

## YEAR 8 TEAM LEADERS

It's always at this time of the year that the smell of the mid-year break begins to ruminate around the corridors. The Queen's birthday long weekend, on the back of the Parent-Teacher interviews on Thursday and Friday of this week, mean our students have two 4-day weeks, followed by the last 2 weeks of term.

I am hoping that the parent-teacher interviews will be a beneficial time for both you and your son. It is at an appropriate time of the year; allowing him to reflect on Semester 1, and forward plan for Semester 2. I encourage each boy to use the long weekend to action this, alongside you as his parents: take heed of the advice passed down from his expert subject teacher and utilise the support of his mentor in achieving his goals. We had two of our Year 12 Academic Portfolio prefects present at our Year Meeting on Monday, where they shared some of their experiences and advice. In summary: get organised early on in your school career!

One of the things which is currently bubbling under the surface is the prospect of Year 8 Camp. More detailed information for students and parents will be forthcoming, but please save the camp date in your diaries: Monday 19th – Friday 23rd August. We will be going down to Murramarang on the South Coast, where we will be doing exciting activities such as mountain biking, surfing, fishing, snorkelling, kayaking, hiking and much more.

A reminder to all students that they should only be using the Junior Canteen in the JAPAC and to ensure they are only using their school ID card or cash to make purchases (no manual entering of codes is accepted so as to protect the security of these transactions). Finally, I would also like to thank all the boys who attended the 1st XV Rugby fixture against Scots last weekend. We had more than 110 Year 8 students in attendance and there was a wonderful atmosphere in the Knox 1 stands. Enjoy the long weekend!

CRAIG MILLIGAN - TEAM LEADER



Left: U/16 2109 Sydney North Schools Junior Surfing Championships at Collaroy Beach.

Year 8 boys Xavier Bryce and Jasper Derwent can be very proud of their efforts. They both displayed strong surfing skills and wonderful sportsmanship.

We are proud to announce that Xavier (left) was placed first and will now represent Knox at the NSW Surfing Championships in Coffs Harbour.

### USEFUL LINKS

- [Sport fixtures](#)
- [Make a payment](#)
- [Knox website](#)
- [Careers](#)
- [Year 8 page on the portal](#)

### UPCOMING EVENTS

**Tuesday 18 June**

- Parent and Student Study Skills Evening (optional for Year 8)

**Friday 28 June**

- Term 2 concludes

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



Above: Student Learning: 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 8.15, recess and lunch and then each afternoon from 3.30 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 has been 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 Mentors this semester, the Year 8 boys have explored time management strategies and this week, 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 on 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 6.30 - 8pm. If you were not able to attend last year, you and your son are warmly invited to attend. 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](#).