable that includes preparation for upcoming assessment tasks. Use the Gant Chart;
- Set Goals each night and be task oriented. Don't base your effectiveness around how many hours you have spent in the chair;
- Prioritise subjects starting with weakest and finishing with strongest. English is always a good subject to start with;
- Ensure each lesson is reflected upon through consistent note making... write, write, write!
- Complete 10-15 minutes of revision of past questions each day for ALL subjects in addition to homework
- Know what is in each assessment task. Consult the notification and ask questions if unsure.

Furthermore, in order to be prepared for each afternoon and evening, students must make the most of every period they attend. Key issues to address while sitting in the classroom:

- Listening carefully in class;
- Participating in lessons – address any problems as they arise. Be proactive and work with your teacher;
- Complete all set class work.

If students consider attending Seniors' Hall or the Senior Library, they must be strategic in the days they choose and base it upon the Supervisor and Old Boy Academic Coach along with peers who they feel they can collaborate with during their study.

GREG NUNAN DIRECTOR OF STUDIES KNOX SENIOR SECONDARY ACADEMY

REMINDER – SUMMER SPORTS PHOTOS

Tuesday 13 March

- 1sts & 2nds Basketball
- 1sts & 2nds Cricket
- 1sts & 2nds Summer Tennis
- 1sts & 2nds Squash

• Sailing

• Summer Volleyball

• Water Polo

Thursday 15 March

- CAS Swimming & Diving

Could you please remind your son to bring his student ID card for scanning and the correct attire/cap etc for his sport on the day.



KNOX TRACK & FIELD CHAMPS

- All students are invited to register for this event being held at Sydney Olympic Park Athletics Centre on Wednesday 4 April ([click here](#)).
- All parents should have received a permission form through the Parent Lounge. Students will then need to nominate for events, by completing the [Google form](#).

ATHLETICS SEASON LAUNCH – POSTPONED

- We have decided to postpone the Knox Athletics Season Launch this weekend due to low registrations and a number of clashes with students and external events. An updated date for the Season Launch will be confirmed in the next few weeks, with all parents given an opportunity to meet new Head Coach, Mr Ladejo, and the extended coaching team once they have settled in. A refund will be provided to those who have paid.

WINTER UNIFORM

All students are expected to attend school on the first day of Term 2 in winter uniform. The Uniform Shop now has stock on the items required and would it is recommended that purchases be made during Term 1 to avoid a last minute rush.

For new students, a full list of winter requirements is available in the Uniform Shop and the staff in the Uniform Shop will be able to assist you with this. For existing students, please check that your child's uniform still fits. For opening times during the holidays please refer to the [Portal](#).



FROM THE CAREERS ADVISOR

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.

LINDA GOMEZ CAREERS ADVISOR

AROUND THE GROUNDS



'Sam Leafe Band'



'Coolio and the Freshmen'



Borders on their way to the movies



Oscar Cheal, Sam Rechner, Dan Breden and Enrique Grobler at the PCYC, Waitara



Ian Thorpe visiting Knox