

Co-Curriculum at Home

Monday 3rd August - Sunday 9th August



Dear students and families,

With the return to remote learning for all students this week, you may be looking to engage with the Co-Curricular program. These fun, optional activities include a **Shared Community Story**, **Cirque du Soleil**, a **new Dance Club Routine** and more!

Well done to **Romero** (Primary) and **Chanel** (Secondary) who continue to lead the Co-Curricular House Shield Competition. See below for further opportunities to win House Points this week in both Primary and Secondary.

A few important things to note before you engage with these activities:

- Many of these activities are run by third party websites and are shared in good faith.
- Please always exercise caution online.
- Be extra safe for activities that have a practical element or require use of equipment.
- Primary students should check in with a Parent/Guardian first before participating in activities.
- All participation in this program must follow Marymede school rules & Conduct in the Online Environment information sent by Ms Hall.

Happy exploring!



Ms Angie Bedford
Cultural Co-Curricular Coordinator P-12







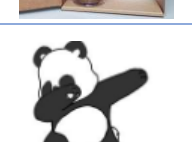
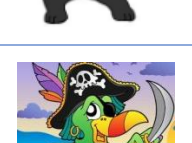
[Click here for Years Prep-2](#)

[Click here for Years 3-6](#)











[Click here for Years 7-12](#)

[Co-Curricular House Shield Leaderboard](#)










Years Prep-2 Activities & Competitions

	<h3>Star Jump Challenge</h3>  <p>How many star jumps can you complete in 20 seconds? Click here for an example and timer. To earn 5 house points, film yourself completing the 20 second Star Jump challenge and upload it here by Sunday 9th August at 8pm.</p>
	<h3>Bees!</h3> <p>Click here to learn all about Bees. Dr. Ken Walker takes us into Museums Victoria's Entomology Collection. As an expert in native bees, he explains how these tiny creatures have a major global impact.</p>
	<h3>Reading Club – The Rainbow Fish</h3> <p>The Rainbow Fish is an award-winning book about a beautiful fish who finds friendship and happiness when he learns to share. The book is best known for its morals about the value of being an individual and for the distinctive shiny foil scales of the Rainbow Fish.</p>
	<h3>Primary Choir Online</h3> <p>Parents of all Primary Choir students will receive a YouTube link via Caremonkey/email of this week's rehearsal. You can watch this anytime that suits you and your family.</p>
	<h3>Science Club - Plant Maze Experiment: Tuesday 4/8 @ 4pm</h3> <p>If you have access to a plant at home, and some other basic materials, you can join this live experiment. Make sure you have parental permission and supervision.</p>
	<h3>Drawing Tutorials</h3> <p>Learn how to draw lots of different things, with the ability to control the speed of the video and repeat steps, so that you can really perfect your art!</p>
	<h3>Jigsaw Puzzle</h3> <p>Click here to solve online jigsaw puzzles in a variety of themes, like Animals, Art and Sport.</p>

Years 3-6 Activities & Competitions

	<h3>Cardio Challenge!</h3>  <p>Grug loves to go for a long walk and explore the world around him. But what happens when you need to burn energy in your very own home? Zoë and DJ Grug have created a quick cardio workout to get your blood pumping in your living room. To earn 10 house points, film yourself (no more than 30 seconds) completing the cardio challenge and upload it here by Sunday 9th August at 8pm.</p>
	<h3>Dance Club Online!</h3> <p>Join Ms Ashby for this week's 40-minute Dance Club session. This is a continuation of last week's brand-new routine made especially for you! You can watch this anytime that suits you and your family, a new video will be released each week of remote learning. Grab a water bottle, dress comfortably and have fun. This is open to any student in Years 3-6, beginners to advanced. Happy dancing!</p>
	<h3>Primary Choir Online</h3> <p>Parents of all Primary Choir students will receive a YouTube link via Caremonkey/email of this week's rehearsal. You can watch this anytime that suits you and your family.</p>
	<h3>Online Art Club: Wednesdays 4pm-5.30pm</h3> <p><i>Creative Youth Online</i> is a social art group for young artists interested any style (e.g. Digital, Anime, Manga, Superhero). Sessions are run by Baseline (Whittlesea Council) Youth Services staff via Microsoft Teams. Participants must be ages 10-17 years old and register by calling 9404 8800 or click here to email them.</p>
	<h3>Book Club</h3> <p>Book Club runs via an online blog. Click here to get involved.</p>
	<h3>Magic Treehouse: Mission Game</h3> <p>For young history buffs, the <i>Magic Treehouse</i> series is a great way to learn about a wide range of historical times and settings. Click here to compete in the online games, or 'missions', for explorers to play.</p>
	<h3>Jigsaw Puzzle</h3> <p>Click here to solve online jigsaw puzzles in a variety of themes, like Animals, Art and Sport.</p>
	<h3>Behind the News! (Years 5&6)</h3> <p>Behind the News is a high-energy, fun way for you to learn about current issues and events in your world.</p>
	<h3>Tournament of Minds Online! (Years 5&6 only)</h3> <p>Thank-you to those who registered for Tournament of Minds online. Rehearsal Session #1 will be held this Wednesday at 3.30pm via Zoom. Students who have been accepted will be emailed the information. If you would like to be on the Waiting List (in case we need to fill a vacant spot) click here to register your interest.</p>

Years 7-12 Activities & Competitions

	<h2>Try Something New!</h2>  <p>Take a photo of you engaging with any one of this week's activities (anything under this post!). Your photo should show you watching/participating in any of the below activities. Please make sure you are not photographing anyone else. Upload your image here no later than Sunday 9th August at 8pm. Every submission will get 5 house points. Only one submission per student will receive points. Have fun!</p>
	<h2>10-minute Cardio Workout</h2> <p>The current restrictions can make it difficult to exercise. Move away from your laptop for a 10-minute workout. Find a safe and clear space, grab a bottle of water and click here for your workout.</p>
	<h2>Relaxation</h2> <p>Finding a sense of peace and calm in our day-to-day lives can be difficult. Relaxation techniques can help to relax the mind and body. There are many types of relaxation, including breathing exercises, progressive muscle relaxation, visualisation, meditation, mindfulness, and gentle physical activities such as yoga and Tai Chi. Click here to try some relaxation exercises.</p>
	<h2>Cirque Du Soleil - Toruk</h2> <p>Remember the film Avatar? See these characters live on stage in this 60-minute special featuring the best live show moments of TORUK - The First Flight. Get transported to a mysterious island governed by Goddesses with Amaluna, and enjoy fan-favourite acrobatics from Dralion.</p>
	<h2>Pandemia: A Community Story (Ages 16+)</h2> <p>'Pandemia' is our community story and we would love you to join in and contribute to it as many times as you like. It can go in any direction you want – just use your imagination! Register here to contribute to the story.</p>
	<h2>Shakespeare: Speak the Speech</h2> <p>Speak The Speech is a new podcast celebrating some of Shakespeare's greatest speeches. In each episode, an actor from the Bell Shakespeare stage performs and dissects some of the most powerful language Shakespeare ever wrote and investigate how these beautiful words and ideas are brought to life on stage more than 400 years later.</p>
	<h2>Tournament of Minds Online! (Years 7-10 only)</h2> <p>Thank-you to those who registered for Tournament of Minds online. Rehearsal Session #1 will be held this Wednesday at 3.30pm via Zoom. Students who have been accepted will be emailed the information. If you would like to be on the Waiting List (in case we need to fill a vacant spot) click here to register your interest.</p>
	<h2>Social Justice</h2> <p>Take some time to explore the work of the Brigidine Sisters in Australia. Learn about their patroness, St Brigid, as well their areas of focus relating to social and ecological justice.</p>



Book Club

For lovers of all genres of fiction! Book Club runs via an online blog. [Click here](#) to get involved.



Online Art Club: Wednesdays 4pm-5.30pm

Creative Youth Online is a social art group for young artists interested any style (e.g. Digital, Anime, Manga, Superhero). Sessions are run by Baseline (Whittlesea Council) Youth Services staff via Microsoft Teams.

Participants must be ages 10-17 years old and register by calling 9404 8800 or [click here to email them](#).

Co-Curricular House Shield Leaderboard - 31st July



Primary

	Points	Placing at 31/7/20
Chanel	435	4th
Chisholm	520	2nd
Marcellin	360	5th
McAuley	295	6th
McCormack	445	3rd
Romero	805	1st

Secondary

	Points	Placing at 31/7/20
Chanel	547	1st
Chisholm	173	4th
Marcellin	149	5th
McAuley	416	2nd
McCormack	142	6th
Romero	411	3rd