

USEFUL LINKS

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



**JERSEY
DAY**

WWW.JERSEYDAY.COM.AU

UPCOMING EVENTS

Friday 31 August

- Jersey Day

Saturday 25 September

- [Track & Field at Homebush](#)

Monday 3 and Tuesday 4 September

- Student Study Days

Wednesday 5 September -

Wednesday 19 September

- Yearly exams - [Timetable](#)

Thursday 20 September

- [CAS Athletics - SOPAC](#)

28 September 2018

- End of Term

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

'All things are ready, if our mind be so.' – William Shakespeare

We are halfway through the last term of Year 11. It is astonishing to think that the Class of 2019 are about to enter their final year of school. It has been great for our young men to witness the conscientious attitude of the current Year 12 cohort as they commence the Trial

Exams. By soaking up the commitment on display, our boys are able to see that hard work and chipping in together is the way to move forward; to achieve success collectively and to alleviate stress.

With their own Yearly Examinations commencing in less than two weeks, this is the time for each student to access feedback and specific direction from their teachers and to start their own preparation. Spending time developing an exam study timetable, accounting for strengths and weaknesses across every subject, will be most beneficial and there are many staff on hand, particularly Mentors, that can help to do this.

It will be important for the boys to get enough sleep over this next month in order to stay fresh and focused. Additionally, some may need help regulating their use of technology in order to optimise their efficiency whilst they study. We will be expressing these same messages to the year group at school.

I would like to congratulate Alex Heintze, Nick Trobec and Antonio Matruglio on winning gold in the Sydney University Metro U/18 competition. These boys continue to achieve great success with their Water Polo and should be very proud of their accomplishments.

I hope that everyone enjoys their weekend and stays dry!

SAM WHITE, YEAR 11 TEAM LEADER



FROM THE STUDENT ADMINISTRATION OFFICER

Alex, Heintze, Antonio Matruglio and Nick Trobec won the gold medal for Sydney Uni Metro Under 18's competition last weekend. It was a nail biter of a game but they were victorious by 1 point. Congratulations!

On Friday night at the Firsts and Seconds Football dinner, Nick Boyd received the Player's Player Award for Football 2018 (David Brown Award). Congratulations Nick, a great achievement.

A copy of the yearly exam timetable is on the Knox portal and attached under the upcoming events.

I hope to see many of you wear a jersey next Friday for Organ Donation Awareness Day. Each year on this day we ask boys to wear their favourite sporting team's jersey (no singlets are permitted). Jersey Day is a reminder of the gift of life given by Nathan Gremmo and the importance of organ donation. Boys may only wear their jersey AT school. Please ensure that all boys know that they should wear their usual school uniform to and from school!

PAMELA HITCHCOCK YEAR 11 STUDENT ADMINISTRATION OFFICER

'HELP OTHERS WITHOUT ANY REASON AND GIVE WITHOUT THE EXPECTATION OF RECEIVING ANYTHING IN RETURN.' ROY T. BENNETT

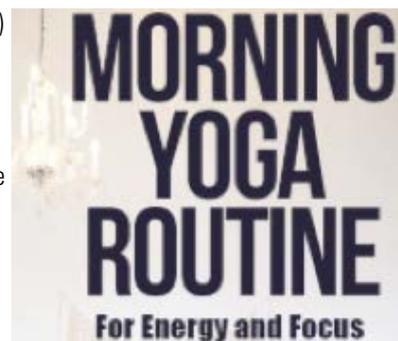
Things are getting REAL this time of year so it's time to get REALLY focused. (See what I did there?) The benefits of Yoga and meditation for quality of life and performance (in everything!!) are very well documented. (Copy and paste 'yoga and meditation for quality of life and performance' and you'll see.)

Sooooooo... you are very fortunate to have Friday morning yoga sessions on offer for the rest of the term.

Details: When and Where: 7-8AM in the Portrait/Thistle Room - RSVP - WSA SAO's Office

Bring: an open mind (and maybe some water, gym clothes, and a towel)

So, if you want to dominate in all areas of your life, show up. If not...



Nick Boyd and Mrs Boyd with the Player Player's Award



Water Polo Gold Medal Winners - Antonia Matruglio, Nik Trobec and Alex Heintze



Xavier Sammut - Rugby

KNOX HIGHLAND GATHERING
 Sunday 9 September
 Knox 1
 9.00am - 5.00pm
 All Welcome!

KNOX DROUGHT AID CAMPAIGN

You can make a donation [now online](#) via our Everyday Hero page.

Next week, Year 10 boys will attend the bStreetSmart Young Driver Education course. To complement this program, we would like to invite parents and boys of Years 10 and 11 to attend the Steering Young Drivers Parent Evening. The presentation brings together parents and students to promote low risk driving behaviours in students who are learning or about to learn to drive. The presentation is open to all Knox students and parents and will be held on Wednesday 12 September in the Portrait and Thistle Room from 6pm - 7pm. Attendance is free; however, we do ask that you RSVP by Monday 10 in order to provide adequate seating. Please [RSVP](#) to the Middle Academy.

TOM WATERHOUSE - ACTING HEAD OF MIDDLE ACADEMY