2016 Beyond the Curriculum Handbook
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At St Catherine’s, students are encouraged to develop talents, interests, hobbies, skills and techniques through participation in physical, academic, scientific and artistic pursuits. Extra-curricular activities help to round-out students’ education; they also complement and facilitate students’ academic studies.

Beyond the Curriculum (BTC) programs cover two areas within the St Catherine’s community; our extra-curricular program and our out of school hours care program. The purpose of both is to learn additional skills beyond the curriculum and to encourage participation, fun and friendship through a range of exciting activities.

One of the major benefits of participating in extra-curricular activities is how it helps students to develop socially. Engaging in non-academic pursuits helps to encourage teamwork, leadership skills, cooperation and social development. There is also an increasing amount of evidence that shows that extra-curricular activities help develop important skills that can transfer into academic performance, such as creative problem solving and teamwork.

Another benefit is that students can foster a life-long passion. By giving students the opportunity to experiment with various extra-curricular activities, you open a door for a potential future in the arts, sport, theatre and even more.

Our BTC programs and activities are not only offered to the girls who attend the school. Holiday programs, our Tennis Academy and swim school and adult courses are offered to siblings, parents and boys and girls from other schools in the community.

This handbook provides information about all BTC programs that are on offer in 2016 including the enrolment process, lesson content and level of skill requirement. Lesson times, days and the most up to date information can be found in the Beyond the Curriculum area of StCathsConnect.

I look forward to another successful year with your daughters participating in our BTC programs in 2016. For further information, please feel free to contact me.

Mrs Jackie Gilson
DIRECTOR EXTRA-CURRICULAR

Email: jgilson@stcaths.nsw.edu.au
Key Dates 2016

Term 1 (10 Weeks): Monday 1 February - Friday 8 April
BTC TERM 1
Week 2 - Week 9 (Monday 8 February - Friday 1 April). This is a total of 8 Lessons.

Term 2 (9 Weeks) Tuesday 26 April - Thursday 23 June
BTC TERM 2
Week 2 - Week 8 (Monday 2 May - Friday 17 June). This is a total of 7 Lessons.

Term 3 (10 Weeks): Monday 19 July - Thursday 22 September
BTC TERM 3
Week 2 - Week 9 (Monday 25 July - Friday 16 September). This is a total of 8 Lessons.

Term 4 (9 Weeks): Monday 17 October - Friday 2 December
BTC TERM 4
Week 2 - Week 8 (Monday 17 October - Friday 2 December). This is a total of 7 Lessons.

NB Dance performance teams and tennis have tuition all year and will start in Week 1 of each term (with the exception of Term 1 where all classes commence in Week 2). All other programs will have 30 lessons in the calendar year.
Beyond the Curriculum Protocols

To ensure that our very busy and diverse programs run smoothly we have developed some guidelines:

Enrolment
Beyond the Curriculum course facilitators may not enrol students or accept anyone into classes without the online enrolment forms having been completed. All communication about enrolling in a program should be submitted online in the Beyond the Curriculum area of StCathsConnect or website for holiday programs. All communication about discontinuing a program should be submitted in writing to the Director Extra-Curricular.

All programs (with the exception of dance performance teams and tennis) commence in Week 2 of each term (except Term 1 where all classes begin in week 2) and a total of 30 lessons will be provided in the course of the year.

When a student enrolls in a Beyond the Curriculum program a full year’s commitment is expected unless the Director Extra-Curricular is notified otherwise. Enrolment in swimming for Term 1 implies that the student will also continue that subject in Term 4.

Enrolments will not be accepted for students whose fees are in arrears unless prior arrangements have been made with the accounts department.

ENROLMENT DURING THE YEAR
Enrolment in a Beyond the Curriculum program must be completed three weeks before the end of the previous term. For Term 1 2016, students are required to enrol by Friday 22 January 2016.

Missed Lessons
It is the student’s responsibility to inform their teacher of any potential clash with exams / excursions etc. With sufficient notice, these lessons can often be rescheduled to accommodate such events. No less than 24 hours’ notice must be given to the teacher. If a lesson falls on a student free day or a public holiday the student will be advised of the time and day of the rescheduled lesson.

Discontinuing Lessons
If a student wishes to discontinue lessons she should notify her teacher immediately and notice must be given in writing to the Director Extra-Curricular three weeks prior to the end of term. A full term’s fees will be charged if a student discontinues without the required notice.

Dates for final notification of discontinuation and enrolment are
Term 2: 18 March 2016
Term 3: 10 June 2016
Term 4: 2 September 2016

DISCONTINUING LESSONS DUE TO INJURY OR ONGOING ILLNESS
When a student incurs an injury or ongoing illness, which will prevent her from attending Beyond the Curriculum lessons, the Director Extra-Curricular must be notified in writing and a medical certificate presented.

The cost of the remaining lessons for that term will be refunded, minus any costs incurred by the school on the student’s behalf.
Waiver and Release

Risk Warning

St Catherine’s School Waverley, its employees and agents (the “School”) wishes to clearly advise parents that participation, both active and/or passive, in events and recreational activities forming part of any Beyond the Curriculum program contain elements of risk, both obvious and inherent.

While the School takes measures to make the activities as safe as reasonably possible for participants, there is a risk that your child can be injured and suffer loss (including financial loss) and damage as a result of their participation in these activities. Such injury can occur while the participant is engaging in or watching an activity, or travelling to and from the event. On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability.

Participants could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

We/I understand and accept that participating in an event or activity in a Beyond the Curriculum program, our/my child may be exposed to a risk of injury (obvious or otherwise) and which may arise or result from, but not restricted to, my/our child’s or another participant’s actions or omissions, the state of the premises at which the events or activities occur or the equipment used.

We/I consent to our/my child’s participation in the Beyond the Curriculum program in the full knowledge and understanding of such risks and accept that our/my child’s participation is voluntary.

We agree that to the fullest extent permissible by law (including any applicable legislation), in no event shall the School be liable for any claims for loss or damage including but not limited to claims for negligence, misleading or deceptive advice, damages arising from loss or use of equipment and any indirect, special or consequential damages or injury to any person or property, and any liability or guarantee the School may have to me/us and or our child/children in respect of recreational services are expressly excluded.

We/I hereby waive, release and forever discharge the School in respect of any and all claims that we/I, or our/my child may have against the School for any damage, loss and/or injury (including fatality and permanent disability) suffered by our/my child or property during, in the course of or as a result of her/his participation in a Beyond the Curriculum program.

..........................................
Signature of Parent(s)

..........................................
Print Name(s)
After school buddies leadership program

Do you want to make a big difference in someone’s life? After school buddies are girls, teens and young adult women that are passionate about helping Years 4 to 7 girls (‘little buddies’) prepare for the difficult social and academic challenges presented in the later years of school. Teen ‘big buddies’ are paired up with ‘little buddies’ to serve as mentors in weekly after school sessions.

As a ‘big buddy’ to a ‘little buddy’ students will empower their little buddy to make good choices that impact her education, her health, her family and her world; encourage her to gain self-confidence and improve motivation; experience the joy of giving to others.

Relationship building, teaching enhanced study skills, leading exercise and nutrition discussions and activities, sharing music, arts and crafts, along with community service projects make this program one of a kind.

Year levels available to: Little buddies Years 4-7
Big buddies Years 8-12

Duke of Edinburgh

Students in Year 9 (aged 13 years, 6 months) are eligible to join the Duke of Edinburgh Award scheme. The award is a self-development program for all young people. It is non-competitive and encourages goal setting and achieving goals at a level appropriate to each individual.

The scheme has three award levels – bronze, silver and gold. Year 9 students start at the bronze level. There are four sections that must be completed to qualify for an award: community service, skills, physical recreation and adventurous journey.

Service (Volunteering): At least three months at an average of one hour a week voluntary community service. For example Surf lifesaving patrol, first aid course, sports coaching, voluntary work in hospitals and care centres or fund raising for charity.

Skills: At least three months at an average of one hour a week of cultural or social activity must be pursued leading to a deeper knowledge of the subject and the attainment of a reasonable degree of skill eg. Dance, playing a musical instrument.

Physical recreation: At least three months at an average of one hour a week participation in a physical activity resulting in improved skills.

Adventurous journey: Complete a practice trip and then an expedition with overnight camping. Year 9 can choose a camp program that meets these requirements.

To obtain the Bronze level of the award each student must pick a major section out of either physical recreation, skills or service and complete an extra 3 months of their chosen major section.

The scheme is highly regarded by many employers.

Year levels available to: Years 9-12

Chess

Chess is not only a fun and social activity for students, but it also aids in the development of critical thinking skills such as problem solving, decision making, concentration, visual and lateral thinking. Our chess program for Junior and Senior School students is held on a lunch time and run by a Chess Master. Students will also have opportunity to compete against other schools.

Year levels available to: Years 1-6 and 7+
Pilates

Pilates is a series of exercises inspired by calisthenics, yoga and ballet. Pilates improves flexibility, strength, balance and body awareness. It was introduced in America in the 1920’s by physical trainer Joseph Pilates as a way to help injured athletes and dancers safely return to exercise and maintain fitness. Since then, Pilates has been adapted to suit people in the general community.

Pilates for elite sports girls and dancers

This program is for girls in the elite sports program and those in dance performance teams only. Classes will be of an advanced level focusing on the specific needs of each girls individual sport program.

Pilates general class

This general program is for any girl who would like to try Pilates to improve flexibility, increase muscle strength improve physical coordination and balance. All girls from Years 7-12 are invited to join this program.

Year levels available to: Years 7-12

Pilates for parents

This program is for parents who would like to take advantage of exercising in the morning after dropping of your daughter to school. Benefits of participating can include improves posture and increased flexibility, strength, coordination and balance.

Self defence - New in 2016

Self defence has a number of benefits that not only work the body, but also the mind. It improves physical fitness and coordination, teaches concentration, discipline and respect, develops confidence, assertiveness, tenacity and determination and improves listening and social skills to name a few. In 2016, St Catherine’s students will have the opportunity to learn self defence techniques to keep themselves safe and their minds sharp.

Year levels available to: Years 5-12

Yoga

Yoga instils an inner sense of calm allowing students to make clear and conscious decisions and choices for themselves. This is an invaluable life skill and is of great benefit at any stage of our lives.

The benefits of Yoga include the release of mental and physical stress, developing clarity of thought and mental processing, increased ability to remain focused, maintaining and encouraging a healthy lifestyle, assist with physical strength and flexibility and develop and maintain good posture.

Yoga for Kindergarten - Year 2

Stories, themes, music and co-operative yoga games are included in this fun and creative class. Students will develop body awareness, self-esteem, flexibility and strength through beginner’s yoga.

Yoga for senior students:

This program is specifically designed to establish a foundation of coping with the unique pressures experienced in these years and for students to create positive early habits for their future through the practice of yoga exercises, breathing, mental focus and relaxation.

This program will help students cope with issues they are faced with every day—the enormous pressures to fit in, increasing exam and study schedules, lack of sleep and the questions surrounding their career choices and futures.

Aside from their clear physical benefits of better posture, core strength and muscle flexibility, yoga assists teenagers with improving mental concentration, enhancing breathing, relaxation and sleep and helps encourage a deeper and more balances relationship with their bodies.

Yoga for parents and daughters

This class will be offered before school and will allow both parents and girls to start their day together in Yoga practice before heading off to the normal busy daily routine. Lessons include pranayama (breathing practice) meditation and mindfulness.

Uniform required: Students should wear black leggings and school PE t-shirt to allow freedom of movement. Each student will require a yoga mat and should bring a towel.

No prior experience of Yoga is necessary. Students need to inform teachers of any concerns or injury before the class.

Year levels available to: Years 5-12
Art Juniors

The basis of the after school visual arts program is to provide stimulating, enjoyable art projects using a variety of materials and processes that encourage experimentation and self-expression.

Inspired by the students themselves; famous artists, nature, animals, imagination and their environment, students will work at their own developmental level in multi-age classes with a maximum of fifteen students. Students will gain confidence in their ability to create by exploring art processes which include: drawing, painting, printmaking, ceramics, textiles, graphic design and sculpture. Students attend one class per week where all materials are supplied throughout the course. Junior girls are encouraged to bring afternoon tea with them.

Year levels available to:   Years 2-6

Cheerleading and Pom dance - new in 2016

Cheerleading

Cheerleading is a fun and enjoyable sport that includes stunting, tumbling, jumps and dance. Students will learn strength and confidence in this class and all abilities, experiences and backgrounds are welcome to join. As the fastest growing sport in Australia, students must be dedicated as they work towards their routines and rely on their team mates to perform their best.

Year levels available to:   Years K-12

Pom Dance

Pom dance in a fast-paced dance routine based on technical elements such as turns, jumps, kicks and leaps, using pom poms to create a visual effect in the routine. This high-energy class allows students to work on performance as well as their dance technique, with clean and precise movements incorporated.

Additional competition entry fees and uniform costs are involved with this program.

Year levels available to:   Years K-12

Dance - STC Studios

At St Catherine’s we believe dance creates confident and supportive young women and our dance program endeavors to reflect this belief. STC Studios aims to foster a love of dance and a freedom of expression. We aspire to make every class fun, dynamic, creative and stimulating to the student’s imagination. By providing a caring and supportive atmosphere students feel confident to explore new ways of moving and performing within a vast range of dance styles.

We promote collaboration amongst our students which will aid their understanding, development and conveying of ideas and information through verbal and non-verbal communication.

All dance students have the opportunity to perform in our annual Performing Arts Showcase at the end of the year.

Please note there will be an additional charge for performance costume hire and eisteddfod entry for performance teams.

STYLES

Jazz – Jazz is a fast paced, high energy class that incorporates jazz technique such as kicks and turns with strong and sharp movements.

RAD Ballet – We offer ballet and exam classes which follow the Royal Academy of Dance Syllabus. Students who wish to take their RAD exams in November are required to take two classes a week.

Tap – Our tap classes are taught in the style of stomp tap. This style of tap uses heavy beats and body percussion. Tap is available for the beginner through to the advanced.

Lyrical Contemporary – This class concentrates on the technique base of contemporary dance, focusing on strength, balance and agility. This is coupled with expressive interpretation of lyrical and contemporary pieces of music.

Hip Hop – Hip Hop is a high energy style that incorporates techniques of popping and locking, tutting and more. Hip hop is used by many music artists in video clips and professional productions, as well as movies such as Step Up and Take the Lead.

Triple Threat – This class is ideal for any student who wants to specialize in the three disciplines of singing, dancing and acting. Many industry professionals are now required to do all three of these disciplines in professional productions. This class will also work on audition technique.

Conditioning – This class is based on the development of foundational dance technique. Students will improve their strength, flexibility, coordination, stamina and dance technique in this one hour, weekly class. While this is compulsory for all performance team students, all students are welcome to attend.
Performing and Creative arts

**Dance acrobatics** - Dance acrobatics teaches skills and techniques of tumbling and tricks to perform in combination with dance routines. Students are able to strengthen their current dance performance, as well as learn new elements to perform independently, or to add to existing dance routines. Many enjoy the unique aspect to the class, and learning new skills that aren’t covered in general classes.

**Preschool Dance** – A one-hour class of jazz, tap and ballet, designed to give our Preschool students a great workout and build coordination and gross motor skills in a fun environment.

**Age groups**
- Preschool – For preschool students aged 3-5
- Kindy – A class especially reserved for our fabulous Kindergarten
- Pre Junior – For students in Years 1 and 2.
- Junior – For students in Years 3 and 4.
- Intermediate – For students in Years 5 and 6
- Open – For students in Years 7 – 12

**NB:** Age groups are used as a guide. Students will be placed in classes that best suit their needs.

**Junior performance teams**

**Junior performance teams**

Our Junior performance teams allow St Catherine’s students the opportunity to represent their school in competitions around Sydney. All students are welcome to audition for performance teams. Even if your child dances at an external dance school, Dance Team provides a wonderful opportunity for your daughter to represent their school. We encourage all students who take external classes to audition for performance teams.

All dance teams will focus on the disciplines of Jazz and Lyrical-Contemporary. Students will also be provided the opportunity to work on Musical Theatre and special performance projects.

As a member of the dance teams, students must attend their dance team class as well as a weekly conditioning class. This is the equivalent of attending sport training. In these conditioning classes students will focus on strength, flexibility and technical elements.

Please note that performance teams may be required for extra rehearsals and these may occur on different days, weekends or school holidays.

**Senior performance Opportunities**

**Company**

The Junior and Senior Company program is our representative dance squad in the Senior School. All students from Years 7-12 are welcome to audition for a place in Company and are then placed in their appropriate team. Focus will be placed on Jazz and Lyrical Contemporary with several performance and competition opportunities throughout the year.

As a member of the Company, students must attend a weekly conditioning class. This is the equivalent of attending sport training. In these conditioning classes students will focus on strength, flexibility and technical elements.

Please note that Company may be required for extra rehearsals, these may occur on different days, weekends or school holidays.

**Private lessons**

Private lessons are offered to students who wish to develop technique, or to choreograph a solo, duo or trio routine to perform in eisteddfods and community events.
Performing and Creative arts

Drama

Drama groups in 2016 will offer students the opportunity to work together to create an entertaining, dramatic and impressive scene for stage. These classes cover a broad range of theatre skills including improvisation, poetry, physical theatre, script writing and voice skills. If you are wanting to be confident, make friends are interested in the performing arts but aren't exactly sure where? These classes are for you.

Infant's group drama

These classes for Kindergarten-Year 1 girls focuses on students learning the basics through imagination, exercises, character building, drama games and storytelling. Poetry, prose, picture and story books play a large role in these classes and girls will work towards a performance in the end of year showcase based on one of these.

Junior group drama

Junior after school drama is for girls in Years 2-3 and 4-6. Students will focus on team building and creating a piece of theatre based on characters created in class and a script devised by the group. Further physical and vocal skills are learnt through various exercised, improvisational games and script devising workshops.

Junior Theatresports

Be introduced to fun, energetic and entertaining games all part of the Theatresports arena! This class offers students an introduction to improvisation. Work with a team to support and lead each other through an improvised scene. Learning to speak on the spot and create a scene in a matter of minutes may seem difficult, but students learn to easily perform in the step-by-step, fun and informing environment. At the end of the year, compete against fellow students in an in-class team Theatresports challenge!

Senior Theatresports

Create and perform an outlandish scene on the spot! Sound difficult? It won’t be if you are part of St Catherine’s Theatresports team in 2016. Learn how to work with fellow team mates to create a plethora of fun and entertaining scenes on the spot. Students are guided through scenes, topics and genres in the theatre world. This greatly improves confidence, creativity and those all-important acting skills. Compete against other schools in the Theatresports Schools Challenge!

Senior Showreels

Every teen wants to be on Home and Away some day…. But how do we know if we are good enough to be a part of these great production? Only with some experience in front of the camera will we find out! Showreels for Years 7 and up teaches students camera technique, angles and acting for screen. Work on a scene from your favourite movie, then film and edit these all in this fantastic class. At the end of the year you will take it home and show your friends, family or even your acting agent!!

Broadway Musical Theatre

‘Chitty Chitty Bang Bang’, ‘Mary Poppins’, ‘Legally Blonde’, ‘Les Miserables’….. you might have seen one or more of these musicals. And what do they have in common? Singing! Acting! Dancing! Broadway Musical Theatre in 2014 offers students the opportunity to work on a piece of music from a Broadway Production, learn to sing, move and act a scene to be performed at the Showcase at the end of the year.

Trinity Guildhall speech and drama

Trinity Guildhall speech and drama ‘individual lesson’ or ‘small team lesson’ (pairs or groups of 3-4) are private lessons that occur mostly during school hours and follow the syllabus of Trinity Guildhall (London).

Students can work individually, in pairs or in small teams. They are required to prepare a program for examination on which they work on throughout the year. This examination occurs on-site with an external examiner from Trinity Guildhall. Examinations incur an additional charge. Students will have the opportunity to showcase their work for parents and friends in Semester 2.

In all aspects of the Trinity Guildhall lessons, students are invited to join in creating a positive, supportive, challenging and creative work environment whilst exploring a range of material and skill sets. Each subject strand has been designed to offer candidates opportunities to demonstrate performance skills appropriate to their individual interests and aspirations. The range of subjects includes the following:

Individual acting skills (solo)

Examinations in individual acting skills focus on the vocal and physical skills that contribute to performance including: acting, mime, movement, characterisation, staging, improvisation and personal engagement with a range of dramatic literature. Individual acting skills are wonderful for those possibly interested in a career in the dramatic arts, or those would prefer or require a one on one lesson.
Performing and Creative arts

**Acting in Pairs: scripts or Shakespeare (pair)**
Working in pairs requires candidates to develop a strong sense of trust, to work as a team and to develop sophisticated listening and reactive skills. Acting in Pairs examinations offer candidates the opportunity to present duologues and extracts from plays from contrasting periods of dramatic literature, to develop scenes through improvisation both over an extended period and spontaneously, and to demonstrate understanding of the performed pieces and their rehearsal processes through discussion with the examiner. Shakespeare in Pairs allows candidates to focus their work exclusively on Shakespeare and closely follows the model of individual examinations in Shakespeare. Acting in pairs is great for those either new to Trinity drama, or those who love working in a team.

**Shakespeare (solo, pair or small team)**
Encourages candidates to develop an understanding and appreciation of Shakespeare’s work through practical and imaginative approaches to text and performance. Studying Shakespeare gives an excellent insight for the wonders of the English language and the joys of performing some of the finest dramatic or comic writing in the world.

**Group drama – devised, scripts or Shakespeare (small teams)**
Group drama examinations offer groups of three or four candidates the opportunity to present scenes from plays from contrasting periods of dramatic literature and to develop scenes through improvisation both over an extended period and spontaneously. A group Shakespeare option is also offered. Group drama is an excellent entry point for those new to Trinity drama, or for those who relish working in a strong and focussed team.

**Performance arts (solo, pair or small team)**
The performance arts syllabus strand acknowledges the validity of the huge range and variety of performance-based work that integrates different skills, styles and discipline but which may not meet the requirements of subject-specific examinations. Candidates are offered opportunities to display both performance skills and contributory skills which underpin, relate to or support the performance in some way. Performance arts are very suited to those with multiple performance skills already in their basket!

**Musical theatre (solo, pair or small team)**
Candidates demonstrate musical theatre performance skills appropriate to their individual interests and aspirations as well as display supporting skills such as response to direction, engaging with the examiner in conversation/discussion. This is in order to display their knowledge, understanding both of repertoire and the range of techniques that may be employed for effective and engaging performance pieces which are entirely the candidate’s own.

**Communication skills (solo or small team)**
All communication skills examinations for individuals follow the same general pattern and include several specific types of tasks: an introduction, an interactive task (a discussion with the examiner on a non-prepared subject) a prepared talk and a summary task (relaying information from an article read by the examiner). Communication skills are great for anyone with English as a second language, or if public speaking tends to be a confronting experience.

**Speech and drama (solo)**
Examinations in speech and drama offer assessment of skills in spoken interpretation and dramatic performance acknowledging approaches to learning that are long established and greatly valued. Various kinds of dramatic activity are included in most of the syllabus strands, students preparing for speech and drama examinations are expected to sustain particular focus on the use of voice and speech. The subject requires candidates to explore texts and concepts from different periods of literature. Speech and drama is wonderful if public speaking tends to be a confronting experience, articulation could be improved, or if voice needs strengthening.

**Performing text (solo)**
Designed for candidates who wish to concentrate exclusively on the effective spoken interpretation of text both through reading aloud and memorised performance. Preparation for these examinations contributes to the development of knowledge and understanding of literature and candidates are required to explore many different types and styles of writing from a range of periods. Performing text is helpful with those who would like to improve their reading skills or for those who already in love with the power of writing and language.
Children who are active in sport are fitter, have healthier body image and are more confident. Research shows they also do better in school, develop personal discipline and learn how to get along with others.

Participation in physical activity provides a balance between mind and body by developing healthy, happy and active students who can move with efficiency and confidence.

**Waiting Lists**

Some sports have limited spaces so are therefore governed by a first-in-first-served basis. If you are unsuccessful in gaining a position, you will be placed on a wait list. Should a position become available, the first person on the list will be notified and offered a position. Due to these waiting lists, sign-up deadlines will be strictly adhered to and a full terms fee will be rolled over and charged to your account.

**Cardio Fitness**

Lifelong physical activity is an important part of one’s routine lifestyle. Our cardio fitness program caters for beginners and the more advanced and will work on developing or strengthening core strength and cardiovascular fitness. This will be done by using a variety of activities: aerobics, boxing, circuits and use of the gym equipment.

Beginners. This group offers an introduction to developing core strength and cardiovascular fitness – 1 session per week.

Advanced. This group will allow students playing competitive and representative sport vital strength and conditioning to achieve peak performance. This program will focus on core strength and aerobic fitness, vital for performance and lifelong physical activity pursuits – 2 sessions per week.

Uniform required: sandshoes, school sports uniform, towel and water bottle

**Year Levels Available to:** Years 7-12

**Swimming**

Our swimming program runs in Terms 1 and 4 only, before or after school. Instruction is offered in several ways:

**LEARN TO SWIM**

**Jellyfish**

These 30 minute classes develop water confidence, safety and coordination. Jellyfish groups have a 1:4 teacher to student ratio. Twice a week attendance is recommended. Places in these classes are limited.

**Dolphins**

These one hour classes are for students who can swim 25 metres unaided. The focus of this class is to develop confidence and independent swimming with an emphasis on developing general swimming strength.

**Snappers**

These one hour classes are for students who are able to swim 25m freestyle non-stop with good breathing and 25m backstroke and breaststroke. Butterfly is introduced and swimming drills and distance is increased.

**Squad Training**

**Sharks**

These one hour lessons are for students who are competitive swimmers and want to have their skills refined. Emphasis in the shark squad is on breathing technique, freestyle, backstroke, breaststroke and diving.

**Top Squad**

These one hour lessons are for students who are competitive swimmers with a high level of stroke mastery. Coaches will focus on refining stroke correction, lap training and endurance work.

Uniform required: St Catherine’s swimming costume, cap and goggles.

**Year Levels Available to:** Years K-12

**Fencing - New in 2016**

The sport of fencing provides both physical and cognitive benefits. Some students even describe fencing as being like a physical ‘game of chess’! Fencers learn good sportsmanship, self-discipline, gain quick reflexes and how to compete independently. They learn to make complex decisions, analyse problems and think fast on their feet. Skills that are transferable in everyday life.
STC Tennis Academy

Tennis is a game you can play for a lifetime. It also develops confidence with hand-eye coordination, strength, physical conditioning and social skills.

St Catherine’s offers a wide range of different coaching options catering to the different requirements of the students.

We use modified equipment for those just getting started and vary it as they progress. Pressurised balls of different levels are used for the different age groups in line with the Tennis Australia ‘Hot Shots’ program. This ensures the learning process is more fun and modified to the different stage of their physical development. Students also have the opportunity to work towards invitational squads comprising of our competitive team participants as well as compete in competitions via the School Sport pathway in terms 1 and 4.

Our coaching team are world class, delivering a high performance environment with a holistic approach to our students tennis development. The goal of the programme is to provide a pathway that caters for all levels of play whilst developing a positive and competitive culture.

We offer:

• Private, semi private (2 students) and small groups of 3 students. These lessons can be arranged to occur throughout the school day.
• Junior School group lessons in accordance with the MLC Hot Shots program (Red, orange and green levels)
• Senior school group lessons
• Squad training – Junior and Senior (invitational)
• Junior / Senior competitions – Term 1 and 4

Uniform Required: St Catherine’s sports uniform, sandshoes and tennis racket.
Pre-school – Year 4 FPMS program
In the fundamental motor skills program children learn all the motor skills needed to excel in any sport, this includes: throwing and catching, striking, tracking and movement.

K-1 Young Guns (Hot Shots program)
- Maximum of 6 children. In this class, low pressurised balls are used to work on improving gross motor skills whilst introducing tennis skills in a modified format. Students work on stroke production and play fun games in these 45 minute classes.

Years 2-3 Top Guns (Hot Shots program)
Maximum of 6 children. These students continue to work on their tennis skills using slightly more pressurised balls. Students learn to rally and serve along with other fundamentals of the game, preparing them to be able to play a proper tennis game.

Years 4-6 Little Legends
Maximum of 4 students. These students further develop their games and concentrate on introducing tactics to match-play situations. The coaches instruct more advanced drills to strengthen the student’s match-play ability.

Years 7-12 Tennis Ace
Maximum of 4 students. These lessons are structured with drills focussed on match-play situations which are appropriate to senior students. All lessons involve stroke analysis and correction which challenge the girls to ensure improvement within a fun environment.

Private / Semi private / Group of 3
These 30 minute, 45 minute or 1 hour lessons are tailored to focus on specific areas of a girl’s game which have room for improvement.

Junior development squad: Years 1-3
Tildesley development squad: Years 4-6

Elite training squad: Years 7-12
These are selective squads for girls that show high ability and work ethic and are working towards entering the Tildesley team and competing in tennis. Places are selected term by term.

St Catherine’s Tennis ladder
Open to select students wanting to play in the Tildesley Shield (representing St Catherine’s) Ladder rankings are determined via match play, squad training and competition results and form part of the Tildesley selection process.

Elite fitness
From 7am-8am on select mornings, these sessions prepare students for all sports with movement, fitness and general strength (bodyweight training). Spaces are limited with priority to girls in the Tennis program.

Cardio fitness
A fitness based tennis program with less emphasis on technique. This is a fun way to get fit with music playing and an upbeat temp.

Ladies clinic
Whatever your age or skill level is in tennis, come and join the staff at St Cath’s Tennis Academy for mornings of social tennis. You will enjoy a fun hour and a half which consists of drills and technical work, doubles or singles play with the head coach and his team.
Adult Programs

Why should the kids have all the fun? Beyond the Curriculum at St Catherine’s also offers specialist programs for adults. Please check the BTC area of StCathsConnect for the most up to date schedule of activities.

Aerobics
Aerobic classes involve an active exercise programme done to music. A qualified aerobics instructor will lead the class through various structured exercises that will raise your heart beat and promote blood and oxygen flow through your body. Classes will include a range of high impact, low impact, step aerobics, aerobic kickboxing, Zumba and dance aerobics.

Aqua Aerobics
Aqua aerobics is one of the most effective and safe ways to get yourself into shape. It begins with a warm-up session, which incorporates slow cardio and stretching exercises to get the muscles ready for the increased activity to follow, and ends with a cool down. Like other forms of aerobic workouts, swimming pool exercises have benefits like helping you in losing weight, lowering blood sugar levels, reducing stress, lowering blood pressure etc. It is suitable for new participants, pregnant women, rehabilitation and athletes.

Offered in Terms I and 4 only

Cardio Fitness
This is a very demanding class which uses a variety of cardio and conditioning techniques to increase cardio fitness, muscle strength and endurance. It is suitable for all who want to have fun, get fit or maintain their fitness level. Individual personal training is also available.

Pilates
Pilates is a series of exercises inspired by calisthenics, yoga and ballet. Benefits of participating can include improved posture, increased flexibility, strength, coordination and balance.

Swimming
Swimming will be offered in Terms I and 4 only. We offer a range of adult swim lessons and squads – improve your confidence and develop your strokes or join a squad to improve your technique and build endurance. Our adult programs include:

- Private lessons
- Beginner stroke correction
- Squads

Offered in Terms I and 4 only

Tennis
Tennis is a game you can play for a lifetime. It also develops confidence with hand-eye coordination, strength, physical conditioning and social skills. Join the St Catherine’s tennis staff to polish up your forehand, backhand or serve or for some enjoyable social game play. Private, small group and social sessions are available.

Yoga
The benefits of Yoga include the release of mental and physical stress, developing clarity of thought and mental processing, increased ability to remain focused, maintaining a healthy lifestyle, assist with physical strength and flexibility and develop and maintain good posture. Join your daughters in a special Mother and daughter class before heading off to your normal busy daily routine.
Before and After Hours Care

We provide an Outside of School Hours Care (OSHC) service for Junior School students to support working families who are faced with the challenge of supervising their daughters during work hours. Parents can have peace of mind knowing that their children are well cared for and engaged in safe, healthy activities before and after school. St Catherine’s OSHC is based in the Junior School’s Integrated Learning Centre, however the students have access to many of school facilities. As we believe the learning does not only take place in the classroom we offer our students the opportunity to continue to learn in fun and exciting ways about themselves, their community and the world around us.

**OUR BEFORE SCHOOL CARE PROGRAM OFFERS STUDENTS:**

- A warm and welcoming environment to start their school day
- Homework assistance
- Quiet activities including art and craft, reading, board games, imaginative play and building and construction

**OUR AFTER SCHOOL CARE PROGRAM OFFERS STUDENTS:**

- Study Club for students in years 4-6 in the library from 3pm - 4pm where they will work on their homework supervised by a member of staff
- Homework assistance for all students
- Art and Craft activities
- Outdoor sports and games
- Imaginative play opportunities
- Quiet activities including reading, board games, drawing and building and construction
- Teacher led and child directed play
- Afternoon Tea and supper
St Catherine’s Holiday Programs aim to provide a safe and stimulating environment where children can go during the school holidays to play and relax and learn. All our programs are open to the students of the school, siblings, boys and girls in the community and some to adults.

PROGRAMS AND DATES
We offer various types of programs including multi-activity, sport specific, educational and residential stays. Prior to the holidays, specific details on what is on offer will be distributed and advertised on StCathsConnect and the website.

The standard opening hours are from 9.00am-3.30pm with the main activities on offer from 9.30am.

Busy working parents can also take advantage of our Early and Late Clubs, no matter what program they are attending, which extend the day from 7.30am-6.00pm at an additional charge.

2016 HOLIDAY PROGRAM DATES

Summer 2016
Week 4: 4 January - 8 January
Week 5: 11 January - 15 January
Week 6: 18 January - 22 January
Week 7: 25 January - 29 January

Autumn 2016
Week 1: 11 April - 15 April
Week 2: 18 April - 22 April

Winter 2016
Week 1: 27 June - 1 July
Week 2: 4 July - 8 July
Week 3: 11 July - 15 July

Spring 2016
Week 1: 26 September - 30 September
Week 2: 3 October - 7 October

Summer 2016
Week 1: 12 December - 16 December
Week 2: 19 December - 23 December

Some Programs that we offer include:

Multi-activity program J4F (Just for fun)
BOYS AND GIRLS AGED 5-16 YEARS

J4F (Just for fun) is a 5 day multi-activity day program with a wide range of activities to suit all ages and interests. These activities vary from sports to the arts and offer girls and boys a great opportunity to try out new activities in a safe environment supported by experienced staff. Every session allows the participant a choice of activities whether it be fast past and sporty or low key and relaxing. Either way, girls and boys will have the opportunity to tailor the week to their personal liking. There is also opportunity to develop special skills during these weeks by joining up for optional extra skill builders. These sessions are led by specialist staff and coaches and come at an additional cost. Some examples may include: Learn to swim / stroke correction, Tennis, Cricket, Dance and Lab rats science fun.
Holiday Programs
Performing and creative arts, computers and myth busting skills

Art – Fairies, dragons and dinosaurs clay and shadow puppets
GIRLS AND BOYS AGED 5-12
Have fun these holidays with clay creating your own fairy, dragon, dinosaur clay pinch pot sculpture or clay plate to take home. Learn how to join clay, create texture to invent your own unique fairy, dragon or dinosaur. Following our clay workshop, you will make a moveable shadow puppet based on your theme. Please wear old clothes, as it’s fun and could be a bit messy!

Art – Miniature circus
GIRLS AND BOYS AGED 5-12
Create an original circus character and stand to take home during this fun hands-on art workshop for children of all ages. Children will use mixed media, including modelling clay, paint, fabric, and buttons to design and create their own circus character and miniature circus tent. Please wear old clothes, as it’s fun and could be a bit messy!

Beading and jewellery design
GIRLS AND BOYS AGED 5-12
During this 3 hour workshop you will learn the skill of beading and jewellery design and have the opportunity to complete three of your own projects. If you feel in need of a little running around after this skillful intricate morning, you can join the J4F program in the afternoon at an additional charge.

Dance
GIRLS AGED 5+
Calling all students who love to groove and dress like superstars, STC Studios holiday workshop is for YOU! Students get to experience the love and joy of dance through multiple performance styles including hip hop, jazz and Bollywood. Participants will be leaping, kicking, and spinning across the stage during the end-of-camp concert, which always proves to be the highlight of the holidays.

StarTime Spectacular Workshop
GIRLS AND BOYS AGED 5+
In just 4 or 5 days experience the thrill of performing on stage, as a singer, dancer and actor, in front of a live audience. Watch yourself on the big screen as you star in your own short film!
• Unleash your creative talents and see your potential growth.
• Learn performance skills / stage craft as a singer, dancer and actor:
  • Write, direct and act in your own short film
  • Learn the latest hip hop moves and gain confidence and body awareness.
  • Receive one on one feedback from professional choreographers, singers and actors.

Myth Busters
GIRLS AND BOYS AGED 7-15
Ever wondered why your favorite soft drink is fizzy? And if all soft drinks fizz in the same way? Why is it that some people can float and others can’t? And why don’t all liquids mix such as water and oil? All of these questions and more will be answered in this day full of educational and science-based experiments. We will make things pop, fall and bounce as we find out the answers to some weird and wonderful questions.

Speech and drama games
GIRLS AND BOYS YEARS 3-4
This fun course aims to develop students’ confidence, ability and desire to express themselves. Designed to engage and entertain younger student, this course aims to give students a positive outlook on presenting. The course content will be a mixture of drama and speech-oriented activities and games that encourage teamwork, creativity and oral expression.
Holiday Programs

Sport specific skills

**Gymnastics**
**BOYS AND GIRLS AGED 5-12**
This program caters for boys and girls of all abilities and provides opportunity to explore movement and activities on various gymnastics apparatus including beam, bars, floor, vault, and trampoline. If half a day on campus is just not enough, you can join the JHF program in the afternoon at an additional charge.

**Learn to swim and stroke correction**
**GIRLS AND BOYS AGED 4+**
Learn to swim and stroke correction classes will be half an hour in length and are taken by a qualified swim instructor. You can choose between the following class times: 9am or 9.30am. Squad training can be individually discussed.

**Net sports**
**GIRLS AND BOYS AGED 5+ YEARS**
Girls and boys will enjoy learning and playing a range of net sports including volleyball, badminton, tennis, net ball and table tennis during these action packed 2 days. Participants will learn the rules of each game and different techniques used in each of the sports. We will have a fun round robin competition at the end of each day to practice the skills we have learnt.

**Soccer camp**
**GIRLS AND BOYS AGED 5+ YEARS**
Our soccer camp is all about having fun and making new friends whilst playing the best game in the world! It is a great opportunity to get an introduction to Soccer if you have not played before or to refine your skills if you have – you will be placed in an age and ability appropriate group. On the first day of camp everyone will receive a soccer ball which you keep and we have a pizza picnic on the final day. Over the three days you will partake in lots of fun competitions and games including skipping, tug of war, face painting and more!
Culinary delight skills

**Junior Master Chef**
**GIRLS AND BOYS AGED 7-10**
The Master Chef program is a unique opportunity for children interested in cooking to learn the basic skills and techniques needed to embark on a lifetime of cooking. Participants will learn basics in: kitchen safety, proper food handling, food preparation, cooking and baking techniques, presentation, table setting and manners all organised around a theme.

**Senior Master Chef**
**GIRLS AND BOYS AGED 10+**
The Master Chef program is a unique opportunity for teens interested in cooking to learn the basic skills and techniques needed to embark on a lifetime of cooking. Participants will learn basics in: kitchen safety, proper food handling, food preparation, cooking and baking techniques, presentation, table setting and manners all organised around a theme.

Vocational and life skill programs

**Resume and interview preparation**
**GIRLS AND BOYS AGED 16+**
This workshop is designed for senior students who have limited experience with resume writing and interview preparation. It will be particularly useful for those keenly sought after job or for those who may be applying to enter university. The workshop is interactive and informative and includes the following modules: resume guidelines, sourcing roles, using social media and networking, personal presentation, the handshake, body language / communication style, the interview – what questions to expect and how best to respond and beyond the interview.

**Social media safety**
**GIRLS AND BOYS AGED 8-14YRS**
This workshop will provide you with an opportunity to learn more about today’s popular network tools, including Twitter, Facebook and YouTube. You will cover the important aspects of how to stay safe when using the internet and other digital technologies, internet safety issues, the steps to take if you are concerned about internet safety and cyber bullying. You will walk away from this workshop more aware of the risks posed online.
Holiday Programs

Educational skill programs

Computer Buffs
BOYS AND GIRLS YEARS 3-6

This 3 day program is all things computers for primary school ages boys and girls. You will explore computer art: virtual pets and animals, digital music, game design, internet hunts and more. Don’t forget to bring your sandshoes as keeping active whilst sitting down for long periods of time is a must.

Debating Introduction
GIRLS AND BOYS YEARS 4-6

This is an introductory workshop designed for students who are interested in beginning debating. Course content features: the rules and roles in the sport of debating, brainstorming strategies, how to structure arguments, basic rebuttal techniques; and exercises and practice debates with example topics. Student-teacher ratio is kept low to ensure each student receives individualized feedback.

Foundations of Leadership
BOYS AND GIRLS YEARS 8-9

Teenagers are always excited to be selected for positions of leadership. The challenge in developing these students is to harness their enthusiasm such that they make a positive impact on their peers and school community. The Foundations of Leadership 1 day workshop will build on these skills by focusing on education (knowledge and understanding), experience (practical and interactive) and enjoyment (fun and exciting). Within this context, student leaders will understand their role, the skills needed to be effective leaders and the dynamics if working in a team.

Little literacy
YEAR K-2

This program is designed for students who have an enthusiasm to extend their learning through reading and writing activities. Small group interactions with a teacher will allow for children’s questions to be answered and their interests to gear the learning in a way that is fun and multi-sensory.

Students may also need time to reflect and revise on topics that they have been learning about in their classes. This program will allow students to consolidate their learning, read out loud and grow confidence in their own learning ability.

Marvelous mathematics
YEAR K-2

Add subtract, multiply or divide numbers within your reach to calculate your way to the finish line. Who said that maths isn’t fun? Fancy speeding up your times tables by racing a car around a track or running a ‘tuck shop’ to practice your money and financial literacy? Measure the playground then set it up for a game, time relay races and learn about cubic metres by building an actual cubic metre. Who said that learning is confined to a classroom? On this program you will see that we use maths everywhere and in everything.

Public speaking essentials
GIRLS AND BOYS YEARS 7-9

The ability to speak confidently is crucial to a high school student’s academic and social success. We teach students the foundations of good public speaking and reinforce this through classroom practice. The techniques students will learn to overcome fear and prepare for formal speaking situations can be used to improve their confidence in social interactions and structure in written school work. Course content will also feature: group presentation techniques and exercises, essential techniques for making speeches, manner, method and matter, use of visual aids, specific skills for school English speeches and extensive practice at impromptu speeches.

Study Skills
BOYS AND GIRLS YEARS 9-12

During this 3 day program, students will be taught learning strategies that are simple, easy to understand and to apply. These strategies will help to break down the study process into smaller more manageable chunks. As well as learning study techniques, these young adults also learn life-skills such as self-discipline, goal setting, time management, respect towards others and a need for positive attitudes.
In 2016, all girls involved in Beyond the Curriculum dance and drama will have the opportunity to perform in the BTC performing arts showcases.

Our drama students will showcase their work on Thursday 12 November 2015 commencing at 6.30pm.

Our dance students will showcase their work on Friday 13 November 2015 at 1pm for a matinee and then again at 6.30pm.

An invitation to attend the Beyond the Curriculum Performing Arts Showcase is extended to all St Catherine’s students, their parents and anyone in the wider community.

Please keep an eye on StCathsConnect in the Beyond the Curriculum area for further information throughout the year.