

## CO-CURRICULAR PROGRAM TERM FOUR 2023

Tuesday 3 October to Friday 24 November

### REGISTRATIONS CLOSE: FRIDAY 6 OCTOBER

via Parent Portal/Co-Curricular or activities@ccps.qld.edu.au

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### **Co-Curricular Activities Program**

This booklet describes the activities that are available to students in the Junior and Senior School during the term. These activities are designed to complement classroom curriculum and enhance the learning of students. These activities allow students to participate in new experiences and develop skills and talents in areas beyond the classroom.

Some of these activities will foster individual skill development whilst other activities will provide the opportunity for students to develop team skills.

Specific information is included in this booklet regarding the timing of the activities, the materials required, associated costs and the Coordinator details. Please be aware that there is a possibility that some of the times and locations of the activities may change.

For external tutors an arrangement exists between parents and tutors to coordinate lesson times and arrange make up lessons. Fees are to be paid for each activity as per the invoice sent to you directly or via your child/ren. These invoices may come directly from the company or tutor.

### REGISTRATIONS CLOSE FRIDAY 6 OCTOBER @ 3PM via Parent Portal/Co-Curricular or activities@ccps.qld.edu.au

#### Students must register or re-register for all activities each term

#### Schedule Overview

|      | Before School                                  | Morning Tea | Lunch Time  | After School  |
|------|--|-------------|---|---|
| MON  |  |             | Japanese Club   |   |
| TUES | CCPS Writers' Group<br>Futsal Year 10 -Year 12 | Rock Band   | Kids Yoga<br>Art Club   | Lego Club<br>Academic Tutorials<br>U10's Oztag Game<br>U12's Oztag Game |
| WED  | CCPS Writers' Group<br>Futsal Year 6 – Year 9  |             | Choir   | Permaculture Club   |
| THUR | CCPS Writers' Group<br>ELITE Tennis            | Rock Band   | Performance Dance Group<br>Duke of Edinburgh Award<br>Duke of Edinburgh Bridge<br>Film Club | U10's Oztag Training  |
| FRI  | CCPS Writers' Group                            | Art Club    | Junior Volleyball Develop. Squad<br>CCPS Chess Tournament                                   | Friday Night<br>Basketball Games  |

Please collect your child promptly at the conclusion of each Co-Curricular Activity. Children not collected within 10 minutes after the Co-Curricular Activity concludes will be taken to Outside School Hours Care where parents will receive an invoice for the care provided.

### **ACADEMIC TUTORIALS**

WEEK 2 - WEEK 7

Do you need help with your homework? Come along to Senior Homework Club and complete your homework with your friends. You will receive encouraging support in a stimulating environment.

Please make sure you bring your homework, pencil case and any project materials you will need to complete your homework. You may also like to bring something to eat for afternoon tea. Students may leave early only with specific written parent permission.



Teacher Mr Burton
Mr Brimblecombe

Location/Day – Library Tuesday

Time -3:15pm to 4:00pm

Equipment bring homework, pencil case

Year Level -Year 3 to Year 12

#### REGISTRATION

# THE DUKE OF EDINBURGH AWARD

Caloundra City Private School is excited to offer The Duke of Edinburgh Award through our school in 2023.

The Duke of Edinburgh Award Scheme consists of three levels – Bronze, Silver and Gold. Within each level there are four sections: Service, Skill, Physical Recreation and Adventurous Journey. A residential project is also included in the Gold Level. A handout with more details will be given to participants and their parents.

Students who complete Bronze Level are credited one point towards their Year 11 and 12 school certificates, the Queensland Certificate of Education (QCE), Silver Level is also one point and Gold Level contributes two points. All three awards completed gives students four points towards their QCE. (This is same amount of points as a senior subject, studied in Years 11 and 12.)

This is a whole year commitment for the students. Adventurous Journeys are organised by the students in conjunction with the staff involved. Service, Skill and Physical Recreation sections are organised by students in their own time. Each of the three sections requires about one hour per week. Participants will meet each fortnight during lunch in the RBH PE room on Thursdays.

Registration fees of \$185 for Bronze level + \$120 each additional level. The School subsidises 50% of Gold Award fees. The cost of the Adventurous Journeys varies depending on the type and length of the journey/expedition.

For further information about The Duke of Edinburgh Award please visit

https://www.qld.gov.au/ data/assets/pdf\_file/0028/51868/participa nt-application-form.pdf Teacher - Dr McMahon

Location/Day -RBH Classroom Thursday Even Weeks

> Time -1:10pm to 1:30pm

Transport - school bus and private vehicle

Bronze -14 Years Silver -15 Years Gold - 16 Years

### REGISTRATION

# THE DUKE OF EDINBURGH BRIDGE AWARD

Caloundra City Private School is excited to offer The Duke of Edinburgh – Bridge Award through our school in 2023.

Duke of Edinburgh – Bridge Award consists of two levels – Level 1 and Level 2.

**Level 1** Gain new experiences, acquire new skills, become more confident and achieve greater independence.

**Level 2** More opportunities to learn new skills and cooperate with others. This level gives you practical experience and also prepares you for the Bronze level of The Duke of Edinburgh Award. This is a whole year commitment for the students. For further information about the Bridge Award please visit <a href="https://www.qld.gov.au/youth/be-involved-have-your-say/youth-programs/bridge-award">https://www.qld.gov.au/youth/be-involved-have-your-say/youth-programs/bridge-award</a>

Each level has four sections: Volunteering, Skill, Physical Recreation and an Adventurous Journey. Participants will meet each fortnight during lunch in the RBH PE room on Thursdays.

Registration fee of Bridge Level 1 is \$70.00 and a continuation fee to Bridge Level 2 is \$45

Teacher - Dr McMahon

Location/Day – RBH Classroom Thursday Odd Weeks

Time - 1:10pm to 1:30pm

Transport - school bus and private vehicle

**Bridge L1 -12 Years Bridge L2 -13 Years** 

### **REGISTRATION**

## PERMACULTURE CLUB

NOW AVAILABLE THROUGH OSHC

Please email <u>kidsclubadmin@ccps.qld.edu.au</u> for booking information, session costs and Child Care Subsidy information.

Permaculture Club is a fantastic program available for students in Prep - Year 6 who have green thumbs as well as those whose thumbs may be simply 'beige'. Students will have the opportunity to plant and harvest a number of different crops including: passionfruit, sweet corn, potatoes, chillies, onions, beetroot, tomatoes, sweet potatoes, zucchini, nasturtiums, parsley, lettuce, citrus trees and pineapples!

This is an excellent Service opportunity for the students completing any level of the Duke of Edinburgh or Bridge Awards. The club is perfect for students who would like to obtain or further their knowledge of permaculture and agriculture.



**Teachers - Ms Turner** 

Location/Day - Wednesday

Equipment - old clothes, covered shoes and a hat

Year Level -Prep to Year 6

### REGISTRATION

# CCPS CHESS COACHING

WEEK 2 - WEEK 7

This activity is open to all students of Caloundra City Private School from Year 3 students right through to Year 12 students.

Chess guru Courtney Ryan will be joining us each Friday. Courtney regularly wins her division in the Sunshine Coast Women's and Girl's chess tournament and has been playing for decades. She is a Caloundra local and member of the Sunshine Coast Chess Club and is happy to volunteer her time to assist our chess students to learn new concepts and rise to even greater heights. As such, we won't be holding our CCPS Chess Tournament in term 4 but will have Courtney coaching us instead.



Teacher - Mrs Bloxham

Location/Day – Library Friday

Time -1:10pm to 1:40pm

Equipment - all supplied

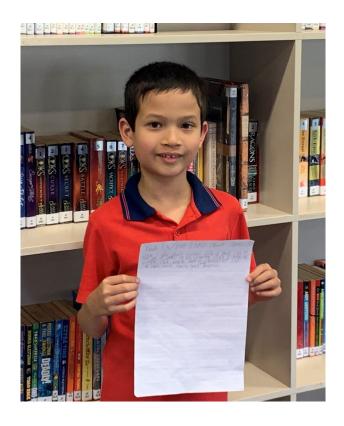
Year Level -Year 3 to Year 12

#### REGISTRATION

# CCPS WRITERS' GROUP

WEEK 2 - WEEK 7

This activity is open to Year 3 to Year 12 students, with any skill level of writing. From writing for competitions or publication, to editing and proofreading, or even assistance with written school assignments, this group is dedicated to improving craftsmanship.



Teacher - Mrs Bloxham

Location/Day -Library Tuesday to Friday

Time -8:10am to 8:30am

Equipment written work, pencil case, laptop

Year Level -Year 3 to Year 12

### **REGISTRATION**

### **LEGO CLUB**

#### NOW AVAILABLE THROUGH OSHC

Please email kidsclubadmin@ccps.gld.edu.au for booking information, session costs and Child Care Subsidy information.

Come and join in all the fun of our Lego Club! Challenge yourself to make amazing creations! Play exciting Lego board games. Learn to build new things! Participate in fun challenges!

A range of Lego-based activities will be available offering creative, cooperative and therapeutic opportunities. Students will be able to develop their problem solving, communication, concentration and teamwork skills by working together to build Lego models. There will also be opportunities for students to enjoy some free play independently.

Teacher -**Ms Turner** 

Location/Day -**OSHC Tuesday** 

**Equipment** all material supplied

Year Level -



### REGISTRATION



### CHOIR WEEK 2 - WEEK 7

CCPS is offering choir for students in Prep - 12 with our music teacher, Ms Spry. Being part of a choir is a fun and empowering experience where students can engage positively with others and express themselves through song.

Students will benefit from developing their aural skills, sense of rhythm, pitch and musical ear. Ms Spry incorporates a variety of warm-ups and team-building activities that create a strong sense of team spirit. Students will be directed in their vocal techniques and through the program will gain confidence in performing.

The Choir will be provided with a range of performance opportunities throughout the year including assembly performances, Arts nights and lunchtime performances.

Being part of a choir is a wonderful opportunity for students to enjoy creating and sharing music. Choir repertoire includes popular music, the National Anthem, our school song and threepart rounds.



Teacher - Ms Spry

Location/Day -Music Classroom Wednesday

Time -1:05pm to 1:40pm

Equipmentdisplay folder for music, pencil case

Year Level - Prep to Year 12

### REGISTRATION

### BAND WEEK 2 - WEEK 7

This will be a fun lesson for students to learn songs and work together to play in a rock band. Here students will learn how to work together with other musicians, build their own repertoire and better their technique and performing skills. Instruments played within the band are guitar, bass, vocals, drums and piano/keyboard.

Minimum 4 students.

Maximum 8 students.



Teacher - Ms Spry

Location/Day -Music Classroom Tuesday & Thursday

Time -11:05am to 11:35am

Year Level -Year 5 to Year 12

### **REGISTRATION**

# PERFORMANCE DANCE GROUP

WEEK 2 - WEEK 7

Our CCPS Dance Group promotes social connection, confidence, creativity, fitness, co-ordination, muscle strength and flexibility. Students learn how to give their movement form and structure and develop an awareness of techniques and dance genres.

Dancers will need to be able to commit to Thursday Lunch rehearsals plus additional times (if required) as they prepare to represent CCPS in our local community.



Teacher - Ms Ryan

Location/Day – RBH Courts Thursday

Time -1:05pm to 1:40pm

**Equipment -** Water bottle

Year Level -Year 1 to Year 9

### **REGISTRATION**

### FILM CLUB

WEEK 2 - WEEK 7

It's now back better than ever! Before it was limited to Year 9 and 10 Media Arts students, but now it's open to Year 3 to Year 12! You can create your own segments, highlight your favourite happenings around the school and you might even get a chance to interview the principal.

(places are limited, so get in quickly)





Teacher Mr Chalmers
Mr Brimblecombe

Location/Day – HEN6 Thursday

Time -1:05pm to 1:40pm

Equipment - all supplied

Year Level -Year 3 to Year 12

### REGISTRATION

### **ART CLUB**

WEEK 2 - WEEK 7

CCPS Year 3 to 12 students are invited to work on a supervised and directed art project for the term. Students will be provided with instruction, materials and inspiration to create their own artwork that can be taken home at the end of the term. It is envisaged students will learn how to handle new art materials and processes, while developing existing art making skills.

All materials are supplied.

Maximum 15 students.



Teacher Mrs Patricia Hatcher

Location/Day – Art Classroom

Tuesday -1:05pm to 1:35pm Friday -11:05am to 11:35am

Equipment - all supplied

Year Level -Year 3 to Year 12

### **REGISTRATION**

### JAPANESE CLUB

WEEK 2 - WEEK 7

Do you love Japanese language and culture? Join the Japanese club and have fun doing a variety of activities, such as calligraphy, kendama, origami, anime and language games. Or come along to develop your hiragana and earn your hiragana karate belts. Come join us in the Japanese classroom! Onegaishimasu!

Maximum of 15 students.



Teacher -Mrs Deanna Hatcher

> Location/Day -Japanese Room Monday

Time -1:05pm to 1:40pm

Equipment - all material supplied

Year Level -Year 2 to Year 9

### REGISTRATION

### FRIDAY NIGHT BASKETBALL COMP.

TERM 4

Friday Basketball commenced in Term 3 and will continue into Term 4. The school will have teams in:

• Intermediate Girls (Years 9 -10)

Training for the Intermediate team will be held during Tuesday sport and the senior teams after school Wednesday 3.20pm – 4.20pm and Friday morning tea. Games are played on Friday afternoons and evenings at various locations on the Sunshine Coast with most games at Caloundra Indoor Stadium. This competition is midway through the season. Players must wear the school's basketball shorts which can be purchased form the School Uniform shop. Basketball singlets will be provided for the players.

Transport to and from games by Parents/Coaches/Managers.

Dr Peter McMahon - 0448 277 789

Teacher - Dr McMahon

Location/Day -Various Locations Friday After School

Training-Tuesday Sport and Friday morning tea

Equipment Basketball Shorts
available from
Uniform Shop.
Singlets supplied

Registration Cost-\$90

### **REGISTRATION**

### VOLLEYBALL@ CALOUNDRACITY

WEEK 2 – WEEK 7

- Junior (Years 6 8)
- Intermediate (Years 9 and 10)
- Senior (Year 11 and 12)

This opportunity to be involved in Volleyball is open to all students no matter their ability. Students in Years 2-5 please see Junior Volleyball Development Squad information on the next page of this document.

Students are invited to be part of this very rapidly growing part of the school's sports program. Sessions centre on skill development, game play and having fun. Coaching is led by Mr Lucas Brown (Queensland Men's Volleyball Team) Caloundra City Private School Volleyball Co-ordinator and Mr Ollie Merritt (Australian and Queensland Volleyball Squad). The school also employs several other active members of the Sunshine Coast Volleyball team as coaches and mentors.

### Training sessions

Monday 7am – 8am – all squads Wednesday 3.15pm – 4.15pm Queensland Junior School Volleyball Cup squad members only - weeks 1 to 3 only Thursday 7am – 8am – all female squads and Friday 7am – 8am – all male squads.

There is no cost to attend training sessions. Players are asked to wear their school sports uniform or school volleyball training shirt. Change rooms are available for use post training sessions.

Teacher - Dr McMahon

Location/Day - RBH Courts

Equipment - water bottle

Year Level -Year 6 to Year 12

### REGISTRATION

### JUNIOR VOLLEYBALL DEVELOPMENT SQUAD

**WEEK 2 – WEEK 7** 

Students from Year 2-5 are invited to play volleyball in a fun and exciting program. There will be game-based activities to help further develop skills that have been taught during Sports and PE lessons with the aim of finishing each session with either a modified or actual game of volleyball. This will be determined based on the level of skill demonstrated by the participants. With Volleyball being one of the core sports that CCPS has chosen to focus on, this is a great way to improve your skills and be ready to be selected and participate in school-based competitions for this year and beyond. See you there!

Teacher -Mr Creighton Dr McMahon

Location/Day - RBH Courts Friday

Time -1:05pm to 1:40pm

Equipment - water bottle

Year Level -Year 2 to Year 5

#### REGISTRATION

### **FUTSAL**

WEEK 2 - WEEK 7

Futsal is a football-based game played at CCPS in the RBH. It uses a smaller, harder ball with not as much bounce. Futsal is an excellent game to develop close ball control, football skills and stamina. It is also a great game to help prepare for the football season and is a lot of fun as a stand alone game. At CCPS we are hoping to develop a Futsal team to potentially compete against other schools.

Tuesday: Year 10 to Year 12

Wednesday: Year 6 to Year 9



Teacher -Mr Brimblecombe

Location/Day -RBH Courts Tues/Wednes

Time - 7:00am to 8:00am

Equipment - water bottle

Year Level -Year 6 to Year 12

#### REGISTRATION

### KIDS YOGA

WEEK 2 – WEEK 7

When children practice yoga and mindfulness it can support them to identify and work through feelings and emotions as well as manage their reactions and behaviours in healthy ways. Stretching or practicing physical yoga poses, can help children to re-centre their energy and attention on the present moment and begin to build capacity and self-regulation within themselves to support their wellbeing.

We will enjoy practicing fun breathing techniques, yoga poses and mindfulness activities in a calm environment away from the over stimulation of the playground.

Maximum 10 students.



**Teacher - Mrs Nolte** 

Location/Day -Prep Classroom Tuesday

Time -1:10pm – 1:40pm

Equipment bring lunch and water bottle

Year Level - Prep to Year 6

#### REGISTRATION

### **OZTAG**

TERM 4

Oztag has become a competitive and social outlet for the students at Caloundra City Private School especially in the Junior School. Oztag is a **non-tackling game** with limited contact and the rules are designed to encourage this. Passing, catching, tagging, evasive and kicking are the skills utilised in OZTAG. It is played over two 12-minute halves with eight players from each team on the field - 70m x 50m (half a soccer/Rugby field). The actual competition days are-:

- U10's City Ospreys (games Tuesday afternoons and training Friday sport) Coach – Mrs Gravestein & Mr Needes
- U12's City Sea Eagles (games Tuesday afternoon and training Tuesday sport). Coach – Mr van Niekerk

Each student will have to register via Caloundra Oztag's website - \$85 per student (paid directly to the association once registration is open early August). All players must wear Oztag pants which can be ordered and purchased through Oztag Caloundra website.

- Oztag shorts \$25
- Oztag tights (optional for females) \$35

Teacher - Dr McMahon

Location/Day -RBH Courts Tuesday

Equipment - bring water bottle

Year Level -Year 3 to Year 6

Compulsory Uniform
Shorts - \$25
Tights - \$35
Purchased through
Caloundra Oztag

#### REGISTRATION

### **ELITE TENNIS**

WEEK 2 - WEEK 7

Elite Tennis International (ETI) is a dedicated coaching provider with proven experience in providing both a highly professional and personalised tennis experience. No matter what level of tennis player you are; from a first timer or an elite junior player, we aim to make your time with us thoroughly enjoyable.

**ETI** are strong supporters of Tennis Australia programs ranging from ANZ Hot Shots to Cardio Tennis. Offering a firm commitment to consistently improve our products and services, allows our customers the security of knowing that they are receiving the right advice in all areas of the sport.

Welcome to **Elite Tennis International**, we hope you enjoy our **Total Commitment to Tennis Excellence**.

Michael Poulos – Director – Elite Tennis International – Sunshine Coast Tennis Centre – Caloundra

Term Three coaching to be paid to the tennis coach at the rate of \$128.00. The academy will invoice parents.





Teacher Private Instructors
Mr Burton
Ms Bennett

Location/Day -Tennis Courts Thursday

Time Years 3 and 4
7:00am to 7:30am
Years 1 and 2
7:30am to 8:00am
Prep
8:00am to 8:30am

Equipment sports shoes, tennis
racquet and water
bottle

### REGISTRATION

# SPECIALIST MUSIC

WEEK 2 - WEEK 7

#### **VOICE, PIANO, GUITAR, UKELELE AND MANDOLIN**

Miss Kathy Spry is a professional musician having experience in performance and composition for 10 years. Kathy has performed many shows in various bands and as a solo artist. She has worked as a professional instrumental teacher for several years at performance based music schools and has also prepared her students for AMEB examinations and Trinity examinations. Kathy has directed several shows for kids and adults, teaching people how to work and perform in bands and groups, including directing her own acapella group.

Kathy's focus is to prepare lessons that are individualised to each student, gives her students options on their own music journey whether they want to focus on just building skills for their instruments, performance and composition or if they would like to be prepared for music exams such as AMEB or Trinity.

Aspects covered during lessons include learning technique to safely execute their skills, theory including reading music notation or tablature, building aural skills and encouragement of composition and performance.

Teacher - Ms Spry

Location/Day Music Tutorial Room

Times -7:00am -8:30am & 3:00pm- 5:00pm Tues/Wed/Thurs

Year Level-Prep to Year 12

Cost - 30 min \$34

### **REGISTRATION**

### DRUMS WITH LUKE BYRNE

WEEK 2 - WEEK 7

#### **DRUMS**

Mr. Luke Byrne is an experienced drum musician who has learnt and developed his passion and skills with the instrument from experts in the Wide Bay Region. With over 10+ years of experience playing drums Luke has had the opportunity to be involved with being a band member of a variety of small rock bands in the region and would love the opportunity to share and develop his passion of the instrument with students at CCPS.

Luke's main focus for the lessons is to build interest and fundamental techniques on the drums. The lessons will be individualized to each student's interest and ability. Luke aims to create fun and appropriately challenging lessons.

Lessons with Luke will be based around learning and developing stick skills, drum knowledge, and fundamental beats and patterns with the instrument to progress their practical and theoretical knowledge. Likewise, a strong emphasis is also placed on ensuring students are learning to play along to a variety of songs from different musical genres to encourage and develop their progress and passion in the instrument.

Teacher - Mr Byrne

Location/Day -Music Tutorial Room

Times -7:00am -8:30am & 3:00pm- 4:30pm Mon to Wed

Year Level-Prep to Year 12

Cost - 30 min \$30

### REGISTRATION



Caloudia City Piudia School