

YEAR 7 TEAM LEADERS

R U OK? Day - many of you will be aware of this special day that promotes breaking the stigma around mental health and checking in on your mates. As a Year Group, we are encouraging our boys to treat every day like R U OK? DAY and be known as a group who look out for each other, not just during the good moments, but when life is hard.

Suffering with mental health or going through tough times can happen to anyone, at any time. The Class of 2024 are already growing into men with integrity and courage, who look out for each other and are learning to have open and honest conversations. When someone is suffering, they might simply need someone to be there, not to fix anything, or to do anything in particular, but just to feel cared for and supported. For more information on R U OK? Day, please see our wonderful SAO, Mrs Willson's piece in this week's newsletter.

A final reminder that we have the CAS Track and Field Championships next Thursday. It is tradition that the Year 7's attend and cheer on the Black and Blue. Our Year Group have been outstanding with their attendance and support throughout the year, and we look forward to another excellent day of sport alongside the boys next Thursday. Please go to Parent Lounge and give permission for your son to attend.

As always, please contact your son's Mentor or the Team Leaders if we can be of any assistance.

CARLY ROBINSON ASSISTANT TEAM LEADER



STUDENT ADMINISTRATION OFFICER

Thursday was the official R U OK? Day, an initiative run by an organisation passionate about supporting those that are doing it tough.

Knox once again supported this great cause. Did you know that 1 in 4 Australians will suffer from mental illness at some stage in their lives. R U OK?'s vision is a world where we're all connected and are protected from suicide. Their mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.



Their goals are to:

1. Boost our confidence to meaningfully connect and ask about life's ups and downs
2. Nurture our sense of responsibility to regularly connect and support others
3. Strengthen our sense of belonging because we know people are there for us
4. Be relevant, strong and dynamic

During Year Meeting, Mr Manuel reminded the cohort that Knox strongly encourages all boys to use their laptop bags to protect these machines as they move around the campus; however, there are a number of boys who are still choosing to carry their machines like another book, increasing the chances of accidental damage as they move through the school. Repairing laptops is an expensive and inconvenient process for families so we ask that you remind your sons to use the prescribed protective laptop bag at all times.

All the best to the boys competing in the UNSW Annual School Mathematics Competition today and those going to play Water Polo in Canberra over the weekend. Go the black and blue?

Have lovely weekend everyone.

RENEE WILLSON
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USEFUL LINKS

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

UPCOMING EVENTS

Thursday 19 September

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

Friday 27 September

- Term 3 concludes

Tuesday 15 October

- Term 4 commences

Thursday 17 October

- English Incursion. Further details to follow

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

HEAD OF JUNIOR ACADEMY

As we approach the end of a busy third term, it is important for our young men to take a step back and to keep the big picture in mind. Experience has shown me that when boys are tired, their ability to make good, thoughtful choices is somewhat diminished. So, in continuing my analogy of the high school journey being compared to a running race, I was reminded of this verse from the Bible in Hebrews 12:1, which says 'Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that slows us down... And let us run with perseverance the race marked out for us.'



There are three key elements to this verse which I feel will be important for our young men to take on board as they face the end of the term and tiredness begins to set in:

1) 'We are surrounded by such a great cloud of witnesses'

This would imply that being part of a wider community of people is helpful motivation to keep running. We all know the benefit of doing things in a team, and acknowledging that there will be seasons where we rely on the shoulders of our mate to carry us, but equally that there will be times when we will put our shoulder under the arm and help out someone else.

2) 'Let us throw off everything that slows us down'

It is a useful exercise for your son to take stock of the things in his life which are slowing him down or preventing him from operating at his full capacity. I remember a personal experience when I was 13 years old, where I was called up to run the 1500m at the last minute in freezing cold weather at my school's athletics carnival. I was unprepared and the only gear I had on me was my school tracksuit and hiking boots. I can tell you, running 1500m in that gear was torturous. Being aware of the things which distract is the first challenge, but throwing them off is the more important one.

3) 'Run with perseverance the race marked out for us'

If you've attempted distance running at any point in your life, you will know that when you get tired, setting yourself small, achievable goals helps you to keep going... "I'm just going to keep running until I see the next kilometre signpost." The same message applies to our boys – they have set themselves some goals and marked out their race, so to speak, alongside their Mentor, and in order to keep moving forward, it is important for him to keep his eyes on the targets and goals he has set for himself.

We know that this race will require perseverance, effort and resilience, but knowing that pushing through the moments when he feels tired and which feel tough, is key to developing his strength and character. I look forward to seeing our Junior Academy boys finish this last stage of the term with a flourish.

A NOTE ABOUT UNIFORMS

On a number of occasions this term we have addressed students during Year Meeting about the importance of wearing the correct uniform and wearing it well.

Doing so shows respect for our School, its traditions and values. Members of our community often judge students and the School by the general standard of each student's uniform and appearance, so it is important that our students maintain the required standards while travelling to and from school, not just during the school day.

The boys have responded positively to these discussions and to the monitoring systems put in place at the school gates. We have been pleased to witness a significant improvement in the number of students wearing with pride their boaters and blazers to and from school. To support a continuation of this positive trend, we will be introducing consequences for those students who are not able to comply with the School's uniform code on a regular basis. Initially students will receive a warning when they do not have the correct uniform. Should a student arrive at school without the correct uniform on a third occasion, parents will be notified and the student will need to participate in an afterschool reflection. Additional reflection sessions will be scheduled should there be a fourth or fifth occasion.

In conjunction with our focus on uniform, it is timely to remind students that only school approved bags should be brought on to campus.

CRAIG MILLIGAN

VISUAL ARTS

The theme being studied by Ms Karachony's Visual Arts class is the built environment and they are exploring it in a number of ways to make a final collage of a house. The three techniques they are using in order to create the materials for their collages are:

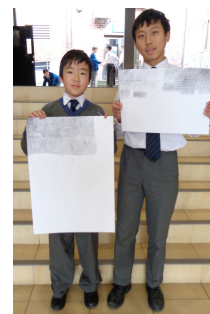
1. **Collograph printing** – this involves the boys making a cardboard 'plate' using a variety of textured surfaces that they glue down onto it. The aim was to create an abstract composition that implied the built environment through the choice of shape and texture. Some of the boys were inking these up and printing them through the printing press.
2. **Frottage** – this involves transferring the texture of the built surfaces in and around the classroom. Essential transferring by creating rubbings using paper and progress graphite pencils. (pictures below)
3. **Line drawings** of their chosen house subject, based on the paintings of contemporary Australian artist Robyn Sweeney.



Above: Anthony Hu



Above: Marcus Hong



Above: Allan Liu and Jerry Guo

AROUND THE GROUNDS - YEAR MEETING



Above: Ms Robinson speaking to the boys about R U OK? Day during Year Meeting

R U OK? DAY



Above: Noah Pillinger and Rory Pattman



Above: Harry Browne



Above: Andrew Ying and Calvin Cai



Above: Florian Hess