

## YEAR 7 TEAM LEADERS

As the students head off to a long weekend, we encourage everyone to rest and recuperate. This has been a busy and fast term, so this little bit of extra time to unwind should be used wisely. Rest is such an important part of recovery, but for many of us, rest isn't part of our lives, at least not regularly. Many of us are too focused on striving to do our best and not stopping for air. We think stopping is quitting and it makes us lazy. Rest is the only way to engage the part of our nervous system that allows for relaxation. So, rest up gents!

During assembly this week our students were treated to some spectacular short films made by a collection of Middle School and Senior School pupils. The theme was inspired by our fifth school value, Courage. Standing up in front of the Senior School and showcasing something so close to their hearts takes courage to a whole new level. The Year 7 students were most impressed by the talent that was displayed. Congratulations to all the boys who took part. The Junior Academy Team would like to extend a huge thank you to all the boys who came along on Saturday to support the Knox players competing against Scots. There was such an electric atmosphere at School on Saturday. Seeing the stands filled with supporters was wonderful and we look forward to continuing this level of support in a few weeks' time, when the Junior Academy boys are again expected to turn up and cheer on the Black and Blue. Thank you parents for your support in this, we relish in having such a supportive team of parents working alongside with us. Please enjoy and rest up during the long weekend. When we return we only have a few short weeks until we have a long winter break. So, keep the energies and spirits up.

As always, please get in touch with your son's Mentor, or Team Leaders, if we can be of any assistance in any matter related to Year 7.

CARLY ROBINSON - ASSISTANT TEAM LEADER



## STUDENT ADMINISTRATION OFFICER

It has been a busy week for the Year 7 boys. Lunchtime on Thursday saw the first of two Year 9 Market Days for this term. This is an annual event run by the Year 9 Commerce Students who set up stalls selling a variety of goods. It was great to see so many Year 7 boys supporting some great business ventures and hopefully gave them a taste of what they can look forward to in two years' time. On Thursday of next week I look forward to joining the year group in Period 1 at the annual Meet the Knox Symphony Orchestra (KSO), incursion performance. This incursion based on the theme 'Integrate to Celebrate will provide our KSO boys with a valuable opportunity to showcase their musicality in an engaging, interactive performance. Over the remaining weeks of this term we will continue to collect food for the Wesley Connect Winter Appeal. Thank you to those who have already contributed to the Appeal. Please remind your sons to bring their contribution for the Appeal so we can make a difference for those who are in need. Specific items listed will support those who are homeless and live on our Sydney streets.



- Small tins of tuna or chicken, meats with ring pull openings
- Long life milk (1 litre)
- Chunky meaty tins of soup

Have wonderful and relaxing long weekend.

RENEE WILLSON

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### USEFUL LINKS

- [Sport fixtures](#)
- [Make a payment](#)
- [Knox website](#)
- [Careers](#)
- [Year 7 page on the portal](#)

### UPCOMING EVENTS

#### Tuesday 18 June

- Parent and Student Study Skills Evening

#### Monday 24 and Thursday 27 June

- Languages Day

#### Friday 28 June

- Term 2 concludes

#### Saturday 3 August

- Year 7 Parent Supper. [Click here](#) for further details

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



Above: Student Learning in the Junior Academy Lounge.



## HEAD OF JUNIOR ACADEMY

Canadian Psychologist Albert Bandura is credited with developing Social Cognitive Theory and Self-Efficacy Theory. Social Cognitive Theory states that effective learning happens when an individual is in a social context and able to engage in both dynamic and reciprocal interactions between the person, the environment, and the behaviour. It is the only theory of its kind with this emphasis on the relevance of the social context and the importance of the maintenance behaviour in addition to initiating behaviour.

During the past month Junior Academy staff have encouraged boys from Years 7 and 8 into the academy lounge space to socialise and learn from one another. The lounge, and indeed Junior Academy canteen, is open each weekday morning at 7.30am until 8.15am, recess and lunch and then each afternoon from 3.30pm until 5.30pm. The boys have really embraced this relaxed environment as their 'own' space within the senior campus and somewhere to come, relax and enjoy conversing with peers and staff. What has been especially pleasing to observe is the relational and collaborative way many boys are learning from one another and/or staff as they work to complete assessment and homework tasks.

Boys are reporting that they are getting their work done in half the time and at a higher quality through this social collaborative experience, and that they are developing a more positive belief in their ability to succeed. I strongly encourage all boys in the Junior Academy to consider giving the before and after-school experience a try, even if only for one afternoon each week.

WAYNE INWOOD



## DIRECTOR OF STUDIES JUNIOR ACADEMY

"That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved."

RALPH WALDO EMERSON, Philosopher, Poet, Author

Study skills are fundamental to academic competence and are embedded in the academic programs of every subject. We seek to provide our boys with the tools, resources and techniques to achieve their personal academic best. In Mentor this semester, the Year 7 boys have explored organisation and time management strategies. This term, Academic Prefects Lucas Page and Eugene Bakker spoke to the year group about the important skill of organisation, the first in a series of presentations, and are planning lunchtime seminars to further support the Year 7 boys to develop their skills of accomplishment.

Dr Prue Salter, the founder of [ELES](#) and an expert in the area of study skills, will be presenting a Parent and Student Study Skills Evening on Tuesday 18 June from 6.30pm - 8pm. You will need to register in advance via the link on the invitation. Registrations will close on Wednesday 12 June at 4pm.

Finally, a reminder that Study Hub runs on Tuesdays 3.30 - 4.30pm in the JAPAC Lounge (newly renamed the Roach Junior Academy Lounge). All boys are encouraged to attend to receive study tips or guidance with assessment tasks or homework, under the tuition of a Knox teacher, Mrs Elschen Coetzee.

JANELLE CHARLTON



## PATHWAYS FOR ELITE ATHLETES AT KNOX (PEAK) PROGRAM – TERM 2 APPLICATIONS

We would like to invite students who have competed at the state/national level to apply to join the PEAK program for the Semester 2 intake.

PEAK is in its second year of operation and is designed to support high performing student-athletes to achieve excellence in sport, whilst achieving their best in the academic environment.

The PEAK program is a holistic wellbeing program, which includes:

- One on one mentoring with Knox high performance coaches, including the development of an Individual Performance Plan (IPP)
- Keynote speakers focusing on the Total Fitness pillars, including:
  - Academic Fitness – covering themes such as time management, goal-setting and habits for academic success
  - Physical Fitness – covering effective nutritional practices for athletes, sleep for recovery and effective rehab/prehab
  - Social/Emotional Fitness – covering resilience, performing under pressure and respect and responsibility
- Small group workshops to further enhance each student-athlete's skills and learning capabilities.

Click [here](#) for more information, including eligibility criteria. To apply, please complete the application [form](#). Applications will close on Friday 28 June (last day of Term 2), with successful applicants notified during the July school holidays, to commence from Term 3.

If you have any questions, please email [PEAK](#).