



St Catherine's School



# Junior School Co-curricular

HANDBOOK

# Sporting Co-Curricular Programs

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- Gymnastics: St Catherine's School
- Dance: Elevator Studios
- Aussie Aths: Run Ready

## Junior School Run Co-Curricular Programs

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### Sporting Co-Curricular Offerings

A number of Sporting Co-curricular opportunities are available to students from Prep to Year 6. These programs are run by external providers. Further information regarding specific times and enrolment procedures is available through the Parent Portal page.

- H2O Swim Works – Learn to Swim
- Gymnastics - St Catherine's School
- Elevator Studios - Introductory Dance
- Run Ready – Aussie Aths

Visit: <https://myportal.stcatherines.net.au/homepage/15633>

#### Aquatics – H2O Swim Works

The H2O philosophy can be best summed up by its motto: Swim to Live: Live to Swim. H2O are passionate for swimming and believes that it is the best form of exercise for all. H2O aim to share the joy

and the benefits by providing a variety of programmes that cater towards the needs of the entire family, irrespective of ability.

At St Catherine's, H2O delivers Learn to Swim, development Swim Squads, Competitive School Swim Programs, Performance Pathway and Adult Swimming.

Please contact H2O Toorak for all enquiries:

Ph: 0404 596 457

Email: [toorak.h2o@hotmail.com](mailto:toorak.h2o@hotmail.com)

Website: [www.h2oswimming.com.au](http://www.h2oswimming.com.au)

### **Gymnastics Gym Skills – St Catherine's School**

The St Catherine's Gymnastic Program has been developed around the Gymnastics Victoria Gym Skills program. This is a fundamental movement skills program, designed to increase children's confidence and competency in movement, through the enjoyment of gymnastics.

We deliver a Junior (ELC 4yr Old – Year 2) and Senior (Year 3 – 9) Program.

Please contact St Catherine's School Sport Department for all enquiries: Ph: 9822 1285 Email: [lknight@stcatherines.net.au](mailto:lknight@stcatherines.net.au)

### **Dance – Elevator Studios**

Elevator Studios aim is to create a place where children can develop a lifelong love of dance, music and movement. To achieve this, Elevator Studios balances technical skills with important life learnings in respect, discipline, teamwork, commitment and the joy associated with working hard and achieving ones' goals.

Elevator Studios deliver the Kinder Ballet & Jazz (ELC), Jazz (Prep) and Jazz-Hip Hop (Years 1 -2 and Years 3-4).

Please contact Elevator Studios for all enquiries:

Ph: 9077 5459

Email: [info@elevatorstudios.com.au](mailto:info@elevatorstudios.com.au)

Web: [www.elevatorstudios.com.au](http://www.elevatorstudios.com.au)

## **Aussie Aths – Run Ready**

Aussie Aths is athletics, but not as you know it. Aussie Aths is a health and fitness program for children aged 5 – 13 years based on athletics. It's about learning to go faster, higher, further in a fun environment that children of all abilities will enjoy. Aussie Aths develops the ABCs – agility, balance, coordination and speed of every child in a fun, game-based program.

Aussies Aths will deliver Active (Prep-Year 2) and Accelerate (Year 3 – 6) Programs.

Please contact Aussie Aths for all enquiries:

Ph: 9822 7116

Email: [hello@aussieaths.com.au](mailto:hello@aussieaths.com.au)

Web: [www.aussieaths.com.au](http://www.aussieaths.com.au)

## **Afterschool Sport**

Afterschool sport is an optional offering for Years 3 and 4 students on a Monday afternoon from 3.30pm – 4.30pm. The program is compulsory for Year 5 and Year 6 students on a Tuesday afternoon from 3.30m – 5.00pm. It is a wonderful opportunity for the girls to practice the skills, strategies and game play that they have been learning through the core PE program. House competitions and preparation for Interschool Sport are also played during this time.

Please contact Mr Tom Crebbin [tcribbin@stcatherines.net.au](mailto:tcribbin@stcatherines.net.au)

## **Art Club**

Art Club is offered twice a week at lunchtime to Years 2 and Year 4 throughout the year. It is an open-door lunchtime activity, with students attending on a week-by-week basis. It is a wonderful opportunity for students to further explore and express their creativity.

Please contact Ms Catherine Samuel [csamuel@stcatheriens.net.au](mailto:csamuel@stcatheriens.net.au)

## **Chess Club**

Students have the opportunity to learn chess strategies, play chess tournaments against one-another, and compete in Interschool Chess tournaments. The Chess Club is open to students Years 1 – 6 (Prep from Semester 2) of all abilities, from beginners through to advanced players. It is offered two mornings a week; Friday morning for Year 1 to Year 3 students and Thursday morning for Year 4 to Year 6 students.

Students are always encouraged to come and try Chess but we do ask students to commit to the Chess Club on an on-going basis if they wish to continue.

Please contact Ms Catherine Samuel [csamuel@stcatheriens.net.au](mailto:csamuel@stcatheriens.net.au)

## **Debating (NEW in 2019)**

Debating is offered to Year 6 students as an additional lunchtime activity, Mondays - 12.45pm – 1.30pm. The program is an introduction to debating for Year 6 students that provides training in the basic skills and structure of debating, and gives students an opportunity to participate in 'friendly' debates within school, and possibly at Interschool Competitions. There will be an introductory session for girls to see if they are interested after which, it is expected girls make a commitment to attend for the year.

Please contact Mrs Sue Duffy for Expression of Interest  
[sduffy@stcatherines.net.au](mailto:sduffy@stcatherines.net.au)

## **Early Birds – French (NEW in 2019)**

This year we will be trialling an Early Birds –French morning session (Tuesdays 8.00am – 8.40am) for new students in Year 5 and Year 6 who have not studied French previously. Mr Andrew Gold will run these sessions to help support new students access the classroom French program. Mr Gold will communicate with parents if their daughter is invited to attend.

Please contact Mr Andrew Gold [agold@Stcatherines.net.au](mailto:agold@Stcatherines.net.au)

## **Early Birds – Learning Plus**

Learning Plus is run Monday to Friday, 8.00am – 8.40am to provide additional support to individual and small groups of students. Learning Plus will contact parents should a program be beneficial to their daughter's learning.

Please contact Mrs Chris Hogan [chogan@stcatherines.net.au](mailto:chogan@stcatherines.net.au)

## Environment Club

The Environment Club is led by Ms Simone Schilte and supported by Junior School teachers who run a number of programs around educating and encouraging environmentally sustainable practices.

Environment Club is offered Tuesday fortnightly, 12.45pm – 1.30pm for students in Years 4 – 6 (Year 3 are invited to join in Semester 2). While existing members retain their membership from one-year to the next, those interested in joining are invited to email the Head of Junior School to express their interest early in Term 1.

Please contact Ms Simone Schilte [sschilte@stcatherines.net.au](mailto:sschilte@stcatherines.net.au)

## French Club

Junior School will be offering two Co-Curricular French Language programs. Les Lucioles is for students in Years 2 and 3 (Thursday recess), in which students will have the opportunity to play French language games, sing new songs and experience French cuisine! Club Français de Barbreck, for Years 4, 5 and 6 (Friday recess), is open to students of all abilities and focuses on French conversation, grammar and French culture/cuisine.

Please contact Mr Andrew Gold [agold@Stcatherines.net.au](mailto:agold@Stcatherines.net.au)

## Junior Joggers

Conducted Wednesdays 7.30am – 8.15am for Years 3 – 6 students. This is always a very popular morning activity and a wonderful way to start the day. Join students and teachers from across the Junior School with a walk, jog or run and finish your program with a visit to the café for breakfast. All ability levels are welcome and catered for through the program. It is important that girls do arrive on time and are ready to start running at 7.30am, as the groups will depart on time.

Please contact Mrs Jenny De Nardis [idenardis@stcatherines.net.au](mailto:idenardis@stcatherines.net.au)

## Junior School District Training

Squad style training will be offered to students who are selected through House Sporting competitions and additional criteria to represent the school at District level. The focus of training will change throughout the year dependent on the upcoming District Carnival. Mr Tom Crebbin will contact parents regarding their daughter's selection into the St Catherine's team and explain the Tuesday morning 7.15am – 8.15am training program.

Please contact Mr Tom Crebbin [tcribbin@stcatherines.net.au](mailto:tcribbin@stcatherines.net.au)

## Music Ensembles

Throughout the week there are a number of different instrumental ensembles and choirs that rehearse. The Rehearsal schedule will vary from before school, during lunch or recess. If your daughter is invited, they will be notified regarding the rehearsal schedule.

Please contact Mrs Melissa Dods, Junior School Head of Music [mdods@stcatherines.net.au](mailto:mdods@stcatherines.net.au) or Ms Lauren Martin, Music Department Administrative Assistant [lmartin@stcatherines.net.au](mailto:lmartin@stcatherines.net.au)

## Years 3 – 6 Independent Study Group

Please also note that in place of Homework Happenings there will be a Years 3 – 6 Independent Study group that will cater for students who are participating in 4.30pm co-curricular activities or have a sibling attending a Monday, Wednesday and Thursday 3.30pm – 4.30pm activity. Due to the changes to afternoon co-curricular activities and limited places in the group, priority will be given to students who are participating in a 4.30pm co-curricular activity, as we are very aware that the time between finishing school and activities starting is not a long enough period of time for parents to use productively, but can be effectively utilised for students to complete homework. The session will still be supervised and overseen by Junior School teachers and students will be expected to bring homework, classwork to finish or a book to read.

Please contact Mrs Victoria Baldacchino [vbaldacchino@stcatherines.net.au](mailto:vbaldacchino@stcatherines.net.au)