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Div 1 Snowboard Team Silver
John Heddou (Yr 12) , Archie Elliott and Charlie Moore

UPCOMING EVENTS

Saturday 28 July

- Year 11 Parent supper

Wednesday 1 August

- [OKGA Industry Breakfast](#) - Allied Health - WSA 7am - 8.20am - Parents and Students Year 11

Tuesday 7 August

- [OKGA Industry Breakfast](#) - Engineering - WSA 7am - 8.20am

Monday 3 and Tuesday 4 September

- Student Study Days

Wednesday 5 September - Friday 14 September

- Yearly exams

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

CONTACT

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Email: hitchcockp@knox.nsw.edu.au
[Year 11 page on the Portal](#)



FROM THE TEAM LEADERS

Three and a half weeks fly by very quickly indeed! It was a busy break for many of our young men in Year 11 with a large number involved in the Cambodia Immersion, History Tour and/or the CUO Promotion Course, just to name a few of the activities during the break. Having been involved in the latter two of these, I can proudly say that the boys involved were exceptional and represented themselves with aplomb.

This term, the last before commencing Year 12, is action packed. Yearly Examinations start in earnest in Week 7. Year 11 will only be required to attend school for their respective exams through Weeks 7-9. This Stu Vac style approach is designed to give the Class of 2019 a taste of the HSC and Trial Exam setup that they will experience next year.

To that end, it is imperative that the boys refine their study habits and timetables with their classroom teachers and Mentors over these first few weeks of the term. Going into the Exam period feeling calm and confident is the end goal and one that we will continue to work towards. Related to this goal is this term's Mentor Program on Flow. Helping the cohort to use proven strategies that improve focus and composure are essential in the pursuit of a workable and effective balance between study and recreation. I encourage our young men to embrace these provided strategies to help them minimise their stress.

Finally, the Year 11 Team and I have been impressed with how the boys have fronted up for school at the start of Term 3. There are some that require a trip to the Barber and we would appreciate your support to ensure that this happens over the weekend if your son has been told to do so.

Year 11, soon to be Year 12, are now effectively leading the School and I know they will do so incredibly well. Exciting times ahead!

SAM WHITE, YEAR 11 TEAM LEADER

FROM THE STUDENT ADMINISTRATION OFFICER



It was wonderful to see all the boys back after a well deserved break looking refreshed and ready for their last term as Year 11 students.

Ewan Shingler, has been selected in the 2018 NSW All Schools Orienteering Team. Ewan will travel with the team to South Australia for the Australian Championships in late September. Congratulations!

Well done to the members of the Knox Ski Team who travelled to Thredo during the holidays and won the championship.

Congratulations to Braeden Campbell who was selected in the U16 All Australian AFL team. This is a wonderful achievement and well deserved for Braeden's efforts through the season both for Knox and his club.

Numerous students have now acquired their Driver's Licence. If a student is going to drive to School, a [permission form](#) must be completed by parents and returned to me. If a student is bringing another student with him, their parents' permission must be obtained and signed on the back of the form.

If you wish to purchase photos from the formal, please [click here](#) for access to the GFP website.

PAMELA HITCHCOCK YEAR 11 STUDENT ADMINISTRATION OFFICER

'BELIEVE THAT LIFE IS WORTH LIVING AND YOUR BELIEF WILL HELP CREATE THE FACT.' WILLIAM JAMES



FROM THE HEADS OF STAGE 6 ACADEMY TEAM

Most of the boys have returned to school with a sense of purpose and a desire to build on what they have done over the previous two terms. We spoke to the boys during Year Meeting about a range of strategies that can be used to ensure they are effective in their academic studies while maintaining a balance with their sporting and social commitments. Use of a study plan is crucial for success. Students who need help in designing a study plan are encouraged to work with the staff who supervise Evening Study so a personal plan can be constructed and monitored throughout the night. Furthermore, the boys have received their [assessment schedule](#) as an excel spreadsheet which they can personalise and link to the study plan

Afternoon and Evening Study if used effectively is an essential ingredient for HSC success. Study can be undertaken on an individual basis in the Senior Library or in a collaborative setting in Seniors' Hall. It was highlighted to the boys at Year Meeting this week that they need to be strategic in the way they plan their study week. Boys must consider what days they can attend, peers they may study with and the academic assistance available. Staff with expertise in a range of subjects offer assistance during the week (see table below for Semester 2) along with Old Boy Academic coaches who can support one on one and in small groups. Afternoon study begins at 3.30pm and ends at 6pm. Boys are able to arrange an evening meal by signing a register by the end of lunch. Evening Study commences at 6.30 pm and boys must register with the supervisor. They are unable to leave the Library or Hall until 8.30 pm and can stay until 9pm. Boys wishing to leave prior to 8.30pm will require a note, email or phone call from their parent to the supervisor.

Monday	Tuesday	Wednesday	Thursday
Mr Richard Winstanley (Languages)	Mr Ian Mulray (Mathematics)	Angus McVey (PDHPE)	Ms Julie-Ann de Kantzow (Science/Chemistry)
Mr Adam Sloan (Science/Physics)	Ms Anne Disney (Chemistry/Physics)	Ms Emma Bone (Science/Biology)	Mr Ian Bradford (Mathematics)

Please feel free to contact us via email if you require any further information or assistance.

KSSA STAGE 6 TEAM ANDREW WEEDING & GREG NUNAN



Congratulations to the winners! Knox awarded 2018 Regional Champion Snow Sports School



FROM THE DEPUTY HEADMASTER - YEARS 7-12

Dear Parents,

In recent months, the Heads of Academy and I have been reviewing the place of mobile devices in the school context. This has arisen following conversations with students, staff and parents and has centred on the influence mobile devices play in the learning and social context of our students.

We are conscious of the ubiquitous nature mobile devices hold in the culture of young people. I think from our own lives, we know the role that technology can have in causing distracted behaviours and hindering our ability to 'be present' to one another.

I truly believe that Knox has an essential role in developing the skills for our students to establish good lifelong habits in their use of technology. We want to encourage our students to be given opportunities to learn effectively and develop positive, meaningful relationships with their peers in the playground and the classroom away from the distractions of mobile devices.

Academic research has shown withdrawing the influence of digital distractors from the learning environment sees greater concentration levels and connectedness to the learning offered in the class setting.

Taking into consideration observations, research and responses from teachers, parents, stakeholder groups and students, we have developed the following policies:

Policy for Years 7 to 10 students

Years 7 to 10 boys are expected to have their mobile device in their locker throughout the course of the day. If a parent has an urgent need to pass a message onto their son he can briefly access his phone at his locker; during either recess, lunch or the conclusion of the school day.

Policy for Years 11 and 12 students

In recognising secondary school is a period where we see boys transition from adolescent to early adulthood we are conscious of providing opportunities for students to adopt greater responsibility in regulating their use of mobile devices. We feel strongly students in Years 11 and 12 should have the requisite skills to manage the use of their device. This said, our staff will continue to institute practices promoting appropriate use of mobile devices and where appropriate intervene if devices interrupt the learning or social context.

Laptops

Laptops will continue to be used in the classroom and can be used by the boys for school work.

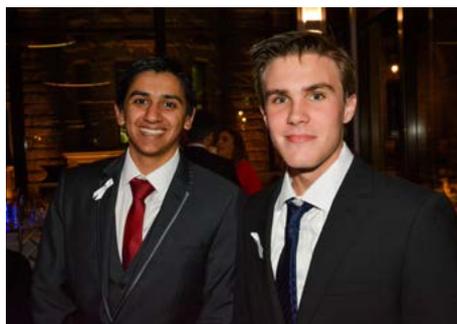
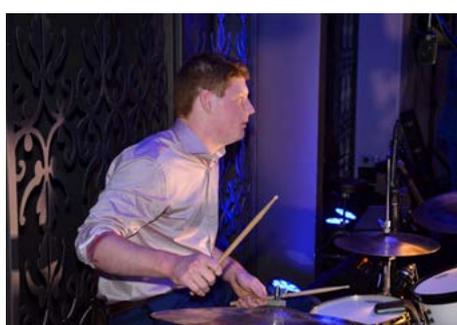
We will be speaking to the boys about these policies at assembly and year meetings over the next week. Boys who use their phones in class or don't follow the policy for their year group will have their phones confiscated and can collect their phone from their Student Administration Officer at the end of the day. If phone use continues we will contact home and additional sanctions will be instituted.

We continue to investigate tools and strategies that support students to make positive decisions in managing their online footprint. These tools are shared with the students during Mentor, Class and Year Meetings.

I encourage you to take the opportunity to speak to your son about appropriate and balanced use of their mobile devices. Thank you for your on-going support of the school as we work to instil good habits for life.

PHIL O'REGAN DEPUTY HEADMASTER - YEARS 7-12

YEAR 11 FORMAL PHOTOS



Dear Parents

Leading into the CAS Track & Field season, the Knox Athletics team are pleased to announce the [Term 3 training schedule](#), including a number of innovative changes to ensure our athletes are in the best possible shape leading in to the CAS Championships on Thursday 20 September.

The complete schedule for Term 3 is shown above, as well as a breakdown of training sessions for [Weeks 1-3](#), which may be easier to follow. These sessions come in to effect from the first day of school (Tuesday 24 July).

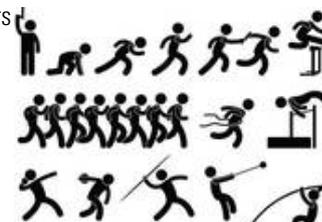
Head Coach of Athletics, Du'aine Ladejo, is excited to see what our athletes can achieve over the next nine weeks.

"It has been great to get the support of the School and the entire KSAA (Knox Sports and Aquatics Academy) in developing a unique training plan, which should provide a number of simultaneous benefits for the Athletics team," said Ladejo.

"We will be holding a mixture of specialist, discipline-specific training sessions each afternoon to ensure our coaching panel are able to spend as much time as possible fine-tuning the technical components of each event. Our middle distance and sprints squads will also get more time on the track, with the introduction of training sessions at Narrabeen Athletics Track. Our all-comers training sessions will continue on Tuesday mornings, starting from the first day of school, to ensure our team culture can continue to develop. For the first time in recent memory, from Week 3 onwards, we will also be trialling the introduction of Thursday afternoon all-comers sessions at Gillespie in an attempt to open up our training sessions to more students."

"We are hoping that all athletes, whether they be brand new to the sport, or have been training for years, are able to develop with the new training schedule." All Senior School students are welcome to join the Track & Field program at any point and can attend any of the listed sessions.

MR. KIERAN DONOHUE | DIRECTOR OF OUTDOOR SPORTS | YR. 8 MENTOR | KNOX GRAMMAR SCHOOL
CROSS COUNTRY | MOUNTAIN BIKING | ORIENTEERING | KNOXFIT | SENIOR WEIGHTS & TRAINING (SWAT) | TRACK & FIELD



BASKETBALL NEWS

During the last week of Term 2 as well as the holidays I was selected with U17 Australian Mens Basketball team to travel to Argentina and play in the World Championships. We flew to a city called Rosario before taking a bus to another city called Santa Fe. This is where we spent the next three weeks. Over the following days we trained and played two practice games against Puerto Rico and Canada, both of which we won. After a few days off we then entered the official tournament period with our first game against the Dominican Republic. We then proceeded to play the other teams in our pool, being Turkey and Puerto Rico which resulted in us finishing second in our pool. After a strong win against Mali in the round of 16 games we faced Canada again in the quarter finals in which we were unsuccessful at winning. This resulted in us finishing at 6th place out of a total of 16 teams which cemented our legacy in as the third most successful U17 Australian Mens Basketball team. It was an incredible experience and one that I will remember for the rest of my life. I'd like to thank my Knox Basketball Coach, Mr. Jackomas, for his support in helping me get the chance to have this amazing experience.

Campbell Green Year 11 Student

