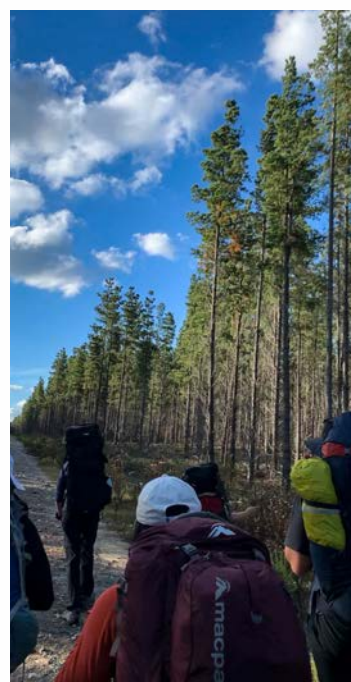


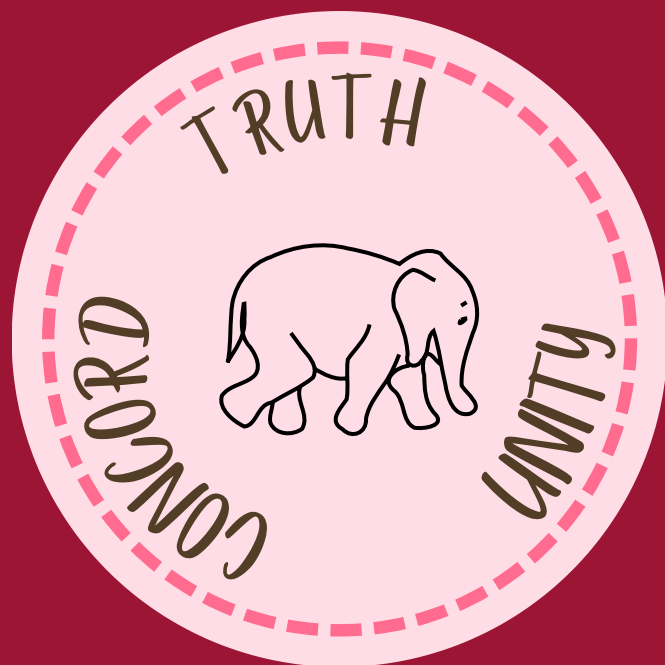


EXTRA-CURRICULAR ACTIVITIES 2023



CHELTENHAM GIRLS' HIGH SCHOOL

TRUTH. because we dare to speak it
UNITY. to make us stronger
CONCORD. nearer to each other



Dear Students and Parent/Carers

This booklet contains information about the various enrichment, extension and extra-curricular activities available to girls attending Cheltenham Girls' High School.

At Cheltenham Girls' High School we aim to develop the whole student as a lifelong learner. Extra-curricular activities provide opportunities for students to explore strengths and passions in areas that are not recognised in the general curriculum. These activities can provide experiences that enrich and supplement student understanding of the world and how they can be productive and informed citizens now and in the future.



SCHOOL VISION

Cheltenham Girls' High School is committed to providing a variety of quality learning experiences in a caring, cooperative and challenging environment.

We strive to develop self-awareness, self-esteem and confidence. We promote positive, collaborative relationships with each other and the community, built on respect and concern for others.

We encourage creative and critical thinking and support personal excellence and satisfaction. We increase life's opportunities and foster lifelong learning.

Some activities require payment and details of these payments may not be available at the time of printing, but will be made available to parents prior to commencement of the chosen activity.

I encourage all students to become involved in at least one activity that you are interested in. By participating in these activities you will increase your enjoyment of school life at Cheltenham Girls' High School.

Suellen Lawrence

Principal

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ACADEMIC COMPETITIONS

Australian History Competition

A national competition based around the Australian National History curriculum. Prizes are offered to the top students. The competition helps students develop crucial skills in seeing different points of view. With a focus on testing interpretation and analysis rather than prior knowledge, the competition is currently accessible to years 9 and 10 World History elective students of all levels, giving every student the chance to excel!

Faculty to contact - History.

Australian Mathematics Competition

Students sit for a 75-minute, multiple choice competition testing problem solving skills (as opposed to mathematics examination techniques). Problem solving skills are practiced in the classroom prior to the competition. This is open to all students from Year 7 to 12. There is an emphasis on problem solving; a valuable life skill, and the questions are designed to be fun for the student.

Faculty to contact - Mathematics.

Da Vinci Decathlon

The Da Vinci Decathlon is an academic competition designed to challenge and stimulate the minds of school students. Students compete in teams of eight across 10 disciplines: Engineering, Mathematics and Chess, Code breaking, Art and Poetry, Science, English, Ideation, Creative Producers, Cartography and Legacy. This involves Years 7 & 8.

Faculty to contact - History.

IRIS

Independent Research in Science (IRIS) is an extracurricular club aimed at expanding the Science experience of year 7 students. Students from across the year group volunteered to be part of the project and teachers guide them towards completing a series of open-ended science-based activities building on their interest and abilities in Science. Students would individually design a project that appeals to their own scientific interests. They are encouraged to conduct experiments, build models and design infographics for Science.

Faculty to contact - Science



Legacy Junior Public Speaking Award

The Legacy Junior Public Speaking Award aims to encourage the use of clear and effective spoken English. Since its inception in 1995, the competition has provided an opportunity for NSW junior secondary students to improve their confidence and to develop their speech-writing and public speaking skills.

Faculty to contact - English

Mock Trial

This is an inter-school mock trial competition, which is run by the Law Society of NSW. Students are provided with a mock scenario of a civil or criminal legal case and given the opportunity to represent the defence, prosecution or plaintiff in front of a current, practicing judge, magistrate or lawyer. Students are given the opportunity to develop their debating and research gathering skills and gain significant understanding into the rules and procedures of the court room. Mock trials replicate the proceedings of a real court case and is a fun and educational forum for students that introduces them to a future career in the legal profession.

Faculty to contact - HSIE



Premier's Challenge Debating Competition

Students in the debating teams participate in regular workshops to improve their reasoning and public speaking skills. Each team is also able to practise these skills in the Premier's Debating Challenge, where they compete against other schools in a round robin format to decide the Zone winner. Zone winners go on to compete at Regional and State level. Teams will be selected at the start of the school year through a 'try out' format. Teams of 4 students are selected with 2 reserves.

Faculty to contact - English.

Plain English Speaking Award

The Plain English Speaking Award aims to encourage the use of clear and effective spoken English. Since its inception in 1978, the competition has provided an invaluable opportunity for NSW senior students to improve their confidence and to develop their speech-writing and public speaking skills. Two students from Years 11 and 12 are selected to represent the school in a Local Regional Final. Students compete against government, Catholic and private schools where they deliver and Prepared speech and an Impromptu speech.

Faculty to contact - English.

Rostrum Voice of Youth Award

Rostrum Voice of Youth is a national speaking competition which provides an excellent opportunity for secondary school students to gain experience and confidence in expressing their views and communicating a message. Each year, students are provided with five topics to choose from and they write and deliver a speech based on their chosen topic. Students enter by auditioning at school, and then three students are then selected to represent the school in the competition.

Faculty to contact - English.

Titration Competition

Year 12 Chemistry students have the unique opportunity to participate in an external event called Titration Competition. The competition is a quantitative analytical challenge where students compete against other students in the state. During the competition, teams of three students will compete against other schools to complete a set of acid-base titrations in just ninety minutes.

The goal of the competition is to accurately determine the unknown concentration of a weak acid. The team's score will depend on the precision and accuracy of their work, and the team with the highest score have the chance to participate in the National Competition. Participating in the NSW Schools Titration Competition is an excellent opportunity for our students to showcase their skills, knowledge, and passion for chemistry. It also provides an opportunity for them to compete against other schools, meet new people, and engage in a challenging and rewarding experience.

Faculty to contact - Science.



General

Anime Club

The Anime, Manga and Japanese pop culture appreciation club meets weekly to watch and discuss Japanese Animated movies and series, the latest interests, practice some drawing skills or swap tips on cosplay outfits. The club is open for all students in all years.

Faculty to contact - Languages.



ASX Sharemarket Game Club

The ASX Sharemarket game is open to students in Year 9 and 10 who are interested in learning more about trading and finance in general. Students compete in this international school competition for real prizes, and are given \$50,000 of virtual cash to trade with online. The game involves students using actual market conditions to simulate trading on the ASX and in the process test their skills and markets knowledge. The game starts in March each year and the trading competition is over a 10-week period. Information on how to join this group is posted on Sentral by the coordinating teacher. The group meets before and during the trading time at lunch to discuss trading concepts, strategy and to answer any questions.

Faculty to contact - HSIE

Barista Course - Pinkies Cafe

This course provides industry quality training to students in the preparation and service of coffee. Students learn about the coffee industry and coffee making. They are trained using a commercial coffee machine and learn to deal with customers in a cafe setting. Completion of this course results in a certificate, which will support the student's application for casual work in a cafe. Students also have the opportunity to prepare and serve coffee at special occasions at school. Course times 8 am - 8.30 am week days at school. Usually Year 10 students but others by request.

Faculty to contact - TAS



Cheltenham Sisters of Battle

The Cheltenham Sisters of Battle is a games club which meets weekly to play competitive, challenging games, such as board games, wargames and role playing games (but not computer games). Sisters of Battle is a fun way to improve teamwork and leadership skills while having fun. Games encourage teamwork, strategy, risk analysis and probability calculations as well as the artistic component of painting the intricate game pieces.

Faculty to contact - Science.

Cloud Nine

Cloud 9 is a student directed group focused on supporting the community's wellbeing. The group welcomes students from all years and meets weekly at a lunchtime to discuss everyday challenges that students face and devise solutions. Their aim is to provide the student community with strategies to overcome challenges associated with modern day life. Cloud 9 have organised and run successful initiatives to raise awareness for mental health and improve a sense of school community. These include, Chinese New Year Celebrations, RUOK Day and World Teachers Day. Cloud 9 members derive a sense of school pride and foster skills in communication, teamwork, resilience and leadership.

Faculty to contact - Wellbeing



Homework Centre and Study Hall

The Homework Centre is on Tuesday afternoons (except the first and last weeks of term) in the Library from 3:00-4:30pm. It provides students with the opportunity to gain some extra one-on-one assistance with classwork, homework, assessments and exam revision. Some students also use the facility to study by themselves. Students can also access computers and printing facilities. Supervising teachers are from across different key learning areas.

Study Hall is on a Thursday afternoon from 2pm -3pm in the Library and is supervised private study. (This will begin in Term 2, 2023).

Faculty to contact - Learning Support.

Islamic Prayer Group

During lunchtime, the Islamic students within our community are given the opportunity to meet together for the congregational prayer. This meeting for prayer are important parts of the Muslim faith and all students are welcome to participate in them. Students from all grades may attend, providing an excellent opportunity for peer support, as well as fostering new relationships that may never have otherwise developed. Meetings are supervised by a teacher and parental permission is required each year for students to attend.

Faculty to contact - Wellbeing.

Permaculture Gardening Club

This club is for Years 7 to 10 students who would like to grow their own vegetables in the schools vegetable garden. There are approximately 30 students participating in the club. A general meeting is held every Tuesday lunch time to discuss and learn about horticulture. Students then go to the vegetable garden to grow their plants and put into practice what they have discussed and learnt. Students get to take home their produce.

Faculty to contact - Science.

Social Justice Group

The Social Justice Group is open to all students from Years 7 – 12. The group has a joint aim – that of raising awareness and also fundraising support for those less fortunate than us. Every year students discuss and decide on the issues they will explore and the fundraising agencies they will support. They then plan campaigns that involve educating the wider school community via presentation, involving guest speakers and organising fundraising activities. Over recent years they have run campaigns for ‘Medicines Sans Frontiers’, Mabooba’s Promise, Invisible Children, Youth Off the Streets, International Women’s Day, Fred Hollows Foundation, Oasis Youth Network, Close the Gap (Oxfam) and Australia for UNHCR.

Faculty to contact - Wellbeing.





Stage, Sound and Lighting Crew

This team consists of a selected small group of students who are responsible for setting up and running events and production for the school. They will be involved in the preparation of the stage, sound for performances in the hall and the MPC.

Students in Years 8 are given the opportunity to apply to be a part of this group and 4 students are selected to join the team that will consist of members from Years 9-12. They will be part of the team through to Year 12. Students are required to participate in training and meetings as well as attend rehearsals and performances both in school and out of school hours.

Faculty to contact - Science.



The Green Team

The Green Team is open to any students in Years 7-12 interested in the local environment and sustainability. The main focus of the Green Team is to engage in purposeful and productive projects to improve school and local environments. The Green Team meets on a regular basis to discuss projects, fundraising ideas/events, such as the Trashion Show and environmental competitions. Faculty to contact - Wellbeing.



Zen Zone

This group meets to cultivate the mind, body and spirit through quiet, relaxing activities. Students can meet at the Zen Zone once a week at lunchtime to take part in a range of relaxing activities. These can include meditation, mindful colouring in with music, positive self affirmations and a small group chat. Faculty to contact - PDHPE.

REV

Rev is the Christian Group at the school led by Year 11 and 12 students who meet on Tuesday lunchtimes. At Rev, students learn about concepts within the Christian faith such as hope, love and compassion and how we can apply this to our lives and schooling. We provide a safe, engaging, and fun space to ask bigger questions about the world and life. All are welcome to join! Faculty to contact - Youth Liason Officer.



Leadership and Personal Development

Debating and Public Speaking

Debating and Public Speaking encourages students to develop confidence, verbal skills and teamwork. A representative competition that gives students an opportunity to compete on behalf of the school and express their views and opinions on a variety of social, economic, political and global issues. In Years 7-12 students compete in one or some of the Rostrum, Plain English (10-12) or Legacy Junior (7-9) Public Speaking competitions. They debate schools within their region, and if successful, continue on to Regional and State finals held in participating schools in NSW throughout the year.

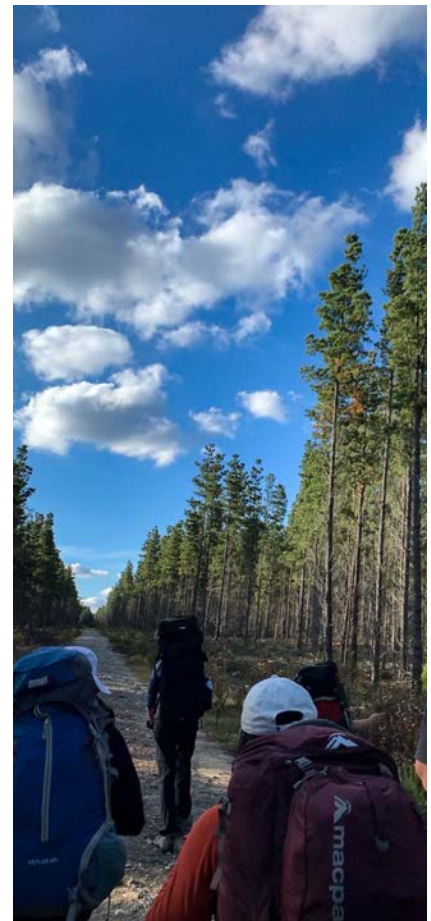
Faculty to contact - English.

Duke of Edinburgh's Award Scheme

This award is run externally through YouthAdvance. Students work towards a certificate for the Duke of Edinburgh Award. Duke of Edinburgh's Award Scheme aims to develop skills as a leader and active citizen while empowering students to explore their potential. This is achieved through a series of challenges extending the mind, body and community spirit. The program is divided into three stages: Gold, Silver and Bronze each with its own level of commitment. During the program, at all levels, participants must complete four fields of activity:

1. Physical Recreation: Improving your physical fitness and wellbeing
2. Service: Connecting you with your community as an active citizen giving service
3. Skill: Develop your talents and broaden your abilities in a chosen area
4. Adventurous Journey: Students undertake their expedition in a bush environment developing their skills in bushcraft, teamwork and time management.

Faculty to contact - English.



Library Prefect

Year 10 students nominate for Library Prefect appointment. They undertake a suitability test, and then are appointed on probation for senior responsibilities in Years 11 & 12. Responsibilities include regular weekly rostered circulation & customer service as well as shelving and general interface with the library staff.

Faculty to contact - Learning Support Librarian.

Max Potential

Max Potential is an innovative leadership development program run by The Future Leaders Group. As one of Australia's longest-running youth development programs, Max Potential connects high school students with local community and business leaders who are trained as coaches. Over five months, participants engage in one-on-one coaching, experiential workshops and deliver a community service pitch that takes an entrepreneurial approach to meeting needs in their local community.

Faculty to contact - Senior Executive.



Peer Support

The Peer Support program is an opportunity for approximately 70 students who wish to take a role of leadership in the school. This is a commitment that lasts across Years 10 and 11. Each student is paired with another and given a group of 7 students as they enter high school for the first time and support them during the transition from primary school. The program is designed to achieve several outcomes. The older students have an opportunity to take an important role at the school, while the new students also gain valuable knowledge and experience from responsible students already accustomed to the routines and activities of high school. The sessions cover content including: respect, responsibilities, bullying, communication, values, conflict resolution and resilience. The student leaders participate in training days where they are made aware of their role as a mentor and given the appropriate skills to successfully run a small group. Year 10 Peer Support Leaders also attend the Year 7 Camp as support and Mentors for the new Year 7 students.

Faculty to contact - Mathematics.

Prefect Body

The Prefect body at Cheltenham Girls' High School consists of 24 girls (Year 11) who are elected by peers and teachers. From the prefects a School Captain, Vice Captain and Senior Prefect are elected.

They are a passionate and responsible group of students who play a large role within the school. The prefects are the school role models who attend and assist at school functions. Prefects are responsible for meeting parents and potential students at Cheltenham Girls' High School Information Evening and Year 6 Orientation Days. The Prefect's play a large role in demonstrating and monitoring correct uniform both at school and when travelling. They also hold a number of fundraising events throughout the year.

Faculty to contact - Senior Executive.



Sports Council

The Sports Council is made up of 24 students; two Year 9 Junior Captains and two Year 11 House Captains from each house. Students who are interested and who have represented the school in sport are asked to self nominate. Elections are held in September and badges are presented at the Annual Sports Assembly. Sports Council members are responsible for organising Year 7 house cheers at the Swimming Carnival and generating house spirit at the three carnivals; Swimming, Cross Country and Athletics. They also help with the organisation of many sporting events throughout the year including Monday afternoon sport, Zone Cross Country, Premiers Sporting Challenge and Sports Assembly. Sports Council run Year 7 & 8 Lunchtime Sport during Terms 2 & 3 and run a fundraising day for the McGrath Foundation with Pink Stumps Day. They are also responsible for weekly sport reports at assembly, writing reports and compiling photo slideshows for each carnival.

Faculty to contact - PDHPE.



Student Representative Council (SRC)

The SRC is an active body comprising of students from Year 7 through to 11. Each Year 7 class elects its own representative, while Years 8 to 11 each elect six representatives from their whole year group. The SRC is the forum for the exchange of student opinions and participation in the school policy decision-making process. It operates a digital suggestion box on Sentral that can be utilised by all students to offer ideas for activities, improvements, and opinions. SRC representatives undertake roles on school committees and represent Cheltenham during in-school events and excursions that foster leadership skills. The SRC coordinate whole-school activities and events across the year to encourage school spirit, support community groups, and fundraise for worthy projects and causes. Students occasionally will need to contribute with their own bought/baked items for bake sales for fundraising purposes.

Faculty to contact - English.



Transport Prefects

Transport Prefects are elected from Year 11 and form a most important team which supports the safety, welfare and conduct of each student as she travels to and from school. Transport prefects are requested to attend meetings to report problems and discuss solutions. They also make weekly announcements to the student body via school assemblies. They are constantly on duty before and after school, and at Presentation Day.

Faculty to contact - Mathematics.

Work Experience

Year 10 and 11 students can participate in Work Experience anytime outside school assessments and whole school events. Work Experience is optional and can be 1 to 5 days in a career that interest students. Work Experience can assist in finding part time employment or researching a university pathway. The paperwork is explained in Year 10 Career lessons. Work Placement is for students studying an external vocational education course at TAFE and is a compulsory part of their course. Students will participate in 70 hours of work placement over two years.

Faculty to contact - Learning Support Careers.

Creative and Performing Arts



Junior Choir (Years 7, 8 & 9)

Junior Choir provides an opportunity to enjoy singing and performing a wide range of musical styles. Girls from years 7, 8 and 9 are welcome to join junior choir. The choir rehearses twice a week before school on Monday and Thursday mornings commencing at 7.45. The choir performs at the CGHS performing arts festivals and at the annual Presentation Day

Faculty to contact - CAPA.



Junior Drama Ensemble

A group of approximately 20 students will be chosen through an audition process to participate in the Junior Drama Ensemble. They will meet one afternoon a week to learn drama skills and develop a performance piece to be presented at PAF.

Faculty to contact - English



Orchestra

Our School Orchestra provides an opportunity for girls in Years 7 - 12 to play in a symphony orchestra. We are one of the few public schools who have an ensemble of this nature. Girls who play string, woodwind, brass and percussion instruments rehearse each Tuesday morning at 7.20am. They learn and perform a wide range of musical styles including art music from a various periods of music, musical theatre medleys and a range of popular music. Instruments are available for hire if students do not own an instrument or if they are interested in learning an instrument, but do not want to purchase one until they have tried learning it. Girls are expected to be learning their instrument through an outside tutor to further develop their skills
Faculty to contact - CAPA

Senior Choir (Years 10, 11 & 12)

Senior choir provides an opportunity for girls from year 10 to 12 to sing and perform a wide range of musical styles. Our annual performances include Performing Arts Festivals and Presentation day in the Opera House. Regular attendance at weekly rehearsals is expected. Auditions required only from those who have not been a member of Junior Choir.
Faculty to contact - CAPA

Stage Band

Stage band provides an opportunity for musicians who already play in an ensemble at CGHS to extend their performance experiences. Stage band (often called Jazz Band or Big Band) rehearse during lunchtime on Wednesdays and perform in our PAF concert series (Term 2 & 3) and at Presentation Day.
Faculty to contact - CAPA

Wind Ensemble

Wind Ensemble is available for students in years 7-12. This ensemble comprises of flutes (auditioned due to numbers), oboes, clarinets, bass clarinets, bassoons, alto/tenor/baritone saxophones, trumpets, french horns, euphoniums, tubas, electric bass and percussion. This ensemble rehearses every Wednesday morning from 7:20 - 8:30am
Faculty to contact: CAPA

Sport



Sport Aerobics Teams

These teams constitute students from across numerous year groups and are externally run by EDGE Sport Aerobics. Students perform in the FISAF State competition and if successful, travel interstate to compete in the Nationals competitions. There are competitive teams and a non-competitive Development Squad. Cost is approximately \$175.00. Students are required to train twice a week during Terms 1 & 2. This is a high energy sport where you'll improve your skills, keep active, be part of a team and maybe even qualify for Nationals!

Faculty to contact: PDHPE.



Fitness Group - Workout Wednesdays

Students from year 7-9 are invited to attend a fun afternoon of physical activity including games, sports and use of the school gym in a relaxed and non competitive environment. It is free and a great way to keep fit while having fun.

Faculty to contact - PDHPE

Gala Days

Cheltenham enters at least four gala days throughout the year. Trials are held at lunchtimes or before school. Information about trials is published on Sentral. Once a team is selected, training sessions are held before school or at lunchtime. Each team participates in one gala day per year. The following are the gala days that Cheltenham enters: Year 7 & 8 Netball, Year 9 & 10 Netball, Year 7 & 8 Touch Football. Year 9 & 10 Touch Football.

Faculty to contact- PDHPE



Junior Dance Ensemble

This ensemble constitutes students from Years 7 & 8. Students are provided with a range of performance opportunities including; Extreme Dance Challenge, Ryde Eisteddfod, City of Sydney Eisteddfod, Sydney North Dance Festival, State Dance Festival, and On The Move performances.

Faculty to contact - PDHPE



Knockout Sport

Cheltenham Girls' High School participates in the NSW CHSSA Knockout competition. Entry into these teams is highly competitive. Teams are made up of students from Years 7-12. Trials are held at lunchtimes or before school. Information about trials is published on Sentral. Once a team is selected, training sessions are held before school or at lunchtime. Games are held at various stages throughout the year during school time. The following are the sports that Cheltenham enters; U15's Netball, Open Netball, U15's Football, Open Football, Open Touch Football. Open Basketball, Open Table Tennis, Open Volleyball, Open Baseball
Faculty to contact - PDHPE.



Senior Dance Ensemble

This ensemble constitutes students from Years 9 - 12. Students are provided with a range of performances opportunities including; Extreme Dance Challenge, Ryde Eisteddfod, City of Sydney Eisteddfod, Sydney North Dance Festival, State Dance Festival, and On The Move performances. The ensemble rehearses once a week before school.

Faculty to contact - PDHPE



School Camps

Year 7 Camp

Each year at Cheltenham Girls' High School Year 7 students are fortunate to have the opportunity to attend a three day camp. This camp provides an opportunity for students to meet other students and make new friends in a relaxed environment. In addition, the camp provides a variety of physically and intellectually challenging activities and encourages team work and camaraderie. This camp forms part of the Transition Program for students entering Year 7. It is worthwhile and fun camp.



Year 9 Camp - Jindabyne Sport and Recreation Centre

The purpose of this 5-day camp is to support the school curriculum in social, environmental and recreational education. The day activities at the camp typically include an alpine walk to the top of Mt Kosciusko (including chair lift ride), a climbing ropes course, mountain bike riding, a cookout and raft building or canoeing. Students will participate in a range of night shows including activities such as 'Jindy' Markets, movie night, disco and trivia quiz. The success of these activities is dependent on the full cooperation and participation of all involved students. Students who wish to take part in the camp need to demonstrate a willingness to commit themselves fully through their level of participation and cooperation at school throughout the year. This enables the camp coordinating teachers to minimise risks to students whilst ensuring that all participants gain the most from their experience.



Senior Leadership Retreat - Taracoonee, Hawkesbury River

The Senior Leadership Camp was first implemented in 2010. The Vicars family, represented by John Laurie (grandson of Mr Vicars), own a beautiful property on the Hawkesbury River called "Taracoonee". They have graciously invited us to hold our Senior Leadership Camp at their holiday home on the river. The home is the sister property of the original Vicars home that was once on our now school oval so it is steeped in history and tradition. The purpose of this camp is to build the leadership capacity of 10 of our key senior students and to spend time in building quality relationships between the various leadership roles. We anticipate that our senior leaders will view this camp as an opportunity for personal leadership development as well as a privilege afforded to our key student leaders.

