

Co-Curriculum at Home

Monday 10th August - Sunday 16th August



Dear students and families,

Another Monday, another edition of Co-Curriculum @ Home.

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

[Click here](#) to access previous editions of Co-Curriculum @ Home.

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](#)








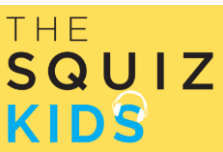

[Click here for Years 7-12](#)

[Co-Curricular House Shield Leaderboard](#)

Years Prep-2 Activities & Competitions

	<h2>Indoor Scavenger Hunt</h2>  <p>Win house points by hunt. To earn 10 house points, take a photo with at least 5 of the items on the list and upload it here by Sunday 16th August at 8pm. Happy hunting!</p>
	<h2>Student Representative Council Online</h2> <p>All Primary School SRC members have been sent information via Caremonkey regarding fortnightly Zoom sessions. The first session is this Friday at 1.35pm. We look forward to seeing our junior leaders soon!</p>
	<h2>Trolls Yoga</h2> <p>A yoga adventure inspired by the movie, Trolls. Join Jaime on an adventure in yoga poses - as we help the Trolls bring happiness to the world!</p>
	<h2>Bambert's Book of Lost Stories (ages 8+)</h2> <p>This is the story of Bambert – an impossibly small man with an enormous love for writing. Tucked away in his quiet attic, his only companions are the characters he has created in his stories. One day, Bambert decides to set his stories free, to send them out into the world on little balloons, in the hope that they will find a home. Click to watch this beautiful 70-minute production from Arts Centre Melbourne.</p>
	<h2>Circle Round – Podcast</h2> <p>Circle Round Podcast adapts carefully-selected folktales from around the world into sound- and music-rich radio plays for kids ages 4 to 10. Each 10-to 20-minute episode explores important issues like kindness, persistence and generosity. And each episode ends with an activity that inspires a deeper conversation between children and grown-ups.</p>
	<h2>Family Cooking</h2> <p>Iso-baking and cooking has become very popular, and is a great excuse to improve your cooking skills. Make a time with a parent or guardian to try one of these kid-friendly recipes, or adapt one to use what's in your kitchen.</p>
	<h2>Primary Choir Online</h2> <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. Next week we'll have a fresh song for you to learn, too!</p>

Years 3-6 Activities & Competitions

	<h3>Treasures of the Sea</h3>  <p>Why do seahorse have curly tails and blue whales such enormous appetites? Go for a swim with Simone and Justin around the Marine Gallery at Melbourne Museum. Explore the ocean and learn about some of the amazing creatures that live there. There's also an activity about Recycling. To earn 5 house points, capture a photograph of you recycling at home and upload it here by Sunday 9th August at 8pm.</p>
	<h3>Workout at Home</h3> <p>Click here to complete this 9 minute workout. These simple, quick moves will help you build your muscles, strengthen your bones and improve flexibility. Find a safe space and give it a go.</p>
	<h3>Student Representative Council Online</h3> <p>All Primary School SRC members have been sent information via Caremonkey regarding fortnightly Zoom sessions. The first session is this Friday at 1.35pm. We look forward to seeing our junior leaders soon!</p>
	<h3>Dance Club Online!</h3> <p>Join Ms Ashby for this week's 43-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.. 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>Bambert's Book of Lost Stories (ages 8+)</h3> <p>This is the story of Bambert – an impossibly small man with an enormous love for writing. Tucked away in his quiet attic, his only companions are the characters he has created in his stories. One day, Bambert decides to set his stories free, to send them out into the world on little balloons, in the hope that they will find a home. Click to watch this beautiful 70-minute production from Arts Centre Melbourne.</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. Next week we'll have a fresh song for you to learn, too!</p>
	<h3>Squiz Kids!</h3> <p>Squiz Kids is a podcast that drops at 7.00am each weekday with an easy-to-digest snapshot of the news - designed specifically for 8-12yos.</p>
	<h3>Soundtrap Music Production (Ages 10-14 only): Thursdays 4-5pm</h3> <p>Join the Yarra Plenty Regional Library's Soundtrap group to start making music at home. Each session we'll learn how to quickly start putting songs together and making beats with this exciting browser-based software. Register here!</p>



Book Club







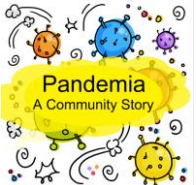



Book Club runs via an online blog. [Click here](#) to get involved.



Tournament of Minds Online! Wednesday 3.30-4.30pm

All team members are reminded about this week's session on Wednesday at 3.30pm via Zoom. You will receive a Zoom invite by email this week. 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](#).

Years 7-12 Activities & Competitions

	<p>Anything Mary Quiz!</p>  <p>Happy Marymede Day! Try your luck in this quiz created by the 12B VCAL Class. The top 3 scorers will be allocated house points. Questions are about Mary, mother of Jesus and other famous people named Mary.</p>
	<p>Soundtrap Music Production (Ages 10-14 only): Thursdays 4-5pm</p> <p>Join the Yarra Plenty Regional Library's Soundtrap group to start making music at home. Each session we'll learn how to quickly start putting songs together and making beats with this exciting browser-based software. Register here!</p>
	<p>Ableton Music Production (Ages 14+)</p> <p>There are a few places left in the Yarra Plenty Regional Library's 90 Ableton Challenge (starting Thursday 3/9 5.30-6.30pm). Join and learn how to use the industry standard music production software Ableton Live. Register here!</p>
	<p>Fitness Marshall Dance Workout</p> <p>Keep active during iso! Click to join the always energetic Fitness Marshall with a short and fun Hip-Hop inspired workout to Rhianna's <i>Work</i>.</p>
	<p>Relaxation</p> <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>
	<p>Pandemia: A Community Story (Ages 16+)</p> <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>
	<p>Shakespeare: Speak the Speech</p> <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>
	<p>Tournament of Minds Online! Wednesday 3.30-4.30pm</p> <p>All team members are reminded about this week's session on Wednesday at 3.30pm via Zoom. You will receive a Zoom invite by email this week. 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>
	<p>Book Club</p> <p>For lovers of all genres of fiction! Book Club runs via an online blog. Click here to get involved.</p>

Co-Curricular House Shield Leaderboard: 7th August



Primary

	Points	Placing at 7/8/20
Chanel	455	3 rd
Chisholm	530	2 nd
Marcellin	370	5 th
McAuley	305	6 th
McCormack	445	4 th
Romero	825	1 st

Secondary

	Points	Placing at 7/8/20
Chanel	547	1 st
Chisholm	173	4 th
Marcellin	149	5 th
McAuley	416	2 nd
McCormack	142	6 th
Romero	411	3 rd