

## USEFUL LINKS

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

## UPCOMING EVENTS

### Wednesday 5 September

- Year 10 Formal  
Miramare Gardens  
6.30pm - 11pm

### Sunday 9 September

- Knox Highland Gathering  
Knox 1  
9am - 5pm

### Wednesday 12 September

- [Steering Young Drivers](#) Parent Evening.  
Portrait/Thistle Rooms  
6pm - 7pm

### Thursday 20 September

- CAS Athletics Championships  
SOPAC  
1.15pm - 9.30pm



## FROM THE TEAM LEADERS

Displays of integrity by our boys come across our desks every day. This week, demonstrations of strong moral principles have ranged from supporting mates who are going through tough times, exemplary behaviour in the face of extraordinary heartbreak, and discussions regarding the upcoming Formal and the treatment of partners.

As a cohort, we are pleased to be supporting the White Ribbon movement as part of our Formal celebrations. The movement was set up as an awareness campaign in Canada in 1991 as a global movement of men and boys to end violence against women and girls. Today, the White Ribbon seeks to promote healthy relationships, gender equity, and a compassionate vision of masculinity. Next week we will be selling white ribbons to the boys and on Wednesday night, we want every boy to wear his ribbon proudly on his suit as ambassadors for this vital awareness campaign and to take a stand that they won't tolerate this form of anti-social behaviour. It is a chance to show the integrity that we know they have and for them to support each other in making the right decisions in their future relationships.

On Wednesday, we were so fortunate to attend the bstreetsmart exhibition out at Sydney Olympic Park. Thousands of students from across NSW joined together to learn about the effects of crashes on themselves, peers, families, emergency services, and society. The day was confronting and very informative and discussions regarding organ donation, impacts of alcohol and mobile phones were frequent and shared. Further demonstrations of integrity came in the heart-wrenching story of one mother who lost her son some years back in a car crash. The boys were clearly taken in by the mum's extraordinary bravery in standing in front of high school students and you could hear a pin drop. Thank you boys, you were excellent!

BETH GODDARD YEAR 10 TEAM LEADER

PHIL HENNIKER YEAR 10 ASSISTANT TEAM LEADER



## CONTACT

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[Year 10 page on the Portal](#)

### ***Final Tip for the formal - Be a gentleman and have a great time.***

- Chivalry is known as a code of ethics for how men treat women. The best way to describe it is to be courteous, respectful and helpful to your date. Open doors for her, pull out her chair, if she is cold give her your jacket. In general, put her needs first and she will be happy. Chivalry doesn't always fit in with modern dating methods, so be sure to tune into your date's responses to your actions to ensure you aren't going overboard with the niceties.
- Compliment her. Sincere compliments not only break the ice, but they can also help to build bonds of trust and to make the mood cheerful. When complimenting your date, be unique instead of using generalities.
- Remember to not monopolise her time, as she may choose to spend some time dancing with the girls.
- Spend time with your friends and her friends. If you don't share the same group of friends, be sure to spend ample time with each group of friends.
- Listen more than you speak. When you listen and take an interest in what others are saying, you won't have to fish for something to talk about; the conversation will naturally evolve and you'll find yourself jumping in at the right time. Not everyone goes to the formal with a date. Remember that it's okay.

***Finally have fun and make lots of great memories.***



## PATHWAYS FOR ELITE ATHLETES AT KNOX

Knox Grammar School has a proud history developing and supporting talented young sportsmen. Following this proud history and to assist current Knox athletes, we are excited to announce the 'Pathways for Elite Athletes at Knox' (PEAK) Program. The Knox Sports Academy have put together a professional program with the vision to assist high performance student-athletes to achieve excellence in sport, whilst achieving their best in the academic environment.

If your son is a state or national representative in their chosen sport, they may be eligible to be part of the PEAK mentor group. This group will be mentored one-on-one in all aspects of High Performance Sport through our highly qualified and experienced Knox Peak Mentors (Anthony Stuart, Ian Butler, Cam Blades and Kai Lammert) who all bring their own International sports experience.

Applications are now open and close on Friday 28 September 2018. For more information, please see this week's [Knoxonian](#).

MR MARTIN HAYWOOD, HEAD OF KNOX SPORTS AND AQUATIC ACADEMY

## 'BSTREETSMART' EXCURSION AT HOMEBUSH.

On 29 August Year 10 was able to attend the 'bstreetsmart' excursion at Homebush. This excursion was a confronting insight into the consequences of dangerous driving as most of us are preparing to receive our L plates. Throughout the presentation I found myself and others engaged in the way the message of safe driving was presented by an interactive, immersive, multi-media display during the course of the day. From the start, we were presented by a re-enactment of a realistic scenario of a car crash with the emergency services demonstrating their skills in first aid as well as showing the equipment used in these types of situations. We then listened to speeches from victims of car accidents who recounted their journey to recovery from the traumatizing accidents. Comedic approaches were also used to entertain us whilst conveying the message of safe driving. Perhaps the most confronting presentation during the excursion was in the final hour when the story of the tragic death of the speaker's son silenced the arena. We learnt from the presentation about the far reaching outcomes of these crashes and how it can dramatically change lives. Despite the sombre atmosphere of the presentation, I am adamant that from this, Year 10 will ensure to carry out their duty of being safe drivers in the future.

KEVIN YANG YEAR 10 STUDENT



## SNOW SPORTS

Knox was represented by 44 students at the NSW Snow Sport Championships, consisting of 22 teams who were all vying to progress to the nationals.

Congratulations to the following students who have qualified to attend nationals next week at Perisher:

Snowboarders: Jacques du Plooy, William James, and Mac Omm.

Skiers: Tim Allsop, Luke Bowers, James Constable, Seb McCaughey, and Tom Salerno Congratulations, boys.

