



A COMPLETE EDUCATION
A PREP TO YEAR 12 CATHOLIC CO-EDUCATIONAL COLLEGE

Co-Curricular Handbook

2022

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Co-Curriculum at Marymede Catholic College

Completing the Curriculum

Marymede Catholic College is proud to offer a wide range of co-curricular activities to support our commitment to providing a *complete education*. Our co-curriculum program offers students the opportunity to complement their classroom learning through a variety of activities that occur out of class time.

We encourage all students to participate in at least one co-curricular activity or group. Students can explore the co-curricular program to find and develop new talents, develop organisational skills, and make new connections with other students and teachers. Research shows that co-curricular involvement can help students develop problem-solving, reasoning, critical thinking, creative thinking, communication, and collaborative abilities. Participation not only benefits the individual but also makes a positive contribution to our school's culture.

House Points are awarded for most activities in the Co-Curricular program. Some exceptions include activities that form part of a commitment to leadership or are student services focused.

The points assigned are indicated in each handbook entry and are calculated throughout the year. Regular attendance (in most cases, at least 60%) is required to earn House Points.



Using This Handbook

This handbook outlines all co-curricular activities on offer. Please keep in mind that staff priorities are to their classes, so changes may occur.

e.g.

- Day and time of activities may change due to staff requirements and/or timetable changes
- Activities may not run if a leader is no longer available
- Activities may not run if there are inadequate student numbers

How to get involved

- Activities will be scheduled on SIMON each week.
- Find an activity that interests you/your child
- You can sign up either by completing the form [HERE](#)

Or

Send an email to Melanie.Wason@Marymede.vic.edu.au noting the following

- Full name of student
- Year level/House
- Activities requested

If there are spaces available, Ms Wason will enrol the student to the activity on SIMON and you will be notified by email when the sessions commence.

Co-Curriculum Expectations

Staff volunteer their time to run these activities – so please honour their commitment to you by:

- Attending regularly. If you can't come, let the co-ordinating staff know – attendance is taken)
- Arriving on time and with the correct materials
- Demonstrating appropriate behaviour

There may be limits to participant numbers and some may involve small costs

Please note that activities are subject to change, the below information is correct at 1/2/22

Ms Melanie Wason

Co-Curricular Assistant

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LUNCHTIME CLUBS & ACTIVITIES



1000 Hearts Project

10 House Points (per term)

OPEN TO: Year 5-12 students

MONDAY LUNCH – HOUSE 7

1000 Hearts is based around small pocket hearts which are handmade from wool felt and stitched with love and good intentions. Students will decide how to use their 'hearts' – maybe by donating to charity or offered to others as a random act of compassion, care and kindness. No sewing experience necessary, students will be introduced to basic sewing skills.

3D Printing/Laser Cutting Club

10 House Points (per term)

OPEN TO: Year 8-10 students

TIME/PLACE TBC

Using Autodesk Fusion360 CAD Software, students can design and make their own products that can be cut out with the Epilog Laser or even 3D printed. The first project will be led by the teacher. Other projects will be student focused. Note: students will need to bring their own laptop.

Art Club

10 House Points (per term)

OPEN TO: Years 3-12

TIME/PLACE TBC

"Art washes away from the soul the dust of everyday life." Picasso.

The Visual Arts are an opportunity for creative people to express, engage and enjoy the process of making and creating. The Art Club is an opportunity for like-minded students to come together and be guided through a variety of different techniques and processes. Making and engaging in art is not only enjoyable, its therapeutic and allows us to have an outlet from the day to day.



Chess Club

10 House Points (per term)

OPEN TO: Years 4-12

THURSDAY LUNCH – RESOURCE CENTRE

Mr Jeremy Baldwin

An informal and recreational club, providing the opportunity for students looking to extend their skills in Chess. Secondary students are welcome to participate in a SACCSS Chess Competition and the opportunity to move onto state like all other sports.

Climate Action Group

10 House Points (per term)

OPEN TO: Years 5-12

TIME/PLACE TBC

A group for students who are interested in talking about the impact of climate change, engaging with the school community to increase awareness, and advocating for climate action-based initiatives within the school and beyond.

Coding Club

10 House Points (per term)

OPEN TO: Years 3-7

TIME/PLACE TBC

Coding club is for students who want to begin to learn to code, or an opportunity for extension where students can build on their skills in coding using the Scratch programming language. Students will use and develop a combination of problem solving, creative design and technical skills.

Cosplay Club

10 House Points (per term)

OPEN TO: Years 7-12

TIME/PLACE TBC

Cosplay Club brings together students interested in learning the skills of designing and creating costumes based on fantasy characters from the realms of film, television, manga, anime, graphic novel, digital gaming, books, and other avenues of popular culture.



Dance Club

10 House Points (per term)

OPEN TO: Years 3 & 4

WEDNESDAY LUNCH - AUDITORIUM

An energetic program where students learn a range of dance styles including jazz and hip hop with a performance opportunity towards the end of the year. It is a great opportunity for students with a passion for dance and those who want to learn and develop their team building skills, confidence, technical dance skills and for those who just want to have a dance! No dance experience required – beginners to advanced welcomed.

Dangerous Minds

15 House Points (per term)

OPEN TO: Years 7-12

TIME/PLACE TBC

Students read Meanjin, and other current journals, discuss it, argue it – become bigger thinkers. All for fun.

DJ Collective

10 House Points (per term)

OPEN TO: Years 5-8

TIME/PLACE TBC

Students learn to produce and DJ their own original music, using a range of professional gear including Launchpads and DJ Consoles.

e-Sports

10 House Points (per term)

OPEN TO: Years 7 – 8

FRIDAY LUNCH – VC109

New to Marymede in 2022!

Love gaming? Get your game face on and take your skills to the next level with this dynamic and engaging program. Weekly sessions will include training sessions on Nintendo Switch, and participants will have the opportunity to compete in 3 competitions against other schools throughout the year.



Film & TV School

15 House Points (per term)

TIME/PLACE TBC

OPEN TO: Year 9-12 students

Film & TV School is a filmmaking and television production workshop where students from Years 9 -12 collaborate on the creation of a short film and the Marymede News program. Students will form small production teams and will gain experience in a variety of roles, such as scriptwriting, presenting to camera, cinematography, sound recording and editing. Each episode of Marymede News will be streamed online and broadcasted to the College Community.

Food Tech SOS

10 House Points (per term)

OPEN TO: Years 8-12

TIME/PLACE TBC

Would you like more help with Food Studies/ Design and Technology Food? Finding it hard to research an assessment task? Then this club is for you. Get help from a Food Teacher in a non-stressful environment. Please note this is not a cooking club.

Games Club

10 House Points (per term)

1 Lunchtime per fortnight (Day 10 – PRIMARY in House 3) (Day 2 SECONDARY in House 7)

OPEN TO: Years Prep-12

Board games are not just for holiday homes and power outages! Come and challenge your friends to test their skill, luck and strategy in a variety of games. Stick to the classics or learn some new games you can take home to your families.

Gardening Club

10 House Points (per term)

TUESDAY LUNCHTIME – BEHIND HOUSE 7

OPEN TO: Prep -12

The burst of yellow happiness from a sunflower, the taste of sweetness when you bite into a juicy, ripe strawberry, the cool earthy smell when the garden has just been watered...

We will be watering, trimming, planting, picking, preparing soil, composting, mulching.

Membership to this club is 100% guaranteed to make you feel terrific!



Gym Club

10 House Points (per term)

TIME/PLACE TBC

OPEN TO: Years 7-12

Gym Club has been designed to offer students a productive outlet during lunchtimes. The gym sessions will focus on building muscle through a structured program that will emphasise appropriate gym/lifting techniques.

Kenny's Rockers (Primary Rock Band)

10 House Points (per term)

TIME/PLACE TBC

OPEN TO: Years 4-6 by audition

A music program which provides primary students an introduction to be rockstars! Rehearsing as a group, students will progress their individual instrumental skills, while also building their ability to work as a team with their bandmates. Led by our industry experienced instrumental teachers, students will be supported to work towards performance opportunities.

Knit-a-Square

10 House Points (per term)

1 lunchtime per week (Terms 2-4)

OPEN TO: Years 3-12

Working together, students create colourful, knitted squares to contribute to blankets. The blankets are sent to aid agencies, supporting people who are without. Knit-a-square has distributed over 90,000 blankets since 2008 to warm and comfort vulnerable children of South Africa.

Let's Learn Some French!

10 House Points (per term)

1 lunchtime per week (Terms 2 & 3)

OPEN TO: Years 7-9

"Et pourquoi ne pas étudier le français?"

Learn to use some basics of the language and language for common transactions like shopping or restaurant orders



Mathletics

10 House Points (per term)

1 lunchtime per week (Terms 2-4)

OPEN TO: Years Prep-6

An opportunity to catch up on assigned tasks, to seek extra support or just to further explore Mathletics.

Prep & Year 6 Buddy Lunchtime Club

10 House Points (per term)

1 lunchtime per fortnight (Terms 2-4)

OPEN TO: Prep and Grade 6 students

Open to students from Year Prep and Year 6. Students will be provided with the opportunity to play, grow and laugh together with their Buddy Year Level. The theme will change each term to meet the many varying interests and skills of students that chose to be involved.

Term 2: Storytime – Year 6 students are invited to bring along their favourite picture story books to read to a small group of Prep students.

Term 3: Art and Craft – Students work together to make interesting creations.

Term 4: Games – Year 6 students are invited to teach or play a board game/card game (this can also include Lego) with their buddy level.

Reading Club

10 House Points (per term)

1 lunchtime per week (Terms 2 & 3)

OPEN TO: P-6 Students

The Reading Club is a place where students can come along with their favourite book. Students will have the opportunity to read and discuss where their reading is taking them. Students will engage in 'Book talks' about what they are reading.



Robotics Club

10 House Points (per term)

1 lunchtime per week (Terms 2 & 3)

OPEN TO: Years 7-10 (numbers limited, and regular attendance essential)

Students learn to build and program robots. The aim of the club is for students to learn about hardware and software of elementary robotics. The major focus for 2022 is building and programming robots and learning to problem solve. This is both a challenging and rewarding project.

RPF (Rock/Pop/Funk Band)

10 House Points (per term)

1 lunchtime per week (May require additional rehearsals for performances)

OPEN TO: Year 7-12 Music students by audition

RPF (Rock/Pop/Funk) gives our secondary music students a chance to extend themselves beyond the classroom. Students use this time to develop their skills on their instrument, diversify their playing through learning different styles and further their ability to work in a band context. Led by our industry experienced instrumental teachers, students will be supported to work towards performance opportunities.

Science Club

10 House Points (per term)

OPEN TO: Year 7-12 students

Are you curious? Do you like to know how things work? Science club is perfect for you. Students can investigate topics that interest them in science, participate in science competitions or just have fun.

Sewing Club

10 House Points (per term)

1 lunchtime per week (Terms 2 & 3)

OPEN TO: Years 6-12

Sewing Club is for any student who would like to learn to use a sewing machine. You will make items to suit your own skill level and taste. You might also like to learn basic or advanced crochet or knitting.

Your first small, simple item will be supplied by the school. This will show teachers what your skill level is. You will need to supply your own materials for your project or projects of choice. You will be guided by your teachers for pattern sizes and styles and for the types of materials you will use. The class size will be limited to 10 students. Sewing Club is not suitable for drop-in sessions. Students should attend each week.

Shared Stories

10 House Points (per term)

1 lunchtime per week

Shared Stories is an annual anthology of creative works by primary and secondary students from Catholic schools across Victoria. Students are encouraged to write short stories and poems based on this year's college theme and have the opportunity to have their writing published. The anthology forms part of the permanent collection of the State Library of Victoria.

Student Representative Council

OPEN TO: P-12 Students

The P-6 Student Representative Council consists of students that have been elected by their classmates. The students will provide a 'voice' for students in the Primary school on issues such as Wellbeing and the Environment. Students meet fortnightly with fellow students and staff to work on projects that help to make Marymede Catholic College a better place for all.

Vinnies

10 House Points (per term)

OPEN TO: Years 4-12

Working together students develop an understanding for social justice and support the promotion of Justice Awareness within the College.

Vocal Ensemble

10 House Points (per term)

OPEN TO: Year 7-12 students

Glee Club! Pitch Perfect! Pentatonix!...and Marymede Vocal Ensemble! We are looking for anyone who enjoys belting out a tune in the shower to come along and have a weekly sing.



Walking Club

10 House Points (per term)

OPEN TO: Prep-2

The Walking Club is a group of Prep - 2 students that meet together to enjoy some exercise by walking around the school grounds. Students can make new friends, get fit and enjoy exercising in a group. It is a great opportunity for students with an interest in exercising with friends.

Woodwork Club

10 House Points (per term)

OPEN TO: Year 7 – 10 Students

Woodwork Club (Product Design Club) is specifically to extend current Design & Creative Technology, Design Technology and Product Design & Technology students at all year levels, however other students interested in this area of study are also welcome to attend and learn new skills and techniques.

Yoga & Mindfulness Club

10 House Points (per term)

OPEN TO: Years 3-6 Limit 20 Children

The Primary School Yoga Club is for Years 3-6. Yoga can enhance your flexibility, strength, coordination, and body awareness. In addition, it can provide a sense of calmness and relaxation. Elite athletes such as AFL players and Olympians use Yoga to improve their performance. It is also a great deal of fun! Come along and try something new!



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AFTER - HOURS ACTIVITIES



Boxing Club

1x session per week (before school)

OPEN TO: 5-12 (all levels and abilities welcome. Gloves and pads provided)

Boxing Club is a great way for students (and staff) to improve fitness, coordination and work collaboratively with your peers. Students of all skill levels are welcome, and all equipment is provided, so bring your sports uniform (change into school uniform before tutor) and a friend and see you there!

Creative Writing Program

15 House Points awarded to each regular attendee of this activity (per term)

1x session per week (after school)

OPEN TO: Years 7 - 12

The Creative Writing Program studies great poets and authors. Students are taught how to develop the art of writing short stories and poetry. We also take on a stimulus and students then explore their reaction to it in writing. Students' work may be published into a book, according to the standard of the writing.

DAV Debating (Debaters Association of Victoria)

15 House Points awarded to each regular attendee of this activity (per term)

5 House Points awarded to each competitor (per round debated)

5x Debate nights (1-2 hours) (+ finals if applicable)

1 x Lunchtime per week

OPEN TO: Year 9-12 Students

Open to students from all levels and abilities, including beginners. Students are encouraged to join to improve their public speaking skills, writing and collaboration with fellow students.

Students from years 7-8 are welcome to attend to gain experience and can enter the junior debating competition in term 4

Drumline Corps

15 House Points awarded to each regular attendee of this activity (per term)

1x session per week (before school)

OPEN TO: Years 7-12 Drum Students by audition

Enables those with a passion for drumming their instruments an opportunity to rehearse and create music together. Students will have lots of performance opportunities.

English AIM

1x session per week (after school)

OPEN TO: Year 12 VCE English students

A weekly session that works on high end achievement in VCE English

Fantasy Football Premier League

10 House Points awarded to the top 10 students at the end of the 2021/22 season

WHEN & WHERE:

Online – all year round.

OPEN TO:

Everyone

Log into <https://fantasy.premierleague.com/> and use our special Marymede join code of wlceh7. Create your team and watch the points change through the season. Open to all with an interest in the English Premier Football League. Updates are provided every Monday. The season ends in May and a new one restarts in August.

Game Changers

50 House Points awarded to each regular attendee of this activity at the conclusion of the year.

Regular fortnightly meetings, camps and retreats, reflection days and social events

OPEN TO: Years 7, 10, 11 & 12

Game Changers is a Marist Youth Ministry program that is replacing REMAR. Marist Australia is keeping pace with the changing needs of the current generation and has updated its school-based ministry program with a new name, new symbols, new design and new content.

In Game Changers, students will follow a three-year journey with a teacher mentor to emphasise:

1. Faith development and spirituality
2. Personal development and leadership
3. Strong community connections
4. Solidarity, vocation, community service

Through Game Changers students are guaranteed to...

- Meet new people from other schools
- Attend camps and day retreats
- Have loads of fun!
- Embrace opportunities to dance, sing, act, and perform
- Create lifelong friendships
- Improve confidence and self-esteem
- Develop social and leadership skills
- Assist vulnerable communities
- Do volunteer work in the community
- Spend 5 intensive days in Year 11 assisting communities in need



Heritage Care Home Community Service

15 House Points awarded to each regular attendee of this activity (per term)

1x session per week (after school) during term

OPEN TO: Year 10 -12 Students

WHERE: Heritage Care Home – South Morang

Students will be work with the residents at the care home either running or supporting a range of physical, social and physical activities that will enrich the residents' lives.

Junior Band

15 House Points awarded to each regular attendee of this activity (per term)

1x after school session per week

OPEN TO: Years 5-8

An invitation band for students in Years 5-8 to learn skills in group performance. Students will be required to audition to participate, to demonstrate their instrumental ability level.

Maths SOS and 40+ CLUB

15 House Points awarded to each regular attendee of this activity (per term)

1x After school session per week

OPEN TO: Years 7-12

The rationale of the offer is to enable students to learn to live the day to day school and study lives that are commensurate with the behaviours of a student who gains a study score of 40 or more in one or more subjects. At the very least, fulfilling such study expectations should lead to the student entering the examination centre at the end of the year with greater confidence and knowing they have all they could have during their 2022 studies.



Primary Choir

15 House Points awarded to each regular attendee of this activity (per term)

1x session per week (after school)

OPEN TO: Years 1-6

The Primary Choir is open to students from Year 1 to Year 6. It is an opportunity for students develop their singing skills through rehearsal and performance at College events.

School Musical – Cast

50 House Points awarded to each regular attendee of this activity at the conclusion of the show.

Thursday & Fridays 3:30pm-5:30pm in terms 1 & 2

Years 7-12

Years 7-12 students are eligible to audition for selection in the cast in Term 1. Cast members will rehearse regularly to sing, dance and/or act either solo or in large groups, culminating in the presentation of a public season of *Grease*.

Please note, auditions have already taken place for 2022 School Musical

School Musical –Crew

25 House Points awarded to each regular attendee of this activity at the conclusion of the show.

Thursday & Fridays 3:30pm-5:30pm in terms 1 & 2

OPEN TO: Years 7-12

Years 7-12 students are eligible to apply for selection in the crew. Crew members will meet regularly to learn backstage roles, develop props and costumes and assist with general organisation behind the scenes. Students will work backstage at the theatre during the public performance season.



Public Speaking Competitions

15 House Points awarded to each participant at the conclusion of the activity.

Weekly sessions. Competition dates TBC

OPEN TO: Years 7 - 9 students (12 - 14 years old on 1 January 2022)

LEGACY PUBLIC SPEAKING COMPETITION: Students who are 12-14 years old on 1 January 2022 have the opportunity to participate in the Legacy Junior Public Speaking Award. Legacy is an organisation which offers care and support for the families of those who have served their country. The Award involves presenting a five-minute speech on the ideals of Legacy, such as voluntary service, social justice and personal sacrifice to an audience of Legacy members and students. Students will prepare and practise their speeches in advance of the presentation.

ROSTRUM VOICE OF YOUTH COMPETITION: Open to students from all levels and abilities, including beginners. Students are encouraged to enter this Public Speaking competition to further improve and master their public speaking and writing skills.

Tournament of Minds

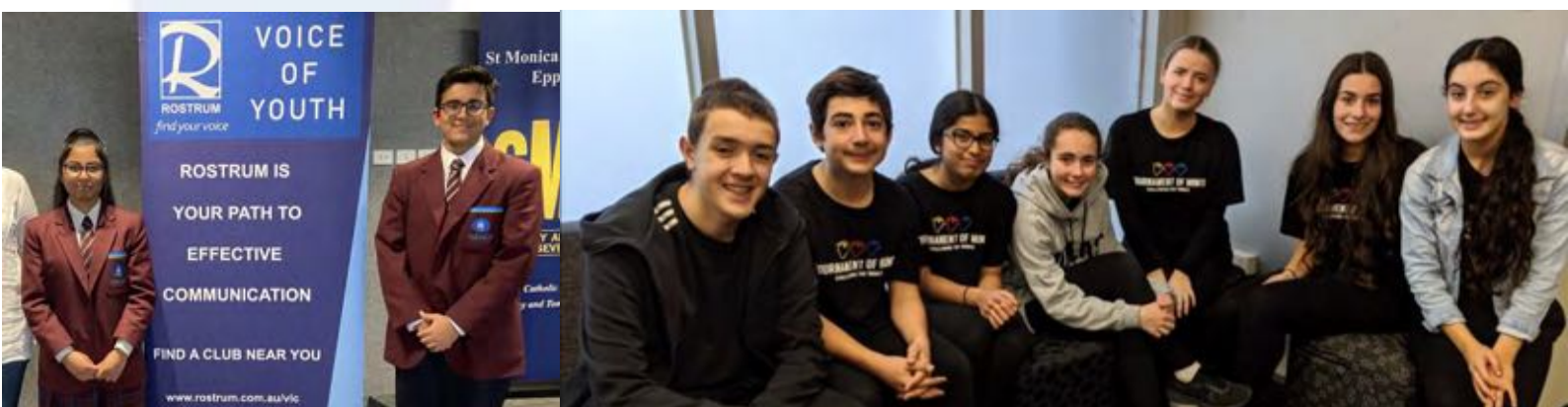
20 House Points awarded to each regular participant in this activity (awarded after each final)

1x Lunchtime per week, some after school & class times

Final Presentation: Dates TBC, August – La Trobe University, Bundoora Campus

OPEN TO: Years 4 - Year 10 Students by audition

Tournament of Minds is a problem-solving program for teams of students from both primary and secondary years. They are required to solve demanding, open-ended challenges from one of the following disciplines – Science Technology Engineering Mathematics, Language Literature, The Arts, Social Sciences. It is a great opportunity for students with a passion for learning and problem-solving skills.



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SPORT PROGRAMS



Primary Sport

Primary Interschool Sport (Tournament)

LENGTH OF ACTIVITY: Various

MEETING TIMES: Lunchtime Training plus Tournament Days

OPEN TO: Year 5-6 Students

Tournament sports include: Basketball, Cricket, Football, Volleyball, Swimming, Athletics, Cross Country.

Primary Interschool Sport (Friday Program)

LENGTH OF ACTIVITY: Various

MEETING TIMES: Lunchtime Training plus Fridays Period 1 & 2

OPEN TO: Year 5-6 students

Friday Competition sports include:

Netball, AFL, Cricket, Soccer



Secondary Sport

Couch to 5K

WHEN & WHERE: Three 20 to 30-minute weekly sessions either before school or after school depending on requirements of group and availability.

OPEN TO: Years 7-12 (limit 20 students)

Open to students from all levels and abilities, especially beginners. Students are encouraged to slowly build up over 10 weeks to be able to run 5 kilometres non-stop. Great for fitness.

Premier League Sports

LENGTH OF ACTIVITY: All of College Year

OPEN TO: Year 7-10 students

Premier League Sports include: Soccer, Basketball, Volleyball, Netball, Cricket, AFL

Marymede High Performance Academy (MHPA)

LENGTH OF ACTIVITY: All of College Year

TRAINING TIMES: 7:10am – 8:20am

OPEN TO: Year 7-11 students

The elite performance group is an injury prevention program for Marymede Catholic College's elite performance students. An opportunity to understand and put in to practice strategies for injury prevention when participating in sport.

