

YEAR 7 TEAM LEADERS

During my time at Knox the diverse talents of the boys never cease to amaze me. I recently had the privilege of attending the Pre State Championships Performance evening for the boys in the Year 7 Wind Band and was blown away by the quality of the pieces which I was hearing. Closing my eyes, it felt as though as I was listening to a professional adult band performing a wonderful piece called Callibre which sounded like the inner workings of a clock. These boys have been rehearsing very hard and I would like to wish them all every success at the State Championships later this month.

This weekend will bring the 2019 winter sports season to a close. Over the past term and half I have seen tremendous development in all our boys. Whilst not every result has gone the way of the Black and Blue, the improvement in skills and life lessons that our boys have experienced will serve them well as we move into the second half of the year. We play our closest and strongest rivals this weekend and Ms Robinson and I look forward to hearing about the contests across all sports next week.

With the conclusion of the winter season, the boys not involved in Track and Field will have the opportunity to have a week's rest before starting summer sport in Week 5. During Week 4, all Year 7 boys will be required to complete the annual Aquathon during Periods 6 and 7 next Friday. As mentioned in Year Meeting, this event is not a race but should be viewed as a chance to push themselves out of their comfort zone and try something new. Boys who are unable to complete the Aquathon due to injury or illness, must complete an [Illness Misadventure Form](#) and submit these to Mrs Willson in Room 19 along with the necessary medical certificate. The Aquathon is an Assessment Task for PDHPE and we expect all the boys to give it a go!

Best of luck against Barker this weekend and as always, please feel free to contact Ms Robinson or I if we can be of assistance.

Go Knox!

JULIEN MANUEL



STUDENT ADMINISTRATION OFFICER

As Week 3 comes to an end, I am sure you and your families are looking forward to the weekend. A big thank you to all the boys who have handed in their language choices on time. The language preference receipt is due at the end of school on Monday 12 August.

New School App for K-12

From next week, the School will be introducing a new K-12 app to replace the two existing Skoolbag apps. Skoolbag will no longer be in use. The Knox Grammar School app is available for download from your app store. Please click [here](#) for instructions on how to download, install and set up the new app.

Mr Matt Fowler has advised that we have an exciting start to our Track and Field season with a Season Launch at Curagul Pavilion on Monday 12 August. Mr Fowler is very pleased to announce that Steve Solomon, legendary Australian 400m Olympic runner, will be the guest speaker for the evening. Come along and enjoy a BBQ with Steve at the Curagul Pavilion to mark the start of our CAS campaign. More information about the Season Launch, Weeks 4 to 8 [training schedule](#), [Invitational schedule](#) and other key events have been included in the following [information letter](#). Please feel free to contact [Mr Fowler](#) should you wish to discuss any of these items further.

All the best to our sporting teams this weekend. Go the **BLACK** and **BLUE**.

RENEE WILLSON
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USEFUL LINKS

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

UPCOMING EVENTS

Friday 9 August

- Friday Night Football vs Barker (Home)

Saturday 10 August

- CAS Rd 10 vs Barker (Home)

Monday 12 August

- CAS Track and Field Season Launch, 6pm - 8pm, Curagul Pavilion 410 Bobbin Head Road, North Turramurra

Thursday 19 September

- CAS Track & Field Championships, SOPAC
- Compulsory attendance for all Year 7 students**

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

HEAD OF JUNIOR ACADEMY

As the debate around the use of technology in schools heats up around Australia, I wanted to take this opportunity to encourage us to look up. In a world where we seem to be more connected than previously, we seem to be less connected interpersonally than ever before. Technology, whilst it has made us more efficient and more time-rich than any generation before us, may have come at a cost. Technology is the proverbial double-edged sword and the impact it is having on our mental health is becoming clearer.

Whilst correlation does not mean causation, technology may, in part, be contributing to anxiety and depression. Young people may be particularly vulnerable to some of technology's negative impacts, since many of their experiences as they grow up are being shaped by it. Dr Peggy Kern, a senior lecturer at the University of Melbourne's Centre for Positive Psychology, has studied how technology and social media affects young people, and says the results of use may stretch further than we think. Whilst the screen has its appeal, it's time we looked up.

The School has a very clear technology policy when it comes to the use of mobile phones and laptops on school grounds. Mobile phones are to be securely locked away in the student locker and may only be used before or after school, whilst laptops may only be used in the classroom at the discretion of the classroom teacher. I have been so encouraged to see a number of Junior Academy boys engaging in positive conversations whilst eating their lunch or racing around playing handball, basketball or table tennis. When we take a moment to look up, we will quickly realise the many opportunities for connection that exist in our School community.

CRAIG MILLIGAN



STUDENT MANAGEMENT OFFICER

Now we are settled into the term, I believe it is time to remind the boys of the expectations in relation to uniform when travelling to/from school. Please assist us by reinforcing these expectations so boys are seen to wear their uniform with pride.



1. Boys are expected to wear their boaters to and from school, irrespective of an excursion on the day (boaters can remain in their lockers).
2. Boys only change for their PE lesson once they have arrived at school.
3. Boys walking from Track and Field training (Gillespie) are to wear their tracksuit top over the uniform.
4. Any student who presents as being out of uniform will need to show their school ID card to the supervising staff member.
5. Students continue to attend Room 19 / SMO to collect a green slip.
6. Students who are identified in the afternoon with the incorrect uniform are to:
 - a. Return to their locker to collect the relevant item (blazer and / or boater).
 - b. Return the following day with a signature from their parent if they are arriving to school without the appropriate uniform.

If patterns emerge of boys being regularly out of uniform, contact will be made with parents and consequences set in place for the boys.

REBECCA MITCHELSON

EDUCATION PERFECT ENGLISH CHAMPIONS 2019



Congratulations to our Bronze Award winners:

- Ethan Kwong
- Tyler Jackson
- Zachary Ni
- Ray Zhang
- Bryan Huang
- Winston Chen

BIG SCIENCE COMPETITION RESULTS 2019



Congratulations to the following boys:

Student's Name	Award
Alexander Dunn	Distinction
Ethan Habben	Distinction
Thomas Johnston	Distinction
Michael Shen	Distinction
Kevin Wang	Distinction
Jake Henderson	High Distinction
Jingni Liao	High Distinction
Oliver Nguyen	High Distinction
Rory Pattman	High Distinction