

## YEAR 12 TEAM LEADERS

Knox Old Boy and former Commonwealth Games Gold medallist, Mark Morgan, who is still involved with the Knox Swimming Program, came to speak to our young men at Year Meeting on Tuesday. He spoke about what it means to give your best and about making the most of every opportunity.

This motivational address appears to have made an impact as our Year 12 swimmers and cohort made an undeniable contribution to Knox bringing home the CAS Swimming Championship for the third year in a row last night. Our swimmers – Lachlan Kelly, Joshua Mercer, Brendan Hee, Ben Bradshaw and Declan Owers, were outstanding and led an incredible team effort to defeat our main swimming rivals, Trinity, in what was a close finish.

Seeing well over 200 students from the Class of 2019, a record for Year 12 attendance, lead their school with real passion made me very proud indeed. The planning and energy that went into the CAS Assembly earlier in the day and throughout the evening was indicative of the very special sense of brotherhood and community that this year group possesses. Seeing these supporters swamp our swimmers in the Seniors' Hall on their return to Knox was, undoubtedly, a moment that will never be forgotten.

A special mention must go to Oli Hughes and Gus McHue who literally stepped up out of the crowd to fill two Diving spots on the night. Their inexperience on the platform was only matched by their drive to serve their School and peers. The boys' efforts were appropriately appreciated and recognised by all and will surely go down in Knox folklore.

Last night's stunning success capped an outstanding summer sport season with our 1st Teams in Basketball, Tennis and Chess also taking out their respective CAS titles. Further, after an excellent representative performance yesterday, and an equally impressive Knox season, Henry Wines was selected in the NSW Schoolboys Cricket Team. Congratulations, Henry, on this brilliant achievement.

SAM WHITE AND ANDREA WIFFEN



## STUDENT ADMINISTRATION OFFICER

I was fortunate to attend the 1st Cricket match at Curragal last Saturday and enjoyed watching the boys play for the last time for Knox. Henry Wines was part of the CIS team that played at Campbelltown this week. Henry scored 90 runs off 80 balls on the last day and has been selected to represent New South Wales in the Schoolboys Cricket Team.

I am looking forward to seeing many Year 12 boys at the Kuringgai Chase and Barry Easy Fun Run on Sunday 17 March.



I thoroughly enjoyed attending the CAS Swimming and Diving last night. To be part of the evening, watching the boys swim and the Knox boys chant war cries to help the boys win, was incredible. A night to remember. Congratulations to Ben Bradshaw, Brendan Hee, Lachlan Kelly, Josh Mercer and Declan Owers - our wonderful Year 12 swimmers. Well done, boys!

Please consider volunteering for one of the Senior School tuckshops. Volunteers are required from around 9.30am to 1.35 pm with time off for lunch, which is provided by the School. [Click here](#) for further details.

Each year as a community, we generously donate Easter eggs and cup style instant noodles to Wesley Mission as support for their homeless youth programs. If you would like to help, please bring your donations along to the KSA to support this appeal. We are also collecting lego and duplo if you have any you would like to donate. This is for schools in the outback.

If you wish to attend the Law Industry Breakfast on Wednesday 20 March, please [RSVP](#) to register.

Have a great weekend.

[PAMELA HITCHCOCK](#) 9119 0885

*There is nothing to regret, with a job well done. Joe Garcia*

### USEFUL LINKS

- [Sport fixtures](#)
- [Make a payment](#)
- [Knox website](#)
- [Illness & Misadventure form](#)
- [Student leave form](#)
- [Student driver form](#)
- [Vehicle driving policy form](#)
- [Careers](#)
- [Assessment booklet](#)
- [Assessment chart](#)
- [Permission slip for study leave](#)

### UPCOMING EVENTS

- Sunday 17 March**
  - Kuringgai Chase and Barry Easy Fun Run
- Wednesday 20 March**
  - [World's Greatest Shave](#)
- Monday 25 March**
  - Year 12 Parent Morning Tea Great Hall Foyer
  - Year 12 Parent/Teacher Interviews - 3.30pm - 9pm
- Thursday April 4**
  - [Track and Field Championships](#) Narrabeen
- Friday April 5 - 12**
  - AFX Camp
- Friday 12 April**
  - Term 1 concludes

YEAR MEETING



Above: Mark Morgan (OKG '75)



Above: Andrew Weeding, Joshua Mercer, Ben Bradshaw, Mark Morgan and Brendan Hee

YEAR 12 BBQ - DADS' DAY



SPORT



Above: Henry Wines, Sam Druce, John Nevell and Jason Whiffin leaving Currugal for the last time after their game last Saturday.



Above: Declan Owers, Ben Bradshaw, Joshua Mercer, Lachlan Kelly and Brendan Hee with the CAS Shield



Above: Brenden Hee coming through the Trinity Honour tunnel



## LAW INDUSTRY BREAKFAST

IN CONJUNCTION WITH THE OKGA

**When:** Wednesday 20 March 2019, 7am-8.20am  
**Location:** Seniors Hall, Weeks Secondary Academy  
**Cost:** Free (bookings required)  
**Who:** Knox Year 11 and 12 students and their parents



If you are considering studying and working in the Law Industry this will be an important event to learn more about the variety of possibilities on offer.

Our special guest speaker will be Ms Siobhan Ryan, UNSW Law Careers Manager, who will discuss the different Law study options available and possible career paths available to students who study law.

Other guests will include Old Boys from a variety of Law backgrounds to help you understand where your Law degree can take you.

RSVP: Friday 15 March via the OKGA website [www.okga.org.au/lawbreakfast](http://www.okga.org.au/lawbreakfast)

Enquiries: Linda Gomez Careers Advisor, [gomezl@knox.nsw.edu.au](mailto:gomezl@knox.nsw.edu.au)



## YEAR 12 VIDEO AND PHOTOS

By the end of the year we are hoping to get a collection of footage and photos of our time at Knox. This will be a video to commemorate as well as highlight our achievements, friendships and events. However, we can't equally represent everything and everyone due to the large quantity of boys in our year so any potential videos or footage you have (as parents or boys) to share would be appreciated and help improve the quality of the video. These photos and videos can range from anything such as sport highlights, funny videos out of school or even photos and videos from the Knox Prep if you have them. If you would like to share anything please send to [Alessio Mazza](mailto:AlessioMazza) or if the file is too big then upload to Google Drive and share it to me from there.

ALESSIO MAZZA

## PARENT BREAKFAST SEMINAR – 'PARENTING TO TOTAL FITNESS'

**When:** Tuesday 2 April, 7.30am-8.20am  
**Where:** Thistle Room, KG1 Building, Senior School  
**Who:** Parents of boys in Years 7-12

Research has demonstrated a clear link between sleep, nutrition, physical exercise and a person's state of wellbeing. How well a person feels ultimately determines their performance and level of achievement. This seminar will unpack the science of wellbeing and provide parents with practical parenting tips for motivating their son to adopt positive habits around the critical care areas of sleep, nutrition and physical exercise.

Presenters:

- Wayne Inwood, Head of Knox Junior Academy
- Tenika O'Brien, PDHPE Teacher and Year 9 Mentor
- Amanda Pooley, Director of Wellbeing (K-12)

## YEAR 12 PARENTS' MORNING TEA

The Knox Parents' Association warmly invites you to the Year 12 Parents' Morning Tea

**Date:** Monday 25 March 2019  
**Time:** 10.30am - 12.00pm  
**Venue:** Great Hall Foyer, Senior School  
**RSVP:** By Wednesday 20 March to Caroline Hunter at [burrumundi1@bigpond.com](mailto:burrumundi1@bigpond.com)

We look forward to seeing you at the final official Parents' Morning Tea for the Class of 2019!



Above: Pedro Papangelis and Jason Xu receiving the CAS Tennis Shield