

YEAR 12 TEAM LEADERS

A servant leadership approach, along with being role models that personify the values of the School, is what we expect from our senior students in Year 12. I am proud to say that the majority of the time the young men of the Class of 2019 take this approach and embrace it.

I shared a feel-good story with the boys at Year Meeting this week, a story that came back to the Headmaster from a very grateful member of the public. Henry Wines went out of his way to assist this stranger when they had had a bad fall on the train station at the end of the last holidays. The compassion and thoughtfulness that Henry demonstrated encapsulates what we are all about. I implore our cohort to take the lessons and opportunities that Knox has afforded them to make the most of every day and to make a meaningful contribution out there in society.

I would like to congratulate Liam Gorman and Nick Boyd on their selection in the NSWCIS Football Team. This is an outstanding achievement which the boys should be very proud of. Additionally, well done to Nathan Brading who played very well for the CAS Team and only just missed out on selection himself. Well done also to James Price who captained the NSW Debating Team to victory in the Australian Debating Championships. James is leaving an incredible legacy in that space and should also be very proud of his accomplishments.

I am very much looking forward to watching some of the sport this Saturday and wish all of our young men the very best for their matches and upcoming assessments. Keep up the great work!

Have a good weekend.

SAM WHITE AND ANDREA WIFFEN



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](#)

STUDENT ADMINISTRATION OFFICER

What a wonderful experience it was to attend the opening of the JAPAC on Friday night and to see what a wonderful job the Prefects did guiding everyone around the centre. I am sure those of you who had the experience to see the new facility would have enjoyed it.

Our Headmaster, Mr James met with the boys this week to encourage them to get behind our sporting teams this Saturday for the last round against GPS schools. Please encourage your son to attend some games this weekend and proudly cheer on the Black and Blue.

At year meeting this week, a Year 7 student came to speak to us regarding Reconciliation Week. He gave a fascinating talk about his experience and how his grandfather was affected by being part of the stolen generation.

Tickets are still available for the Formal being held on Thursday June 27 at Le Montage. If you wish to purchase tickets, [click here](#). There are limited spaces still available.

Please refer to a [letter](#) from the Headmaster attached to the email sent with the newsletter regarding a survey which will become available on 13 June 2019.

Winter Food Drive - Over the remaining weeks for this term we will be collecting food for the Wesley Connect Winter Appeal. Specific items listed will support those who are homeless and who live on our Sydney streets. Small tins of tuna or chicken with ring pulls, Long life milk (1 litre) and chunky meaty tins of soup. Please bring all donations to our office in the WSA.

Have a great weekend.

[PAMELA HITCHCOCK](#)
9119 0885



*Problems are not
stop signs, they are
guidelines - Robert H
Schuller*

UPCOMING EVENTS

Friday 7 June

- Pupil free day - all years

Monday 10 June

- Public Holiday

Saturday 15 June

- Pipes and Drums Annual Dinner, Great Hall 6.30pm

Thursday 20 June

- Cadet Dining in Night

Monday 24 June

- Cadet Passing Out Parade and Chapel Service

Thursday 27 June

- Year 12 Formal, Le Montage
[Click here](#) for payments

TERM 3

HSC Trials

- 19-20 August (Study Days)
- 21 August - 5 September
- See the full calendar in [Parent Lounge](#)

SUPPORTING YOUR SON THROUGH YEAR 12

Year 12 is one of the most important years of schooling and it's without surprise that there is an enormous amount of pressure on Year 12 students coming from parents, teachers, schools and the boys themselves. There are a number of ways you can support your son as he works through his final year at Knox.

Routine

Parents can do lots of things to help teenagers develop smart study habits. These skills do not develop automatically, and parents will need to be patient while these new habits develop and the old, unhelpful ones are discarded.

Start by planning study in two 50-minute blocks with a 15-minute break. One 50-minute slab of study is better than several hours full of distractions and interruptions. Give your son positive feedback whenever he completes a study block and ask him to talk to you for a few minutes about what he has been studying that afternoon/evening. This allows him to revisit his learnings and consolidate memory.

One of the most important aspects is healthy and regular eating throughout the day. You're aiming for consistent blood sugar levels; not sugar highs and energy slumps.

A Study-friendly Environment

Your teenager needs an environment that encourages him to think and focus on his studies. The environment plays a significant role in concentration. Distractions include being able to hear a television (even if it's in another room), talking, noisy younger children, his mobile phone constantly demanding his attention when messages come in, or cluttered work areas. Show how important schoolwork is in your home by keeping the TV off during study time and mobiles out of reach.

There is debate in the literature about whether listening to music while studying is helpful and I get asked about this by parents quite a bit. Music may impair cognitive abilities when trying to memorise things in order, because a student may get thrown off by the changing words and notes in the song. Some research indicates listening to background music before a task/exam can increase cognitive processes, such as attention and memory, through the mechanism of increasing arousal and positive mood.

Your son needs to reflect on why he wants to listen to music when he's studying; is it because it makes the work more enjoyable and the time seems to go more quickly, or does it genuinely help him to "zone in"? Is his memory recall as good when he studies with music as without? The short-term pleasures of the music may not pay off in terms of his longer-term HSC goals, however, students respond uniquely to music so some discussion and possibly experimentation may be required.

Provide physical conditions that help concentration, such as good lighting, cool temperatures and a table or desk with a supportive chair. Studying while lying down interferes with concentration. The work area should be neat, have enough space for writing and reading, and should be kept clear of any clutter.

Balance

Try to make sure that your son spends time with family, and his friends. Sport and other enjoyable physical activities (including playing with pets) are a must and can assist with healthy sleep patterns. In Year 12, eight to nine hours of sleep per night is the goal and the importance of quality sleep cannot be under-estimated.

Amanda J. Pooley
Director of Wellbeing K-12



DEBATING

Over the last week, the NSW state debating team competed in Darwin for the National Schools Championships. They were captained by Knox student, James Price, and went on to become national champions. Knox has been increasingly successful in debating, with a strong chance of further representation next year. The 1st Ill will be debating this Friday in the quarter-finals against Redlands.

James Price - Year 12 student

VIDEO OF THE JAPAC OPENING



PIPES AND DRUMS

On Sunday 26 May the Pipes and Drums Highland Band participated in the RAAF Bomber Command Commemorative Service at the Cenotaph in Martin Place. 20,000 Australian airmen served with the Bomber Command during World War II (1939 – 1945). The Command suffered huge losses during the war – from 125,000 aircrew 55,000 were killed on operations, 3500 being Australian. Bomber Command Commemoration Services are held across Australia every year. It is an opportunity to honour those who not only served in the Bomber Command and returned home but also to honour those who lost their lives serving our country.

Viruna Tennakoon and Austin Wagner were part of the Pipes and Drums Highland Band



Above: Nick Boyd, Nathan Brading and Liam Gordon who played CAS Football last week

KNOX GRAMMAR SCHOOL

Year 12 Formal

Date: 27th June **Venue:** Le Montage, Lilyfield

Time: 6pm - 11pm **Cost:** \$120 per person **Attire:** Formal