

# CO-CURRICULAR PROGRAM TERM ONE 2024

Monday 22 January to Thursday 28 March

### REGISTRATIONS CLOSE: FRIDAY 2 FEBRUARY via Parent Portal/Co-Curricular or activities@ccps.qld.edu.au

\*RESTRICTED NUMBERS MAY APPLY TO SOME ACTIVITIES

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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 2 FEBRUARY @ 3PM via Parent Portal/Co-Curricular or <u>activities@ccps.qld.edu.au</u> Students must register or <u>re-register</u> for all activities each term

	Before School	Morning Tea	Lunch Time	After School
MON	Specialist Music		Mindful Mondays Rock Band MindGym Art Club	Monday Night Netball Specialist Music
TUES	Writer's Group Futsal (Years 10-12)		Fishing Club	Academic Tutorials
WED	Writer's Group Futsal (Years 6-9) Specialist Music		Visual Literacy Duke of Edinburgh Bridge Award Choir Fishing Club	SCISSA Volleyball Specialist Music
THUR	Writer's Group Elite Tennis Specialist Music	Choir	Performance Dance Fishing Club	Specialist Music
FRI			Chess Club Junior Volleyball Japanese Club Fishing Club	

### Schedule Overview

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 3 – WEEK 9

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

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 INTERNATIONAL AWARD

Caloundra City Private School is excited to offer The Duke of Edinburgh Award through our school in 2024.

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.

Registration fees of \$185 for Bronze level + \$190 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 <u>https://www.qld.gov.au/\_\_\_data/assets/pdf\_file/0028/51868/participant</u>-application-form.pdf

Teacher -Mr Naiker

Location/Day -Student Hub Wednesday 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 BRIDGE AWARD

Caloundra City Private School is excited to offer The Duke of Edinburgh – Bridge Award through our school in 2024.

The 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.

Service: - 5 hours or more Skill:- 5 hours or more over 2 months Physical Recreation:- 6 hours or more over 2 weeks Adventurous Journey:- 4 hours of travel over 1 day.

**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.

Service:- 10 hours or more Skill:- 10 hours or more over 4 months Physical Recreation:- 12 hours or more over 4 weeks Adventurous Journey:- 4 hours of travel each day over 2 days.

For further information about the Bridge Award please visit <u>https://www.qld.gov.au/youth/be-involved-have-your-say/youth-programs/bridge-award</u>

Direct entrant registration fee of \$60.45

Teacher -Mr Naiker

Location/Day – Student Hub Wednesday Odd Weeks

Time -1:10pm to 1:30pm

Transport school bus and private vehicle

Bridge L1 -12 Years Bridge L2 -13 Years

### **REGISTRATION**

## VISUAL LITERACY WEEK 3 – WEEK 9

Discover the joy of visual literacy through picture books!

Year 3 to Year 6 CCPS students are invited to explore the pleasure of picture books with a focus on visual literacy. Picture books aren't just for littlies, come and explore how the images bring the text alive.

Maximum 15 students.



Teacher -Mrs Atkins

Location/Day – Year 5 Classroom Wednesday

Time -1:10pm to 1:40pm

Year Level -Year 3 to Year 6

### REGISTRATION

### CHESS CLUB WEEK 3 - WEEK 9

This activity is open to all students of Caloundra City Private School from beginner chess players right through to advanced players. This term CCPS will hold social games of chess.



Teacher -Mrs Bloxham

Location/Day – Henzell Building Room 6 Friday

Time -1:10pm to 1:40pm

Equipment - all supplied

Year Level -Year 3 to Year 12

#### REGISTRATION

# CCPS WRITERS' GROUP WEEK 3 - WEEK 9

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 -Henzell Building Room 6 Tuesday to Thursday

Time -8:10am to 8:30am

Equipment written work, pencil case, laptop

Year Level -Year 3 to Year 12

### REGISTRATION

### MINDGYM WEEK 3 – WEEK 9

Strengthening Young Minds: Introducing the Mindgym Program at CCPS! Empowering Students Through Literature

We are delighted to introduce an exciting program that aims to foster a love for literature and equip our students with valuable life skills. Welcome to the Mindgym, where young minds meet to engage in immersive audiobooks and explore their profound messages.

At our CCPS, we believe in the power of storytelling and its ability to shape young minds for a brighter future. The Mindgym is a platform that encourages students to delve into audiobooks and extract lessons that transcend the pages. The program provides a safe and stimulating environment for students to share their thoughts and insights.

Each fortnight, our students gather at a Monday Lunchtime to discuss and passionately dissecting the audiobooks they have explored. Two distinct groups made up of Male and Female students will alternate each week. Led by enthusiastic facilitators Mr Brimblecombe and Ms Ryan, delve into the intricate details, symbolism, and overarching themes presented in the chosen literature. These sessions offer a unique opportunity for participants to strengthen their critical thinking and communication skills.

At the Mindgym, we believe books go beyond mere entertainment; they can serve as valuable guides for life. By engaging in literature that provides practical life skills, our students actively learn and apply these concepts to their daily lives. They find inspiration, empathy, problemsolving techniques, and ways to enhance their emotional intelligence.

The Mindgym is an innovative program that goes beyond traditional approaches to engage students in literature. By focusing on books that provide life skills, our students develop a deeper understanding of themselves and the world around them. Join us as we delve into the wonders of storytelling and empower our students for a brighter future. Teacher -Mr Brimblecombe Ms Ryan

Location/Day -Library Monday Henzell Building Room5

Time -1:05pm to 1:40pm

Year Level -Year 6 to Year 12 Male Odd Weeks Female Even Weeks

### REGISTRATION

### CHOIR WEEK 3 – WEEK 9

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 Thursday

Time -11:05am to 11:40am

Equipmentdisplay folder for music, pencil case

Year Level -Prep to Year 12

REGISTRATION

### ROCK BAND WEEK 3 – WEEK 9

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.





# PERFORMANCE DANCE GROUP

Our CCPS Dance Club 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.

Students will need to be able to commit to Thursday Lunch rehearsals. Students selected through audition for our Performance Dance Group will need to be flexible in committing to additional times (for e.g. additional recess time or before school) as they prepare to represent CCPS in local community competitions and events.



Location/Day – RBH Courts Thursday

Time -1:05pm to 1:40pm

> Equipment -Water bottle

Year Level -Year 1 to Year 10

### REGISTRATION



## MINDFUL MONDAY WEEK 3 – WEEK 9

Every Monday lunch time, the Year 4 classroom will be open for Mindful Mondays. This lunch time club will be a little sanctuary of calm at the start of the week. We will explore simple tools to help students show kindness to themselves, play well-being focussed games, do craft, enjoy mindfulness activities, learn yoga poses and easy breathing tools, stretch our bodies and learn simple relaxation techniques all aimed at the wellness of the body and mind of our students.

There will be calming music and comfy spaces to relax & be creative. Wellbeing and mindful activities can assist students in many ways including acceptance and tolerance of others, learning to self-regulate and focusing and calming the mind.

Maximum 15 students.



Teacher -Ms Bennett

Location/Day -Year 4 Classroom Monday

Time -1:10pm – 1:40pm

Equipment - water bottle

Year Level -Year 1 to Year 6

### REGISTRATION

### ART CLUB WEEK 3 - WEEK 9

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.





Location/Day – Art Classroom

Monday -1:05pm to 1:35pm

Equipment - all supplied

Year Level -Year 3 to Year 10

### REGISTRATION

## JAPANESE CLUB WEEK 3 – WEEK 9

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.





Location/Day -Japanese Room Friday

Time -1:05pm to 1:40pm

### Equipment all material supplied

Year Level -Year 2 to Year 9

### REGISTRATION

### FISHING CLUB WEEK 3 – WEEK 9

Exploring the World Beneath the Waters at CCPS Fishtales.ccps Club Offers a Unique Experience



At Caloundra City Private School (CCPS), a new adventure awaits as we dive into the world of Fishtales.ccps. Every week, a small group of students gathers to embark on a journey to explore the abundant aquatic life in the river that borders our campus. But it's not just about fishing; it's about nurturing our students' well-being and allowing them to appreciate the beauty that surrounds our school. Through the Fishtales.ccps club, students have the opportunity to immerse themselves in hands-on learning experiences. With guidance from our dedicated teacher Mr Brimblecombe, they learn about the diverse species that inhabit our local river, gaining insights into their ecosystems, behaviours, and environmental significance. These engaging sessions serve as a powerful reminder of the importance of conserving our natural resources. In today's fast-paced world, providing an avenue for relaxation and tranquility is vital for our students' wellbeing. Fishtales.ccps not only offers an educational experience but also encourages our students to unwind and find solace in the serene surroundings of our school. By connecting with nature, our young anglers learn the art of patience, concentration, and mindfulness. Due to the risks associated with fishing and being around water only a small group of students are able to venture out each lunchtime. Please submit an expression of interest for your child to join, we will try to ensure that each student is able to go fishing as much as possible however, selection of students are based each week on behaviour. academic effort. service given to CCPS and teacher recommendations. Mr Brimblecombe has the final say on student participation and will check in regularly with students and teachers to ensure they meet the criteria each week.

#### Teacher -Mr Brimblecombe

Location/Day -Tues - Friday

Time -1:05pm to 1:40pm

> Equipment -BYO fishing equipment

Year Level -Year 6 to Year 12

#### REGISTRATION

# MONDAY NIGHT NETBALL COMP.

In 2024 Caloundra City Private School will be entering teams into the Sunshine Coast Secondary Schools Monday Night Netball Competition in Maroochydore.

Each school team is graded into either a Junior (Years 7 & 8), Intermediate (Years 9 & 10) or Senior (Years 11 & 12) division to compete in a 10-round season with additional finals. Students are requested to commit for the full duration of the season.

Training days for Years 7-10 will be held during Tuesday Sport on the school's Tennis/Netball court and Monday lunch in the Raelene Boyle Hall. Year 11 and 12 students training will be confirmed. Girls wanting to play both Netball and Volleyball will be catered for.



Teacher -Mrs Kynaston

Location/Day -Fisherman's Road Monday

Equipment -CCPS socks. Netball uniform provided

Year Level -Junior/Middle/Senior

### REGISTRATION

# VOLLEYBALL OCCPS FROM TERM 1

In term 1, Volleyball @ CCPS will see the athletes participating in Snr Girls and Boys SCISSA; and Yr 12 Girls, Yr 12 Boys and Year 10 Girls Trish Buckely Volleyball competitions. SCISSA games are held on Wednesday afternoons on a home and away basis starting week 3. Trish Buckley games are held on Friday evenings at Caloundra Indoor Centre and begin week 5. Senior training will be held at lunch Tuesday and 7am-8am Thursday with Volleyball Coaches Quinn, Olly, Sam and Lucas.

Junior and Intermediate players will be working with the coaches during Tuesday sport in preparation for competition beginning term 2. All welcome to attend Thursday morning training (7am-8am) with a focus on skill development.

General information and training times will be available on Parent Portal.



#### Teacher -Mrs Kynaston

Location/Day -RBH Courts Thursday 7:00am – 8:00am

Equipment bring water bottle. Knee pads recommended.

### REGISTRATION

activities@ccps.qld.edu.au or Parent Portal/ Extra Curricular

Caloundra City Private School CRICOS REG NO: 03241C

## JUNIOR VOLLEYBALL WEEK 3 – WEEK 9

Students from Year 3-6 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

Location/Day -RBH Courts Friday

Time -1:05pm to 1:40pm

Equipment - water bottle

Year Level -Year 3 to Year 6

### REGISTRATION

### FUTSAL WEEK 3 – WEEK 9

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 Mr Pride

Location/Day -RBH Courts Tues/Wednes

Time -7:00am to 8:00am

Equipment - water bottle

Year Level -Year 6 to Year 12

### REGISTRATION

### ELITE TENNIS WEEK 3 – WEEK 9

**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 One coaching to be paid to the tennis coach at the rate of \$122.50. The academy will invoice parents.





Teacher -Private Instructors Mr Burton Ms McGregor

> 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 3 - WEEK 9

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

Ms 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.

Register with Ms Spry direct on kspry@ccps.qld.edu.au

Teacher -Ms Spry

Location/Day -Music T<u>utorial Room</u>

> Year Level-Prep to Year 12

> > Cost -30 min \$34

### REGISTRATION

kspry@ccps.qld.edu.au