

# Co-Curriculum at Marymede Catholic College

## *Complementing the Curriculum*

Marymede Catholic College offers a COMPLETE education. The Co-Curriculum program offers students the opportunity to complement their classroom learning through a variety of activities that occur out of class time.

In 2021 we will be rewarding your participation with House points. Explore the co-curricular program to find and develop new gifts and talents, develop organisational skills and make new connections with other students and teachers – while contributing to the House Shield.

**Ms Melanie Wason**  
**Co-Curricular Assistant**



## House Points

House Points will be awarded to most activities in the Co-Curricular program. Some exceptions include activities that form part of a commitment to leadership, are student services focused or are already reflected in the House Shield competition (e.g. Sport).

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 achieve House Points.

## Using this Handbook

This handbook gives you the basic WHO, WHAT, WHEN & WHERE of each activity on offer. Please keep in mind that staff priorities are to their classes, so changes may occur:

- Day and time of activities may need to change if a staff member is no longer available due to timetable changes
- Activities may not run if a teacher is no longer available to run it
- Activities may not run if there aren't adequate student numbers

If an activity you're after isn't available, feel free to suggest it by emailing [Melanie.Wason@marymede.vic.edu.au](mailto:Melanie.Wason@marymede.vic.edu.au).

## To Find Out More

If you have any questions about an activity that interests you, please contact the CO-ORDINATING STAFF listed in this handbook. For general questions, please contact Ms Melanie Wason (Co-Curricular Assistant) [Melanie.Wason@marymede.vic.edu.au](mailto:Melanie.Wason@marymede.vic.edu.au).

## Co-Curriculum Expectations

Staff are volunteering their spare time to running 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

This program will only be offered to students who are meeting Marymede's standards both in their behaviour and academic progress.

**Please note that activities are subject to change, the below information is correct at 8/02/2021. There may be limits to participant numbers and some may involve small costs (e.g. purchase of own special fabric for own project).**

# Lunchtime Clubs and Activities

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## 3D/Laser Cutting Club

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

OPEN TO: Year 8-10 students

GENERAL DESCRIPTION:

Students have the opportunity to design and create sculpture, jewellery and keyrings using 3D Printing and Laser Cutting technology.

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## Art Club

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

OPEN TO: Years 3-9

GENERAL DESCRIPTION:

*"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.

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## Chess Club

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

OPEN TO: Years 4-12

GENERAL DESCRIPTION:

4-6: An informal and recreational club, providing the opportunity for students looking to extend their skills in Chess.  
7-12: also have a SACCSS Chess Competition and the opportunity to move onto state like all other sports.



## Coding Club

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

OPEN TO: Years 3-6

### GENERAL DESCRIPTION:

Coding club is for Year 3-6 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.

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## Cosplay Club

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

OPEN TO: Years 7-12

### GENERAL DESCRIPTION:

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. Students may need to purchase some supplies for constructing their cosplays, but can participate in many elements of the club without doing so.



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## Dance Club

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

OPEN TO: Years 3 & 4

### GENERAL DESCRIPTION:

Primary school dance club is an energetic dancing program for Years 3 and 4. They will 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.

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## DJ Collective

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

OPEN TO: Year 5 to Year 8

GENERAL DESCRIPTION:

The DJ Collective is a group where students learn to produce and DJ their own original music, using a range of professional gear including Launchpads and DJ Consoles. Select students from the group will have the opportunity to perform throughout the year. If interested in joining email Mr Nealon to find out more.

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## Film School

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

OPEN TO: Year 6-12 students

GENERAL DESCRIPTION:

A filmmaking workshop where students from Years 6-12 collaborate on the creation of a short film. Students will form small production teams and specialise in scriptwriting, directing and cinematography, or editing. The filmmakers will walk the red carpet for the premiere of their short films at the annual Iris Media Showcase.

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## Food Tech SOS Club

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

OPEN TO: Years 8 to 12

GENERAL DESCRIPTION:

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. Email [dinesha.pillay@marymede.vic.edu.au](mailto:dinesha.pillay@marymede.vic.edu.au) 24 hours prior to Wednesday lunch to register your interest as spots are limited due to space in the kitchen – please note this is not a cooking club.

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## Games Club

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

OPEN TO: Years 5 - 12

GENERAL DESCRIPTION:

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.

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## Gym Club

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

OPEN TO: Years 9-12

GENERAL DESCRIPTION:

Gym Club has been designed to offer students a productive outlet during lunchtimes. It is open to any student in Years 9-12, specifically targeting students who find themselves needing a more structured outlet. The gym sessions will focus on building muscle through a structured program that will emphasise appropriate gym/lifting techniques.

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## Kenny's Rockers

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

OPEN TO: Years 4-6 by invitation

GENERAL DESCRIPTION:

Fresh from a big debut year as winners of Marymede's Got Talent, Kenny's Rockers are back to rock as Marymede's youngest band in 2021.

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## Knit-a-Square

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

OPEN TO: Years 3-12

GENERAL DESCRIPTION:

Working together students create a number of colourful, knitted squares to contribute to blankets. The blankets are sent to aid agencies, supporting people who are without.

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## Marymede Climate Action Group

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

OPEN TO: Years 5-12

GENERAL DESCRIPTION:

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

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## Mathletics

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

OPEN TO: Years 3-6

GENERAL DESCRIPTION:

Mathletics is a captivating online learning space providing students with all the tools they need to be successful learners, both in the classroom and beyond. Powerful courses are aligned to Australian Curriculum Mathematics. Mathletics empowers Maths learners to feel confident and motivated to think critically, make learning choices, seek help when they need it and reflect on their learning.

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## Prep & Year 4 Lunchtime Club

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

OPEN TO: Prep and Year 4 students

GENERAL DESCRIPTION:

Open to students from Year Prep and Year 4. 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 4 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 – Students are invited to bring along their favourite board game or card game (this can also include Lego) to play along with their buddy level.
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## Reading Club

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

OPEN TO: P-6

GENERAL DESCRIPTION:

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.

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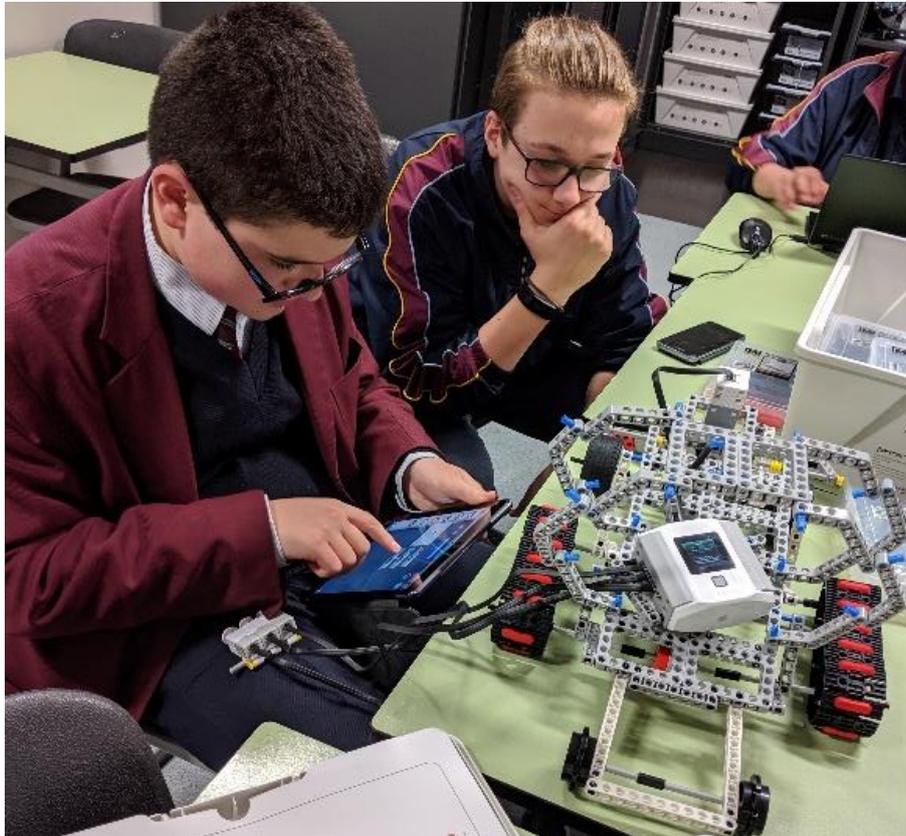
## Robotics Club

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

OPEN TO: Years 5-10 (numbers limited, and regular attendance essential)

### GENERAL DESCRIPTION:

Students from years 5 -10 have the opportunity to learn to build and program robots in our lunch-time Robotics Club. The aim of the club is to expose the students to the hardware and software of elementary robotics. The major focus for 2021 is building and programming robots, learning the skills of coding and problem solving. This is both a challenging and rewarding project.



## RPF

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

OPEN TO: Year 10-12 Music students by audition

### GENERAL DESCRIPTION:

RPF (Rock/Pop/Funk) gives our Senior 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. Audition process includes learning & memorising a specific piece of music that is chosen by Mr Goddard and Mr Phillips, sight reading of an unknown work, improvising through chord changes or repeated rhythmic motif and an instrument specific task.

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## RPF Jr.

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

OPEN TO: Years 7-9 Music students by audition

### GENERAL DESCRIPTION:

RPF Jr. (Rock/Pop/Funk) gives our Years 7-9 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. Audition process includes learning & memorising a specific piece of music that is chosen by Mr Goddard



## Sewing Club

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

OPEN TO: Years 5-12

### GENERAL DESCRIPTION:

Sewing Club is for any student who would like to make items with a sewing machine or by hand, learn a craft such as macramé, crochet, embroidery, patchwork, decorative knitting, or much more. You will choose from a selection of garments or items to make in the first few sessions that suit your skills level. Patterns, templates and reference books are supplied. You may need to purchase selected materials, such as fabric, buttons, zips.



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## Student Representative Council

OPEN TO: P-6 Students, by invitation

### GENERAL DESCRIPTION:

The P-6 Student Representative Council consists of Primary 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.

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## Vinnies

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

OPEN TO: Years 4-12

### GENERAL DESCRIPTION:

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

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## Vocal Ensemble

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

OPEN TO: Year 7-12 students (numbers may be capped, so early sign up is encouraged)

### GENERAL DESCRIPTION:

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

OPEN TO: Prep-2

GENERAL DESCRIPTION:

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.

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## Woodwork Club

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

OPEN TO: Year 6 – 12 Students

GENERAL DESCRIPTION:

Woodwork Club is specifically to extend current DCT, Wood and Product Design 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.

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## Yoga Club

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

OPEN TO: Years 3-6

GENERAL DESCRIPTION:

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!

## Out of Hours / Combination Co-Curricular Activities

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### Boxing Club

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

GENERAL DESCRIPTION:

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.

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### Computer Aided Design (CAD)

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

OPEN TO: Years 7-12 (numbers may be capped, so early sign up encouraged)

GENERAL DESCRIPTION:

Using Autodesk Fusion360 CAD Software, students can design and make their own parts or products that can be cut out with the Epilog Laser or even 3D printed. The first project will be led by the teacher and will be an Acrylic 2 piece iPhone stand. Other projects will be student focused.

*Note: students will need to bring their own laptop.*

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### Creative Writing Program

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

OPEN TO: Yr 7-12 Students who are talented in English writing. Teacher approval is required.

GENERAL DESCRIPTION:

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.

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### Dangerous Minds

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

OPEN TO: 7-12 students by application

GENERAL DESCRIPTION:

'Dangerous Minds', where students read Meanjin, discuss it, argue it – become bigger thinkers. All for fun.

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### DAV Debating (Debaters Association of Victoria)

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

MEETING TIMES:

**Years 9-12**

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

1 x Lunchtime per week

CO-ORDINATING STAFF:

Ms Callanan

GENERAL DESCRIPTION:

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.

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## Drumline Corps

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

OPEN TO: Years 7-12 Drum Students by invitation

GENERAL DESCRIPTION:

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

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## Game Changers

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

OPEN TO: Year 10 and 11 students in 2021

GENERAL DESCRIPTION:

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
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## Heritage Care Home Community Service

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

OPEN TO: Year 10 -12 Students

WHERE: Heritage Care Home – South Morang

GENERAL DESCRIPTION:

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.

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### **Moana Jr. Cast**

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

OPEN TO: Year 5-9 by audition

GENERAL DESCRIPTION:

Years 5-9 students are eligible to audition for selection in the cast. 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 the Australian premiere of Moana Jr. at the Plenty Ranges Arts and Convention Centre, South Morang. Performances will take place in September 2021



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### **Moana Jr. Crew**

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

OPEN TO: Limited number of Year 7-12 students by application

GENERAL DESCRIPTION:

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 of Moana Jr. behind the scenes. Students will work backstage at the Plenty Ranges Arts and Convention Centre, South Morang during the public performance season in September.

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## Junior Band

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

OPEN TO: Years 5-8 (Students (by invitation and/or audition))

GENERAL DESCRIPTION:

An invitation band for music students in Years 5-8 to learn skills in group performance.

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## Legacy Junior Public Speaking Award

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

OPEN TO: Years 7 - 9 students (12 - 14 years old on 1 January 2021)

GENERAL DESCRIPTION:

Students who are 12-14 years old on 1 January 2021 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.

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## Maths SOS and 40+ CLUB

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

OPEN TO: Years 7-12

GENERAL DESCRIPTION:

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 2021 studies. More information will be provided by Mr Cooper regarding sign up, commitment and expectations.

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## Primary Choir

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

OPEN TO: Years 1-6

GENERAL DESCRIPTION:

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.



## Rostrum Voice of Public Speaking

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

OPEN TO: Years 7-12 by application/invitation

### GENERAL DESCRIPTION:

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.



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## Tournament of Minds

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

OPEN TO: Years 5 - Year 10 Students by audition

### GENERAL DESCRIPTION:

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.



## Primary Sport

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### Primary Interschool Sport (Tournament)

MEETING TIMES: Lunchtime Training plus Tournament Days

GENERAL DESCRIPTION:

**Tournament sports include**

Basketball  
Cricket

Football  
Volleyball  
Swimming

Athletics  
Cross Country

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### Primary Interschool Sport (Friday Program)

LENGTH OF ACTIVITY: Various

OPEN TO: Year 5-6 students

GENERAL DESCRIPTION:

**Friday Competition sports include:**

Netball

AFL

Cricket

Soccer

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## Secondary Sport

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### Couch to 5K

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

GENERAL DESCRIPTION:

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.

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

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### Premier League Sports

LENGTH OF ACTIVITY: All of College Year

OPEN TO: Year 7-10 students

GENERAL DESCRIPTION:

**Premier League Sports include**

Soccer Basketball Volleyball Netball Cricket AFL

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### SACSS Sports

LENGTH OF ACTIVITY: All of College Year

OPEN TO: Year 7-12 students

GENERAL DESCRIPTION:

**Premier League Sports include**

Swimming  
Tennis  
Futsal  
Hockey

Golf  
Cricket  
Netball  
Athletics

Volleyball  
Cross Country  
Soccer  
Rugby

Basketball  
AFL  
Chess

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### **Academy Soccer**

LENGTH OF ACTIVITY: All of College Year

OPEN TO: Year 7-12 students

GENERAL DESCRIPTION:

Skills specific development training with a professional coach for selected Elite Soccer players (selected through application process)

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### **Development Squad Netball**

LENGTH OF ACTIVITY: All of College Year

OPEN TO: Year 7-12 students

GENERAL DESCRIPTION:

Skills specific development training for a Junior and Senior Squad. Students then compete in the State Titles.

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### **Marymede High Performance Academy (MHPA)**

LENGTH OF ACTIVITY: All of College Year

OPEN TO: Year 7-11 students

GENERAL DESCRIPTION:

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.