

USEFUL LINKS

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Gala Day - Saturday 2 June

Please [click here](#) to visit our raffle page and to purchase your raffle tickets

UPCOMING EVENTS

Sunday 20 May

- [ANZAC Service and Parade](#) - Memorial lawn and Knox 1- 8.15am

Monday 28 May

- [Careers Night](#) - Great Hall 5.30pm - 8.00pm

Saturday 2 June

- Gala Day

Wednesday 27 June

- Year 11 Formal - Curzon Hall

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

CONTACT

Pamela Hitchcock: 02 9119 0885

Email: hitchcockp@knox.nsw.edu.au

[Year 11 page on the Portal](#)



FROM THE TEAM LEADERS

"The difference between successful people and very successful people is that very successful people say no to almost everything." -Warren Buffet

People who are successful in life and their careers have mastered the skill of saying no. They don't say no to everything. Instead, they say no to people, projects, and activities that are in not line with their core values and current goals. Our Year 11 boys are facing more

and more demands on their time. Whether it be from subject teachers, parents, sport coaches or friends, more commitment of their time is becoming evident. Many of them can take this as a compliment as it demonstrates how capable they are and why people are requesting their input. But at what cost is this having to the wellbeing and the work-life balance we are teaching our young men?

A critical key to enjoying a work-life balance is the ability to say no to excessive demands and requests. I would love to see the boys this week recognise a non-essential request or expectation on their time which is creating a stress that they would rather not have. It could be staying late at school to be seen doing homework, doing an extra-curricular commitment that is not enjoyed or attending a social event on the weekend when it be better to stay home and relax. This week it would be great for the boys to nicely say 'No' to one!

Some helpful hints; don't think of saying no as selfish, you need to look after number one. Secondly, don't say no without a reason, educate the requester why you cannot help out or attend.

In mentor, we have started using mindfulness and the smiling mind apps to help the boys get in touch with the present and to appreciate moments of calm and relaxation. The wellbeing team has also organised Monday and Thursday lunch time 'Study without Stress' sessions which we strongly encourage the boys to attend.

ANDREA WIFFEN YEAR 11 ASSISTANT TEAM LEADER



FROM THE STUDENT ADMINISTRATION OFFICER

A number of boys have been stopped by inspectors on the trains during the holidays for not having a concession card. All students who have turned 16 should have one of these cards which can be obtained from me in the office. If a student is pulled up more than once, they will be fined.

Last week in Brisbane, Pedro Papangelis was a member of the NSW All Schools Tennis Team, who won the Australian Championship (Pizzezy Cup) against all the other states. Congratulations Pedro!

Please [click here](#) for the roster for semesters One and Two for the Seniors' Hall. This roster shows the teachers available for help.

Campbell Green has just been selected in the under 17 world championship team for Basketball (Australian Crocs Team). This is massive as he is now one of the top 12 players in the country.

Have a great weekend and Happy Mother's Day.

PAMELA HITCHCOCK YEAR 11 STUDENT ADMINISTRATION OFFICER





FROM THE CAREERS ADVISOR

Year 11 is a great time to start to consider career options and be informed of the opportunities available during Year 12. A number of career events have been organised to assist students with their post-school decisions:

Business Industry Breakfast – Friday 18 May from 7am– located in the Seniors' Hall of the WSA, this event will provide students direct access to industry experts, organisations and employers in various sectors of the business industry, including representatives from Ernst and Young, KPMG, Macquarie Bank and NIBA and many more. Parents are most welcome to attend this event. Bookings are essential. RSVP by Wednesday 16 May via the OKGA website: [w](http://www.okga.org.au).

Knox Careers Night - Monday 28 May, 5.30pm start for Knox students– representatives from over 65 organisations including universities, tertiary institutions, colleges and academies will be available in the Great Hall to provide information to students on various degrees, courses and pathways available. This year UAC, University of Melbourne, NIDA, AFTRS and many more have joined the list of exhibitors attending this annual school event. The full list exhibitors can be found on the Careers Page on the portal.

REMINDERS:

- Upcoming career events are posted on the Careers Office page on the Portal. Please keep checking the announcements for new and upcoming workshops, seminars and events.
- “JobJump” is a comprehensive careers website for all Knox students, parents and teachers to access up to date career and course information. To register, [go to](http://www.jobjump.edu.au) and use “knox” as the one-off school password.

Students are most welcome to [email](mailto:gomezl@knox.nsw.edu.au) me to make an appointment. I look forward to working with Year 11 over the coming months to assist them in their exploration of exciting career options and pathways.

LINDA GOMEZ CAREERS ADVISOR

BUSINESS INDUSTRY BREAKFAST
IN CONJUNCTION WITH THE OKGA

When: Friday 18 May 2018, 7am-9am
Location: Senior Hall, Weeks Senior Academy
Cost: Free (bookings required)
Who: Knox Year 11 and 12 students and their parents

If you are considering studying and working in the Business Industry this will be an important event to learn more about the variety of possibilities on offer. You will have direct access to industry experts, organisations and employers in various sectors of the business industry, including representatives from Ernst and Young, KPMG, Macquarie Bank and NIBA and many more.

This event will provide you with the networking opportunities to discuss the industry and opportunities for cadetships, vacation work and graduate roles within their companies.

RSVP: By Wednesday 16 May via the OKGA website www.okga.org.au/businessbreakfast

Enquiries: Linda Gomez Careers Advisor, gomezl@knox.nsw.edu.au

Complimentary breakfast provided courtesy of the OKGA

KNOX GRAMMAR SCHOOL

KNOX CAREERS NIGHT 2018
CHARTING YOUR FUTURE DIRECTION

This free event is open to the public and is suitable for high school boys and girls from local schools and their parents.

When: Monday 28 May 2018, 5.30pm-8pm
Where: Knox Great Hall, Knox Grammar School, Wahroonga

Come and speak to representatives from:

- Universities Admissions Centre (UAC)
- University of Sydney
- University of Technology Sydney (UTS)
- University of NSW
- Macquarie University
- Australian National University
- University of Newcastle
- Australian Catholic University
- University of Wollongong
- University of Tasmania
- Bond University
- University of Notre Dame
- National Institute of Dramatic Art (NIDA)
- Australia Film Television Radio School
- TAFE NSW
- Apprenticeship Support Australia
- Defence Force Recruiting
- International College of Management
- Macleay College
- Academy of Interactive Entertainment
- Sydney Film School
- International Screen Academy
- Education USA
- Many more unis and tertiary institutions

For more information, visit the Knox website, www.knox.nsw.edu.au

KNOX V SHORE 1ST AND 2NDS RUGBY



Dan Breden



Oscar Cheal



Tom Constable



Will Kablau



Sam Rechner and Khoby McDonald



Oliver Griffiths



Jeremy Cook



Enrique Grobler



Oliver Hughes



Engineering Excursion to Blue Scope Steel Works at Port Kembla. - David Li, Charlie Sargent, Ethan Hanley, Jo Shaw, John Hunter and Ben Nyar

KNOX FLIX FILM FESTIVAL 2018

THEME: BEGINNINGS AND ENDINGS

Junior (Years 7-9) - create a 2 to 4 minute film
Senior (Years 10-12) - create a 2 to 4.5 minute film

Great prizes up for grabs! Entries due Friday 1 June 2018.

For more information, contact Mr Warren Fisher, fishervw@knox.nsw.edu.au.



Campbell Green - Selected in the Under 17 Championship Team for Basketball

DUKE OF ED

Registration for the Knox Duke of Ed Camp is now open. The camp is designed for students completing their qualifying journey, however, boys are welcome to use it for their practice journey. Camp dates are as follows. Bronze Saturday 30 June to Sunday 1 July, Silver Sunday 1 July to Tuesday 3 July, Gold Saturday 30 June to Tuesday 3 July. More information is available on Parent Lounge. To register your son [please use this link](#).



BRAVEHEARTS CHILD PROTECTION TRAINING FOR KNOX PARENTS

As part of Knox Grammar School's ongoing partnership with Bravehearts, in 2018 we are extending our program of education services to include a brief online information course for parents. The course has been written specifically for parents interested in learning more about keeping kids safe. It is completed online and takes up to 30 minutes to complete. To find out more and register, [please visit](#)

PHOTOS

Pipes & Drums – Ceremonial Band, 2017 – 2018 Competition Band #1 and APBC Band only. Please remember to bring all uniforms.

Date: Friday 18 May
 Time: 7.30am – 8.30 am
 Place: Great Hall Steps
 Bring ID cards



Congratulations to Alastair Hunter and Harry Parker who competed last weekend at the NSW State Sailing Championships. The team had a great weekend of Sailing gaining 8th place amongst other strong school and club teams from NSW and the ACT. They are now in the finals.

