

YEAR 12 TEAM LEADERS

With the end of the term approaching (only 14 periods left in each subject this term), it is essential the boys make the most of their remaining time prior to the Study Break in three weeks. Setting small daily goals such as getting to every one of their classes on time will help make a difference to learning opportunities. Personal organisation and routine is also important. It can start small by packing bags the night before to catching a slightly earlier train. The Year 12 cohort is exceptionally busy with training, rehearsals and study so being organised in advance is an important life skill that each boy can continue to work on.

The next round of assessment feedback has started with English results returned this week. It is important the boys act on the feedback that was given and work towards areas of focus for improvement for their next assessment. For some it might include taking a moment to appreciate the hard work they have put in and excellent results achieved. You would have received emails from your son's Mentor about School References. This is a time where we are asking them to write down their achievements during school before we get too busy towards the HSC. If you have time to check your son's reference and ensure he has added all his achievements it would be appreciated. We want to write and provide an accurate reference of your son's achievements, and who knows them better than their parents.

With a busy term so far we hope the boys enjoy the long weekend and use it as a chance to recharge their batteries and to get up to date with all their work.

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

Thank you to all the boarders who took part in the collection for the Red Shield Appeal last weekend.

On Monday evening, the inaugural Knox Athletics Performance Meet was held at Sydney Olympic Park Athletics Centre. John Hunter broke two school records in the Discus – his own 17 Years Discus record, as well as the 18 Years Discus record. An amazing achievement, John.

Ewan Shingler, Jackson Crocker and Mitchell Roberts have been selected to represent CAS at the coming CIS Cross Country Championships on Thursday 13 June. Congratulations boys.

It was wonderful seeing all the KnoxFlix final entries yesterday at Assembly. Best Cinematography went to Jesse Mehri for 'Pastrami on Rye'. Archer Bradshaw won Best Actor for his portrayal of Bobby Lasagne in 'Pastrami on Rye'. As for best film, - First to 'Pastrami on Rye' by Jesse Mehri, Archer Bradshaw and their team, third to 'The Run' by Ryan Vijay and his team. Well done boys.

Braeden Campbell and Luke Parks have been selected in the AFL Allies (combined NSW, ACT, Qld, Tas, NT) to play Vic Country this weekend.

At Year Meeting this week, Old Boy Ken Sequeira (OKG18) came to speak to the boys about the ups and downs of the HSC year.

Expectations of appearance in the public domain - both before and after school.

Students travelling to and from school on weekdays are required to wear full school uniform which includes their blazer and boater. Tracksuit tops are not allowed to be worn with the school uniform. After sports practice, students may travel to and from sport in either full Knox school uniform or full Knox tracksuit.

Have a great long weekend.

[PAMELA HITCHCOCK](#) 9119 0885



*In the end, it's not
the years in your life
that count. It's the
life in your years.*
Abraham Lincoln

UPCOMING EVENTS

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](#)

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
 - Spiritual Fitness (Personal Development) – covering communication, mental preparation and leadership
 - 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.

See [prospectus](#) for more information, including eligibility criteria, visit the [website](#). To apply, please complete [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 [contact PEAK](#)

KNOXFLIX



Above: Best Film 'Pastrami on Rye'



Above: Best Actor, Archer Bradshaw



Above: Third awarded to 'The Run' by Ryan Vijay and his team.

U/19 2109 SYDNEY NORTH SCHOOLS JUNIOR SURFING CHAMPIONSHIPS AT DEE WHY

Jack Anderson, Archie Elliott and Aydin Ince attended the U/19 2109 Sydney North Schools Junior Surfing Championships at Dee Why beach.

All the boys can be very proud of their efforts in their final event for the Knox High Performance Surfing team. In excellent surf they all displayed strong surfing skills and wonderful sportsmanship. The boys have been wonderful role models to the younger boys over many years. We are very proud of them and wish them well in all their future endeavours in and out of the surf.

GREG NUNAN, HIGH PERFORMANCE SURFING COACH



Above: Archie Elliott and Jack Anderson



Above: Nick Warby, Jack Anderson, Archie Elliott and Greg Nunan



Above: Archie Elliott, Aydin Ince and Jack Anderson