

Cheltenham Girls High School

# 2016 *EXTRA-CURRICULAR* *BOOKLET*



# About this booklet

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

As you will see, there is a broad variety of activities covering many different areas. 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.

We urge you and your daughter to read through this booklet and determine if there are any activities in which she may be interested in participating. **There is something on offer for everyone.**

# Academic Competitions

## 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.

**Cost:** TBA

**Faculty to contact:** Mathematics – Mrs Lee

**Takes place:** 28<sup>th</sup> July 2016

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## Mathematics Challenge

The Challenge is held during a 3-consecutive week period. Students work through six problems. There are separate sets of problems for Junior (Years 7 and 8) and Intermediate (Years 9 and 10).

**Cost:** TBA

**Faculty to contact:** Mathematics – Ms Paice

**Takes place:** TBC (at the end of term 1)

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## Australian Statistics

All Year 9 students undertake a Statistics project in groups. Teachers select the best projects to enter into the Australian Statistics Competition.

**Cost:** TBA

**Faculty to contact:** Mathematics – Ms Paice

**Takes place:** TBA

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# Academic Competitions

## Premier's Challenge Debating Competition

All Years 7-12 are represented in this competition. Students compete against other government high 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.

**Cost:** Nil

**Faculty to contact:** English – Ms Fowell

**Takes place:** Terms 1 – 4, 2016

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## Plain English Speaking Award

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.

**Cost:** Nil

**Faculty to contact:** English – Ms Fowell

**Takes place in:** Term 2, 2016

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## Legacy Junior Public Speaking Award

Two students are chosen to represent the school in a Local Regional Final. Students are chosen on the basis of a try out format. Students are required to deliver a Prepared Speech and an Impromptu Speech.

Zone winners compete in the Regional Sydney Final then on to State level

**Cost:** Nil

**Faculty to contact:** English – Ms Fowell

**Tasks place in:** Term 2, 2016

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# Academic Competitions

## ICAS Digital Technologies Competition

The ICAS Digital Technologies test is designed to assess students' capabilities in word processing, graphics, multimedia, internet, email, databases, spreadsheets and general computing skills.

**Cost:** Approximately \$8.00

**Faculty to contact:** Technology / **Activity coordinator:** Mrs Gatt / Mrs Sethi

**Takes place:** May 2016 (date to TBA)

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## 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.

**Cost:** Nil

**Faculty to contact:** English / **Activity coordinator:** Mrs Fowell

**Takes place:** Throughout the year

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## Australian Business Studies Competition

A national competition offered by the University of New South Wales. Students in Years 11 and 12 Economics are encouraged to enter. The competition is a 50 minute, 40 question objective response test. All participating students are presented with certificates detailing their level of attainment in this competition.

**Cost:** Approximately \$5.00

**Faculty to contact:** Social Science / **Activity coordinator:** Mrs Macmillan

**Takes place:** TBA

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## Australian History Competition

A national competition currently involving 23,000 students from every state, based around the Australian national history curriculum. Prizes are offered to the top students in Years 7, 9 and 10..

**Cost:** Approximately \$6.00

**Faculty to contact:** Hlstory / **Activity coordinator:** Ms Wright

**Takes place:** May 25<sup>th</sup> 2016

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# Performing Arts

## 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.

**Cost:** Nil

**Faculty to contact:** English – Ms Atkinson / Ms Coupland

**Takes place:** Weekly – in the Drama Room

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## The Combined CGHS and EBHS Wind Ensemble

Available to wind, brass and percussion players in years 7-12 who are members of the CGHS Wind Ensemble or Orchestra. Participation in this combined ensemble is by audition. This Wind Ensemble formally combined in 2015 with performances in the Australian National Eisteddfod, The Sydney Eisteddfod and The Australian International Music Festival. A tour to Honolulu is planned in March 2016.

**Cost:** Nil

**Faculty to contact:** Music / **Activity coordinator:** Mrs Katz

**Takes place:** Rehearsals take place at Epping Boys' High School on the occasional Sunday

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## 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.

**Cost:** Nil

**Faculty to contact:** Music / **Activity coordinator:** Mrs Katz

**Takes place:** This ensemble rehearses every Wednesday morning from 7:20 - 8:30am

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# Performing Arts

## Saxophone Ensemble

The Saxophone Ensemble is an extension activity for those woodwind players that are already members of either the school's Concert Band or Orchestra (note: the saxophone may not be the student's primary instrument). It is available for students in years 7-12 (by audition) and comprises of up to 3 alto saxophones, 2 tenor saxophones and 1 baritone saxophone.

**Cost:** Nil

**Faculty to contact:** Music / **Activity coordinator:** Mrs Katz

**Takes place:** This ensemble rehearses every Thursday lunch (week B only) in E24

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## Senior Choir (Years 10, 11 and 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.

**Cost:** Nil

**Faculty to contact:** Music / **Activity coordinator:** Miss Widmer

**Takes place:** Weekly

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## Junior Choir (Years 7, 8 and 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.

**Cost:** Nil

**Faculty to contact:** Music / **Activity coordinator:** Mrs Alexander

**Takes place:** Every Monday and Thursday morning at 7.45am in the school hall

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# Performing Arts

## 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

**Cost:** Cost applies only to hire of instruments.

**Faculty to contact:** Music / **Activity coordinator:** Miss Widmer

**Takes place:** Weekly – Tuesday mornings at 7.20am

# Leadership & Development

## Student Representative Council

The SRC consists of seven representatives from Year 7 and six representatives from each year from 8-11. The SRC coordinates many activities within the school including numerous fundraising events and fun activities for students to participate in. Nominations and voting occurs each year at the end of Term 1.

**Cost:** Nil

**Faculty to contact:** PDHPE / **Activity coordinator:** Mrs Moore & Mrs Quan

**Takes place:** Throughout the year



# Leadership & Development

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## Sports Council

The Sports Council is made up of 18 students. One Year 9 Junior Captain from each house 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 in August. Elections are held in September. Badges are presented at the Annual Sports Assembly in September. Sports Council members are responsible for organising Year 7 house cheers at the swimming carnival and generating house spirit at the three carnivals. They also help with the organisation of many sporting events throughout the year including Tuesday afternoon sport, Cross Country, Zone Athletics, Premiers Sporting Challenge and Sports Assembly. They are also responsible for weekly sport reports at assembly and writing reports and compiling photo slideshows for each carnival.

**Cost:** Nil

**Faculty to contact:** PDHPE / **Activity coordinator:** Miss Beauman

**Takes place:** Throughout the year

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## 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 training 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.

**Cost:** Nil

**Faculty to contact:** Technology / **Activity coordinators:** Mrs Goodhue & Mr Clark

**Takes place:** Throughout the year (Mon – Friday / 8am to 8.30am)

# Leadership & Development

## 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.

**Cost:** Nil

**Faculty to contact:** History / Activity coordinators: Miss Watson

**Takes place:** Throughout the year

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## Student Volunteering Awards Program

The NSW Premier's Student Volunteering Awards program encourages all students to undertake a minimum of 20 hours of volunteering during the time they are enrolled in Years 9 and 10. In appreciation of this contribution to the community, students will receive Premier's Certificates (Bronze, Silver, Gold and Diamond respectively) for completing 20, 40, 60 and 80 hours of volunteering.

Students can participate in a variety of opportunities for students to volunteer, from school and community fundraising, in-house peer support and tutoring programs, to external partnerships with community not-for-profit organisations. The outcomes of the Premier's Awards initiative will be enhanced through schools' positive engagement with community partners: local council, youth groups, business mentors and supporters, volunteer centres and parents.

**Cost:** Nil

**Faculty to contact:** Deputy / **Activity coordinator:** Mr Saw

**Takes place:** Throughout the year

# Leadership & Development

## 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. The Prefects are a passionate and responsible group of girls who play a large role within the school. The prefects are the school role models who attend and assist at school functions like the Music, Art, Dance and Drama Performance and the school Art Show. Prefects are responsible for meeting parents and potential students at Cheltenham Girls' Open and Orientation Days. The Prefect's play a large role in demonstrating and monitoring correct uniform both at school and when travelling. The Prefects also hold a number of fundraising events throughout the year.

**Cost:** Nil

**Faculty to contact:** CAPA or PDHPE / **Activity coordinator:** Miss Widmer / Mrs McLachlan

**Takes place:** Daily

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## 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 Year 11 & 12. Responsibilities include regular weekly rostered circulation & customer service as well as shelving and general interface with the library staff.

**Cost:** Nil

**Faculty to contact:** Library / **Activity coordinator:** Mrs Weir & Mrs Mclean

**Takes place:** Weekly

# Leadership & Development

## 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.

**Cost:** Nil

**Faculty to contact:** Maths / **Activity coordinator:** Mrs Vancuylenberg

**Takes place:** Daily

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## 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.

**Cost:** Nil

**Faculty to contact:** Visual Arts / **Activity coordinator:** Ms Gibbs / Mrs Saunders

**Takes place:** Fortnightly – Thursday lunchtimes (Week B)

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## Cheltenham Sisters of Battle

As part of Cheltenham Girls' games-based learning initiative, the Cheltenham Sisters of Battle is a games club meets weekly to play competitive, challenging board games. These games encourage teamwork, strategy, risk analysis and probability calculations as well as the artistic component of painting the intricate game pieces.

**Cost:** \$5.00 per term

**Faculty to contact:** Science / **Activity coordinator:** Miss O'Connor

**Takes place:** Weekly – Thursday lunch

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# General

## Permaculture Gardening Club

The Permaculture Gardening Club is for Year 7, 8 and 9 students. We meet during lunch time every week and grow vegetables (Year 7 and 8) and Bonsai (Year 9) in the Permaculture Garden.

**Cost:** Nil

**Faculty to contact:** Science / **Activity coordinator:** Mr Lam

**Takes place:** Tuesday lunch

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## 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 and environmental competitions.

**Cost:** Nil

**Faculty to contact:** Social Science / **Activity coordinator:** Mr Tsui

**Takes place:** Fortnightly at lunchtime in B21

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## Anime Club

This Anime, Manga and Japanese pop culture appreciation club meets weekly on Wednesdays where we discuss the latest interests, practice some drawing skills or swap tips on cosplay outfits. We host an annual charity fundraiser and the club is open for all students in all years.

**Cost:** Nil

**Faculty to contact:** History / **Activity coordinator:** Ms Watson

**Takes place:** Wednesday lunch

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## Philosophy Club

The Philosophy Club, called 'The Sokratic Society' is open to students in Years 10, 11 and 12 and meets fortnightly.

**Cost:** Nil

**Faculty to contact:** History / **Activity coordinator:** Ms Ellam

**Takes place:** TBA

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# General

## French Club

This club is aimed at students in Years 8-12 who are currently studying French and who wish to promote the French culture and language. The club will meet fortnightly to discuss and plan activities throughout the year. Activities can include a Bastille Day presentation at a School Assembly exploring its significance and its message for Australians. French stalls selling a range of French food as well as watching and discussing French movies (rated G and PG). Students may also enter French language competitions organised by the Alliance Francaise and the NAFT (National Association of French Teachers). The club also gives students opportunities to keep abreast of other French cultural events throughout the year. An annual dinner at La Grillade, a French restaurant in Crows Nest will be organised at the end of 2016.

**Cost:** TBA

**Faculty to contact:** LOTE / **Activity coordinator:** Miss Bhoyroo

**Takes place:** TBA

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## 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.

**Cost:** Nil

**Faculty to contact:** Careers / **Activity coordinator:** Mrs Perdriau & Mrs Van Es

**Takes place:** Semester 1 & 2 (Dates TBA)

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## Sound and Lighting Team

This is a small group of students who are responsible for setting up and running the sound, lighting and data projector for performances in the hall. Students in Years 9-12 are given the opportunity to apply to be a part of this group and 3-4 students are selected to join the team through to Year 12. They are required to attend rehearsals and performances both in school and out of school hours.

**Cost:** Nil

**Faculty to contact:** Science / **Activity coordinator:** Mr Lam

**Takes place:** TBA

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# Dance

## Junior Dance Ensemble

This ensemble constitutes students from Years 7 & 8. 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, MADD and On The Move performances.

**Cost:** Approximately \$90.00

**Faculty to contact:** PDHPE / **Activity coordinator:** Miss Grisdale

**Takes place:** Throughout the year

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## 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, MADD and On The Move performances. The ensemble rehearses once a week before school.

**Cost:** Approximately \$90.00

**Faculty to contact:** PDHPE / **Activity coordinator:** Ms Grisdale

**Takes place:** Throughout the year

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# Sport

## Knockout Sport

Cheltenham participates in the NSWCHSSA Knockout competition. Entry into these teams is competitive. Teams are made up of students from Years 7-12. Trials are held at lunchtimes or before school. Information about trials is published in the daily notices. 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.

Open Basketball	U15s Basketball	Open Football	U15s Football
Open Waterpolo	U15s Waterpolo	Open Softball	Open Tennis
Open Touch Football	Open Hockey	Open Netball	

**Cost:** TBA

**Faculty to contact:** PDHPE / **Activity coordinator:** Miss Beauman

**Takes place:** Throughout the year

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## Gala Days

Cheltenham enters four gala days throughout the year. Trials are held at lunchtimes or before school. Information about trials is published in the daily notices. 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
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**Cost:** TBA

**Faculty to contact:** PDHPE / **Activity coordinator:** Miss Beauman

**Takes place:** Throughout the year

## Sport

### Fitness Group

The Fitness group is a fun and social group who meet after school and play a variety of sport games. It is free and a great way to keep fit while having fun. It runs one afternoon each week from 3.10 to 4pm. All years are welcome!

**Cost:** Nil

**Faculty to contact:** PDHPE / **Activity coordinator:** Miss McLachlan

**Takes place:** Weekly (Term 4)

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### Fitness Aerobics Team

This team constitutes students from across numerous year groups. Students perform in the FISAF State competition and if successful, travel interstate to compete in the Nationals competitions.

**Cost:** Approximately \$175.00

**Faculty to contact:** PDHPE / **Activity coordinator:** Miss Grisdale

**Takes place:** Students are required to train twice a week during Terms 1 & 2.

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### Hip Hop Aerobics Team

Team/s are made up of students from across year groups. Students perform in the FISAF State competition and if successful, travel interstate to compete in the Nationals competitions.

**Cost:** Approximately \$175.00

**Faculty to contact:** PDHPE / **Activity coordinator:** Miss Grisdale

**Takes place:** Teams train once per week

# School Camps

## Year 7 Camp – Central Coast

Each year at Cheltenham Girls' High School Year 7 students are fortunate to have the opportunity to attend a three day camp on the central coast. This camp provides an opportunity for students to meet other students and make new friends in a relaxed and beautiful bush 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.

**Cost:** TBA

**Faculty to contact:** Welfare / **Activity Coordinator:** Mrs Edwards

**Takes place:** Term 1

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## 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.

**Cost:** TBA

**Faculty to contact:** Welfare / **Activity coordinator:** Mrs Edwards

**Takes place:** Term 4, October

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# School Camps

## Year 11 Camp – Vision Valley

As a part of the Year 11 Preliminary 2 Unit Personal Development, Health and Physical Education Course the students are required to study two Options. The Outdoor Recreation Option is one of the Options being taught this year. For students to learn the required areas of the syllabus there will be a 3 day/2 night camp at the YMCA of Camp Yarramundi.

Over the duration of the camp students will be instructed about the technical skills and understanding needed for safe participation in outdoor recreation. This will involve education in planning skills, resources for safe participation, campsite selection, conservation skills, navigational skills, survival skills and skills needed for outdoor activities. The camp is usually held at Vision Valley and for most students it will be the last camp they attend while at high school. It is a challenging and fun camp for our older students.

**Cost:** TBA

**Faculty to contact:** PDHPE / **Activity coordinator:** Miss Macmillan

**Takes place:** Term 4

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## Senior 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.

**Cost:** TBA

**Activity coordinator:** Mrs Edwards

**Takes place:** TBA