



2019

Cocurricular Handbook



Hunter Valley
Grammar School

Co-curricular Activities

At Hunter Valley Grammar School Students can choose from a wide range of region-leading academic, cultural and sporting co-curricular activities.

Co-curricular activities are linked in the overall holistic development of the student. A wide ranging co-curricular program complements the academic life of students. We encourage all students to become highly committed in both of these domains.

This handbook summarises our cultural, sporting and related co-curricular opportunities for the information of parents and students. Should you have any queries, please do not hesitate to contact, depending on the area of interest, Mr Tony Burgess (Director of Sport) or Mr Johnston Parkinson (Director of Music) or any of the co-ordinators listed in the Handbook.

We look forward to seeing all students take a full and active part in the co-curricular life of the school.

Student responsibilities

We must insist that, when a student accepts membership of a school team or group, she or he accepts all the commitments involved in that membership. It is, therefore, not acceptable for students to miss practices, matches or performances or to arrive late for these commitments.

While students must be discouraged from making personal arrangements which conflict with their co-curricular commitments, it is important also that parents do not place their children in a position that forces them to compromise their responsibilities to their team or group. We encourage parents to recognise their child's obligations to his/her team or group, and ensure that these obligations are met.

If for some reason a student is unable to attend a practice session, a written note from parents or carer, requesting that a student be excused will be required for students. This should be given to the appropriate coach. Students will appreciate that this is only a matter of common courtesy.

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Junior School K-2 Choir

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Sheree Harvie
Brief Description of activity/competition:	Rehearsals and performances
Year levels involved:	Years K – 2
Length of season or terms involved:	All Year
Rehearsal times:	Wednesday 7.50am - 8.30am
Venue:	K-2 Multi-purpose Room
Approx. costs involved:	Nil
Other requirements/information:	In person
Equipment Required	Nil

Junior School 3-6 Choir

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Sara Cutler
Brief Description of activity/competition:	Rehearsals and performances
Year levels involved:	Years 3 - 6
Length of season or terms involved:	All year
Rehearsal times:	Thursday 7.50am – 8.30am
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/information:	N/A
Equipment Required	Nil

Senior Vocal Ensemble

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Sarah Cutler
Brief Description of activity/competition:	Rehearsals
Year levels involved:	Years 7 - 12
Length of season or terms involved:	All year
Rehearsal times:	Monday 8:00-8:50am
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/information:	Nil
Equipment Required	Nil

Concert Band

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Matthew Law
Brief Description of activity/competition:	Concert Band Rehearsals
Year levels involved:	Years 4 onwards
Length of season or terms involved:	All year
Rehearsal times:	Friday 7.50am – 8.30am
Venue:	Percussion Studio
Approx. costs involved:	Nil
Other requirements/information:	Instrument
Equipment Required	Black Spiral Bound A4 Folder, Pencil & Eraser

Symphonic Wind Ensemble

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Jack Machin
Brief Description of activity/competition:	Concert Band Rehearsals
Year levels involved:	Years 7 – 12 (Junior School Students by invitation.)
Length of season or terms involved:	All year
Rehearsal times:	Tuesday 3.00-4.30pm
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/ information:	Instrument
Equipment Required	Black spiral bound A4 folder, pencil and eraser

Stage Band

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Steve Gidney
Brief Description of activity/competition:	Stage Band Rehearsals
Year levels involved:	Selected Years 7 – 12 students
Length of season or terms involved:	All Year
Rehearsal times:	Tuesday 4.30pm – 6.00pm
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/ information:	Instrument
Equipment Required	Black Spiral Bound A4 Folder, Pencil & Eraser

Swing Band

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Craig Parish
Brief Description of activity/competition:	Swing Band rehearsals and performances
Year levels involved:	Participation via invitation only
Length of season or terms involved:	All Year
Rehearsal times:	Monday 8.00pm – 8.30pm
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/information:	Instrument
Equipment Required	Black Spiral Bound A4 Folder, Pencil & Eraser

Brass Ensemble

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Fiona Watson
Brief Description of activity/competition:	Brass rehearsals and performances
Year levels involved:	Participation via invitation only
Length of season or terms involved:	All Year
Rehearsal times:	Wednesday 12.30pm-1.00pm
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/information:	Instrument
Equipment Required	Black Spiral Bound A4 Folder, Pencil & Eraser

Marstringbo String Ensemble

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Johnston Parkinson
Brief Description of activity/competition:	Rehearsals and performances
Year levels involved:	Years 7 – 9 with appropriate recommendation from Music teacher.
Length of season or terms involved:	All Year
Rehearsal times:	Tuesday 7.50am – 8.30am
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/ information:	Nil

Senior String Ensemble

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Johnston Parkinson
Brief Description of activity/competition:	Rehearsals and performances
Year levels involved:	Years 6 - 12
Length of season or terms involved:	All Year
Rehearsal times:	Tuesday 3.00pm – 4.30pm
Venue:	Music Rm M1
Approx. costs involved:	Nil
Other requirements/ information:	Instrument
Equipment Required	Black Spiral Bound A4 Folder, Pencil & Eraser

Thump Percussion Ensemble

Co-ordinator:	Steve Morton
Email:	mortons@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Steve Morton
Brief Description of activity/competition:	Rehearsals and performances
Year levels involved:	Junior school students (by invitation only)
Length of season or terms involved:	All Year
Rehearsal times:	Thursday 3.00pm – 4.00pm
Venue:	Percussion Studio
Approx. costs involved:	Nil
Other requirements/information:	In person
Equipment Required	TBA

P-Crush Percussion Ensemble

Co-ordinator:	Steve Morton
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Steve Morton
Brief Description of activity/competition:	Rehearsals and performances
Year levels involved:	Year 7-12, others by invitation
Length of season or terms involved:	All Year
Rehearsal times:	Friday 3:00pm – 4:30pm
Venue:	Percussion Studio
Approx. costs involved:	Nil
Other requirements/information:	In person
Equipment Required	TBA

Symphony Orchestra

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Johnston Parkinson
Brief Description of activity/competition:	Symphony Orchestra Rehearsals
Year levels involved:	Participation via invitation only
Length of season or terms involved:	All Year
Rehearsal times:	Selective Tuesdays 3.00pm-4.30pm as set by Conductor
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/information:	Instrument
Equipment Required	Nil

UPBEAT! Percussion Ensemble

Co-ordinator:	Steve Morton
Email:	mortons@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Steve Morton
Brief Description of activity/competition:	Rehearsals and performances
Year levels involved:	Junior School Years 4-6 at the discretion of Steve Morton (Percussion students take precedence)
Length of season or terms involved:	All Year
Rehearsal times:	Wednesday 3.00pm – 4.00pm
Venue:	Percussion Studio
Approx. costs involved:	Nil
Other requirements/information:	In person
Equipment Required	TBA

Stringendo String Ensemble

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Jamie Pollock
Brief Description of activity/competition:	A great introduction to being in a String ensemble for beginner string players participating in group or individual lessons.
Year levels involved:	All beginner string players
Length of season or terms involved:	All year
Rehearsal times:	Tuesday 7.50am – 8.30am
Venue:	M5
Approx. costs involved:	Nil
Other requirements/information:	
Equipment Required	Instrument, black spiral bound A4 folder, pencil and eraser

Chamber Ensembles

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	N/A
Brief Description of activity/competition:	String Quartets, Piano Trios, Woodwind Ensemble, Brass Ensemble
Year levels involved:	Students invited to participate from Years 3 - 12
Length of season or terms involved:	All Year
Rehearsal times:	Lunchtime rehearsals negotiated with the specific director
Venue:	Music room to be advised by specific coach
Approx. costs involved:	Nil
Other requirements/information:	Music Folder
Equipment Required	Instrument and Music

Junior Guitar Ensemble

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Kevin Dangel
Brief Description of activity/competition:	Guitar rehearsals
Year levels involved:	Years 3 - 6
Length of season or terms involved:	All year
Rehearsal times:	Monday 10.45am-11.15am
Venue:	Music room M5
Approx. costs involved:	Nil
Other requirements/information:	Instrument
Equipment Required	Black spiral bound A4 folder, pencil & eraser

Le Petit Toot

Co-ordinator:	Johnston Parkinson
Email:	parkinsonj@hvgs.nsw.edu.au
Staff Room:	Music Block
Conductor	Craig Parish
Brief Description of activity/competition:	A great introduction to being in a Concert Band for beginner band instrumentalists participating in group or individual lessons.
Year levels involved:	All beginner band instrumentalists
Length of season or terms involved:	All year
Rehearsal times:	Friday 7.50am – 8.30am
Venue:	Orchestra Room
Approx. costs involved:	Nil
Other requirements/information:	Instrument
Equipment Required	Black spiral bound A4 folder, pencil & eraser

Aerobics

Co-ordinator: Maree Karaka

Email: karakam@hvgs.nsw.edu.au

Director of Sport: Tony Burgess email: burgessst@hvgs.nsw.edu.au

Staff Room: Junior School

Head Coach: Allira Bull

Teacher in Charge: Maree Karaka

Brief Description of activity/competition: A 2 minute team routine choreographed to music and judged on synchronisation, technical, artistic and showmanship categories. Training will involve strength, flexibility and learning a routine methodically.

Competitions / Performances: Term 1 to 4. State and National Competitions (selected students only)
Term 3 - Aerobics Development Program

Year levels involved: Years 1 - 12

Length of season or terms involved: All Year - as above

Representative Students - Terms 1 - 4
Primary - Tues and Thurs 3.00pm - 4.15pm
Secondary - Tues and Thurs 4.15pm - 5.15pm

Rehearsal times:
Aerobics Development Program
Terms 3 - 4 Thurs 3.00pm - 4.15pm

Venue: Cameron Centre

Registration: Representative Squad - \$400
Includes coaching, competition fees and end of year presentation.

Approx. costs involved: Competition Uniform:

Leotard \$150

Shoes \$110.00

Aerobics Development Program - tbc

Other requirements/information: Students are to represent the School at all events and commit to their team for the duration of the year.

Students must attend all competitions in School sports uniform

Basketball

Co-ordinator:	Junior - Rebecca Gallego /Senior - Tony Burgess
Email:	gallegor@hvgs.nsw.edu.au / burgessst@hvgs.nsw.edu.au
Staff Room	JS Register via Qkr! /PDHPE Staffroom
Location:	Maitland Basketball Stadium, Bent St Maitland
Head Coach	Maitland Mustangs Coaches
Director of Sport	Ross Murdoch-Junior / Tony Burgess-Senior
Year levels involved:	Years 1 - 12
Length of season or terms involved:	All Competitions run during Term 2 & 3. Some Senior School representative duties such as HRIS and AICES representation takes place in Term 1
Training times:	Senior teams train leading up to the HRIS Gala 3:15 – 4:30pm in the Cameron Centre. Day tbc Junior School teams train Fridays 3:15 – 4:15pm in the Cameron Centre
Venue:	School Teams for HRIS Events train during school times in Cameron Centre. Junior School teams train in the Cameron Centre at HVGS and play games at Maitland Basketball Courts.
Approx. costs involved:	Club Teams. Cost incurred are for HVGS registration (approx. \$15) plus Maitland Club fees (approx. \$70) as well as game fees (approx. \$90 per year). No cost involved for knockout or HRIS events. A basketball uniform is also required – purchased from the Uniform Shop.
Other requirements/ information:	Further representative opportunities are available to our talented Basketball players. In the Junior School there is a CIS team to play at PSSA. In Senior School, HRIS, AICES and CIS teams are selected in the Open divisions JUNIOR SCHOOL SKILLS CLINIC – Friday March 8th, 15th, 22nd in the Cameron Centre. Register via Qkr!

Cricket

Co-ordinator: Fletcher Williamson

Email: williamsonf@hvgs.nsw.edu.au

Staff Room: C Block Staffroom

Head Coach Different Coaches for each team

Director of Sport Ross Murdoch-Junior / Tony Burgess-Senior

Brief Description of activity/competition:

Representative: HVGS has three representative cricket teams. In the Junior School the team plays in the Reg Kelly local competition during school time. The Senior School team plays in the Hunter Schools T20 competition and Wiburnd Shield, whilst our First XI play in the Douglas Shield State knockout competition. Saturday Club – HVGS enters teams in to the Maitland District Junior Cricket competition over summer.

Year levels involved: Years K - 12

Length of season or terms involved: Term 4 and Term 1 the following year (Summer Terms)

Training times: Junior Blasters 10 weeks (term 4/1) Tuesday Afternoons 3-4pm

Junior School representative teams during Sport time

Secondary on Thursdays 3.15pm – 4.30pm

Venue: HVGS Cricket nets

Approx. costs involved: Nil

Other requirements/ information:

Further representative opportunities are available to our talented cricketers. In Junior School there is a CIS team for boys and for girls to play at PSSA. In Senior School, CIS and NSW Country Schools teams selected are at U15 and Open divisions.

Equestrian

Co-ordinator: Alexandria Lucas

Email: lucasa@hvgs.nsw.edu.au

Staff Room: D Block Staffroom

Representative: HVGS provides opportunities for students to represent HVGS in a number of equestrian disciplines. These include dressage, show jumping, sporting, rider classes and hacking.

Brief Description of activity/competition: These events are conducted at venues in and outside the Hunter Region. The school hosts its own Equestrian Championships each year. Competitions at the Championships are held in Dressage and Show jumping. These Championships are open to equestrian students from all schools.

Year levels involved: Years 3 - 12

Length of season or terms involved: Equestrian events take place throughout the year.

Training times and venue: Equestrian students train their own horses outside school hours. When students reach a high level in their chosen discipline, they can make representation to the School to have lessons during sport time. HVGS training days to be arranged during the year.

Approx. costs involved: Costs are dependent on the level of involvement of the student. There are costs associated with the purchase of a horse, tack, attire, travel, entry fees and lessons.

Other requirements/information: When competing for HVGS riders need to wear the School tie, School jumper, white shirt, sand coloured jodhpurs and riding boots. Students have access to Equestrian team saddlecloths.

Football

Co-ordinator:	Saturday Club/Junior School: Cameron Wallace Senior School: Tony Burgess
Email:	wallacec@hvgs.nsw.edu.au / burgessst@hvgs.nsw.edu.au
Staff Room:	JS Regtister via Qkr! /PE staffroom
Head Coach	Senior School: Sam Webb (JS – see JS Handbook)
Director of Sport	Ross Murdoch / Tony Burgess
Year levels involved:	Kinder - 12
Length of season or terms involved:	Competitions run during Term 1, 2 & 3. HVGS runs a Football Club that plays in the Newcastle/Hunter Football Association as well as School based representative teams.
Training times and venue:	Senior School: Thursdays 3-4.15pm leading up to competitions.
Approx. costs involved:	Weekend teams pay a registration fee for the competition which ranges from \$150 - \$200. There is no cost involved for players that represent the school in school based competitions.
Other requirements/ information:	Students follow the HRIS, AICES, CIS representative pathways for school based teams.

Hockey

Co-ordinator: Rebecca Hassett

Email: hassettr@hvgs.nsw.edu.au

Staff Room: Junior School

Director of Sport Ross Murdoch/ Tony Burgess

Brief Description of activity/competition: Summer competition at Maitland Hockey Fields

Year levels involved: Years 3 – 8

Length of season or terms involved: 8 weeks in Term 4

Training times and venue: Training at School – Tuesdays 3-4pm in Term 4
Games held Thursdays 5-6pm at Maitland Hockey Centre

Approx. costs involved: Approx. \$65 – rego and turf fees

Venue: Maitland Hockey Centre

Equipment Required Mouthguard, shin pads and stick. HVGS sport shorts and soccer socks required

Other information Senior School students have the opportunity to trial for HRIS representative teams in Term1
Junior School students can trial for CIS teams

Netball – registrations are completed.

Co-ordinator: Amanda Osmond

Email: osmonda@hvgs.nsw.edu.au

Staff Room: PDHPE Staffroom

Head Coach Amanda Osmond

Director of Sport Ross Murdoch

Year levels involved: Kinder - 12

Length of season or terms involved: All Year

Training times and venue: Cameron Centre, Primary & Secondary Netball Courts. Training - teams will have individual days Mon thru to Fri 3:15 to 4: 00 or 4:30pm. More accurate individual time will be allocated at the beginning of the season.

Approx. costs involved:

Net Set Go (5-9yr)	\$180 (minus \$100 with Active Kids Rebate)
Junior (10-17 yrs)	\$ 320 (minus \$100 with Active Kids Rebate)
Senior (18+ yrs)	\$350 (minus \$100 with Active Kids Rebate)
Representative teams:	Nil

Other requirements/ information: Students Years 10 and up are able to coach primary aged teams as part of their service portfolio. Students Years 7 and up can nominate themselves to umpire Saturday games with compensation available. Students and parents will be required to assist with a variety of duties from coaching & managing teams, canteen duties, umpiring. Further representative opportunities are available to our talented Netballers. In Junior School there is a CIS team to play at PSSA. In Senior School, HRIS, AICES and CIS teams are selected in U15 and Open divisions.

Volleyball

Co-ordinator: Loodia Sheeba

Email: sheebal@hvgs.nsw.edu.au

Staff Room: PDHPE staffroom/ Music Staffroom

Brief Description of activity/competition: HVGS enters teams into the State NSW Volleyball Schools Cup. The draw is released in Term 1 for the whole year

Year levels involved: Years 7 - 12

Length of season or terms involved: All Year

Training times and venue: Wednesdays in the Cameron Centre, 3.00pm – 4.30pm

Approx. costs involved: Nil

**Other requirements/
information:** Nil

Equipment Required: Nil

Dancesport

Co-ordinator:	David Taylor
Email:	taylor@hvgs.nsw.edu.au
Location:	Cameron Centre. Competitions are run Nation-wide.
Head Coach:	David Taylor (C Grade masters 1 competitor)
Brief Description of activity/competition:	Dancesport competitions are run in Sydney on weekends. Students will be trained to compete in social/graded competitions in New Vogue, Modern, Latin, American, English Old Time.
Year levels involved:	Years 4 - 12
Length of season or terms involved:	All Competitions run from March until December.
Training times and venue:	Students are trained on Wednesdays in the Cameron Centre, 3.05pm – 4.00pm each week.
Approx. costs involved:	Students are expected to purchase shoes ranging from \$75-\$180. Entry to events from \$12-\$40. Once students are elevated to D grade, lessons are provided by an accredited coach at \$10 per hour. Students will also need to purchase costume ranging \$350-\$1500 once elevated.
Other requirements/information:	Students can become registered to elevate through grades. They will need to join Dancesport and SATD (\$70 annually for each organisation).

Rhee Tae Kwon Do

Co-ordinator: Chris Devorsine

Email: devorsinec@hvgs.nsw.edu.au

Director of Sport: Ross Murdoch

How do I join? : Register via Qkr!

Teacher in Charge: Chris Devorsine

Brief Description of activity/competition:

Rhee Tae Kwon-Do is a martial art school in Australia and New Zealand, which teaches the Korean martial art of taekwondo. Rhee Tae Kwon-Do is more than just learning the art of self-defence. Students as young as five years old learn about a strong sense of justice, self-discipline, perseverance, compassion, humility and integrity.

Competitions, Performances:

Term 1 to 4. Action Day with World Master Chong Chul Rhee (Founder RTKD Australia) 4 times yearly.

Year levels involved: Kinder – 12

Length of season or terms involved:

All Year – as above

Training times and venue:

Thursday afternoons in the Cameron Centre Foyer
3.00pm – 4.45pm.

Approx. costs involved:

Yearly Registration: \$40
Monthly Training Fee: \$70
Dobok (Uniform): \$85 (only to be purchased after 1 month's participation or decision is made to continue training long term).

Rowing

Co-ordinator: Tom Herborn

Email: herbornt@hvgs.nsw.edu.au

Staff Room: Rowing Centre

Head Coach Tom Herborn

Director of Sport Tony Burgess email: burgessst@hvgs.nsw.edu.au

Brief Description of activity/competition:

HVGS competes in regattas run locally by the Central Districts Rowing Association, state wide by the NSW Rowing Association and School Championships run by the Independent Schools Rowing Association and Rowing Australia.

Year levels involved: Years 7 - 12

Length of season or terms involved: Training runs from the beginning of Term 3 to the end of Term 1 of the following year. The regatta season runs over Terms 4 and 1.

Training times: Weekday mornings 6.00 - 8.00am, afternoons 3.00 - 5.00 pm & Saturday mornings 6.00 - 9.00 am.

Venue: School Boat Shed - Hunter River, Duckenfield Road, Berry Park.

Approx. costs involved: Racing squad fee of \$500 depending on squad. Rowing specific uniforms required approx. \$200.

Other requirements/information:

Applicants must be able to swim 100 metres in sports clothing (verified by parent on application form). Rowers compete in school sports uniform but experienced rowers may choose to purchase racing singlets or zoot suits. Several regattas require overnight accommodation in Sydney. The School also has a Rowing Supporters Group in which parents are welcome to participate.

A Learn to Row program is run for novice rowers

Rugby

Co-ordinator: John Guy

Email: guyj@hvgs.nsw.edu.au

Staff Room: Senior School Heads of House Office (Library)

Head Coach John Guy (Level 2 coach)

Brief Description of activity/competition:

HVGS has five representative Rugby teams. Junior School players from Years 5 and 6 play in the Digby Rayward Shield. This is a Gala Day style competition featuring local schools. Our Yr 7/8 team and 9/10 team play in the NSWRU Schoolboys 7s cup, Country to Coast Cup and the Alumni and McKendry Shields. The 1st XV play in the Statewide Waratah Cup and 7s competition. They also play in the HVGS sponsored Hawthorne Shield. An annual clash I U14s –U18s is held against Central Coast Grammar School.

Year levels involved: Years 5 - 12

Length of season or terms involved: Terms 1, Term 2 and Term 3

Training times and Venue: 1st XV training Thursday from 7.00am . Other teams train Wednesday 3.15pm – 4.30pm. Training to start week 4 Term 1

Approx. costs involved: Players are required to purchase HVGS rugby shorts and socks from the Uniform Shop. Members of the 1st XV have the opportunity to purchase individual playing strip. The cost is approximately \$60.00.

Other requirements/information: It is mandatory for all players to wear mouthguards. Head gear is optional for players in Years 7-12 and compulsory for players in Years 5-6. Players must have parental permission to play. Players can seek further representation through the CIS Primary Rugby Squad, AICES for U16s and U18s. Registration for teams take place in February each year. The school also undertakes Rugby tours to New Zealand every second year for U15/U16 age groups and to the Emirates Airlines Dubai International U18 7s each year in December.

Running Group

Co-ordinator: Rebecca Hassett

Email: hassettr@hvgs.nsw.edu.au

Staff Room: Junior School Staffroom

Brief Description of activity/competition: A great chance to practice and train for upcoming school and community carnivals. Whether you be an experienced and accomplished athlete or just looking to improve your fitness level, the Running Group is a fun community to get active in!

Year levels involved: Years 3 - 12

Length of season or terms involved: Term 2 and 3

Training times and venue: Commences in Week 1 of Term 2.
Tuesdays 3.15pm – 4.00pm

Approx. costs involved: Nil

**Other requirements/
information:** Nil

Table Tennis

Co-ordinator: Angela Roughan

Email: roughana@hvgs.nsw.edu.au

Staff Room: Mathematics Staffroom

Brief Description of activity/competition: Round Robin Table Tennis Competition that is open to staff, students and parents.

Year levels involved: Years 6 - 12

Length of season or terms involved: Term 4 only

Rehearsal times: The Competition will run every Wednesday afternoon from 3:15-4:30pm

Venue: Cameron Centre

Approx. costs involved: \$5 per week (\$40 total)

Other requirements/information: This is a fundraising activity for the Zimbabwe Service Tour

Equipment Required: Students may bring their own bat or borrow a bat from school

Tennis

Co-ordinator: Angela Roughan

Email: roughana@hvgs.nsw.edu.au

Staff Room: B Block – Mathematics

Head Coach: Lauren Roach and supporting coaches (Jessica Wade, Julie Youman, Ross Mayall, Wendy Chantler, Kim Dickson).

Brief Description of activity/competition: HVGS competes in HRIS Tennis annually in Years 3-6; as well as Junior and Senior. These events lead to AICES and CIS Levels as a team's event. Additionally, students enter AICES and CIS individual events, providing pathways for access to State and National Representation. Tennis Hotshots is now integrated into Junior school sport. There are two Hotshots groups throughout term in the afternoon.

Year levels involved: Kinder - 12

Length of season or terms involved: Primary: Term 1-4
Secondary: Terms 1 & 4

Training times and venue: Prior to HRIS Events in Terms 1 and 4, teams train during lunchtimes throughout the weeks at HVGS courts. Hotshots groups are 3:15 – 4:15 on the school tennis courts Term 1-4 (not during holiday time).

Approx. costs involved: Additional coaching available offered by Lauren Roach (Head coach).

Applicants for HRIS and AICES must be players engaged at a competitive level, usually who have had some coaching and prior competitive experience.

Other requirements/information: Primary: A beginner's coaching programme aimed at introducing students to basic tennis routines.

Touch Football

Co-ordinators: Sarah Vesper / Elissa O'Brien

Email: vespers@hvgs.nsw.edu.au / obriene@hvgs.nsw.edu.au

Staff Room: Junior School / PDHPE Staffroom

Head Coach Elissa O'Brien (Level2)

Director of Sport Ross Murdoch-Junior / Tony Burgess-Senior

Year levels involved: Years 2 – 6 for Term 4, Maitland competition
Years 7 - 12 Representative teams

Length of season or terms involved: Terms 1 and 4

Training times: Junior Teams : Training Thursdays 3-4pm in Term 4
and Games from 5-7.30pm
Senior Teams: Tuesdays 3-4.15pm leading up to Gala

Venue: Rugby Oval

Approx. costs involved: The Maitland Touch fee is approx. \$75

**Other requirements/
information:** In the Secondary School, HRIS, AICES and CIS teams are selected in the 15
Years and Open divisions.

Snowsports

Co-ordinator: Tony Burgess

Email: burgesst@hvgs.nsw.edu.au

Staff Room: PDHPE Staffroom

Brief Description of activity/competition:

The activity runs each year in the First week of the state school holidays. The event alternates between Perisher and Thredbo. HVGS participates in the Interschool Northern NSW Competition and students are allocated to competition levels according to school year currently enrolled in

Year levels involved: Kinder - 12

Length of season or terms involved:

4 days of competition (various days allocated to different disciplines)

Training times and venue:

A training session is organised in days prior to event if students are able to be present

Approx. costs involved:

Participants will need to arrange own accommodation, clothing and cost of hiring gear. \$40 per event after the first event.

Other requirements/ information:

Some experience is desirable. The competition is however aimed at participation.

Equipment Required

Team clothing (order through Co-ordinator), helmet, snow skis or snow board

Swimming

Co-ordinator:	Amanda Osmond
Email:	osmonda@hvgs.nsw.edu.au
Director of Sport:	Ross Murdoch/Tony Burgess
Staff Room:	PDHPE Staffroom
Head Coach:	Amanda Osmond
Teacher in Charge:	Amanda Osmond
Brief Description of activity/competition:	HVGS Swim Squad caters for intermediate and advanced swimmers. Students will develop endurance with a variety of drills and stroke correction.
Competitions / Performances:	HVGS Swimming Carnival
Year levels involved:	Years 2 - 12
Length of season or terms involved:	Term 1 and Term 4
Rehearsal times:	Tuesday and Thursdays 3 - 4.30pm
Venue:	East Maitland Pool
Approx. costs involved:	Pool entry
Other requirements/ information:	HVGS can assist with transport to the pool straight after School.

Registration via Qkr!

Athletics

Co-ordinator:	Peter Gentz
Email:	Peter via burgessst@hvgs.nsw.edu.au
Director of Sport:	Ross Murdoch/Tony Burgess
Staff Room:	PDHPE Staffroom
Head Coach:	Peter Gentz
Teacher in Charge:	
Brief Description of activity/competition:	Training for each of the track and field disciplines
Competitions / Performances:	HVGS Athletics carnival
Year levels involved:	Years 2 - 12
Length of season or terms involved:	Term 2, 3
Training times:	Information sent separately
Venue:	HVGS Athletics field and gym
Approx. costs involved:	nil
Other requirements/ information:	nil.

Cattle Club

Co-ordinator: Ian Bryson

Email: brysoni@hvgs.nsw.edu.au

Staff Room: HVGS Farm, Pender Rd Maitland

Brief Description of activity/competition:

The Cattle Team involves various activities that occur daily basis and weekly. Daily activities include cattle feeding, parading and judging practice, general animal husbandry and welfare. Bonding with the show animals is vital and allows for significant development in both the student and the animal as a team.

Weekly activities include washing and grooming cattle, weighing and data recording for live weight tracking. Livestock clipping before shows. Students' knowledge of the animals is transferred to the classroom along with empathy and personal confidence.

Year levels involved: 7-12

Length of season or terms involved: All year round

Training times and venue: 7am-8am Monday to Friday plus Show Trips
Shows may be overnight and will require parental consent and involvement

Approx. costs involved: Uniform cost Approx. \$400
Approx. \$200 per show

Equipment Required: work clothes for daily work, show uniform for show trips

Senior School Chess

Co-ordinator:	Derek Fisher & Blake Jolly (Senior School)
Email:	fisherd@hvgs.nsw.edu.au / jollyb@hvgs.nsw.edu.au
Staff Room:	C Block Senior School
Brief Description of activity/competition:	Lunch club with Blake Jolly for interested students and Inter-school competition with Derek Fisher for secondary students.
Year levels involved:	Chess Club Years 7-12 Inter-school competition Years 7 - 12
Length of season or terms involved:	All year
Training times and venue:	Chess Club meets at lunch in C6 in Senior School (on days tbc), and Monday afternoons for Junior School. Please email the relevant teachers for further information.
Approx. costs involved:	JS - \$100 approx. per term
Equipment Required:	Provided by the School

Junior School Chess

Co-ordinator:	Jeanine Cullen
Email:	cullenj@hvgs.nsw.edu.au
Staff Room:	P1-4 Junior School
Brief Description of activity/competition:	Chess lesson provided by the Sydney Academy of Chess.
Year levels involved:	K-6
Length of season or terms involved:	All year
Training times and venue:	P1-4, 3-4pm
Approx. costs involved:	As per communication from Sydney Chess Academy Equipment provided by the School
Register:	Register via Qkr! first and then with the Sydney Chess Academy. Click here http://my.hvgs.nsw.edu.au/junior-school-chess.html

Computer Club/Robotics

Co-ordinator: Rick Walker (SS) and Kylie Lawrence (JS)

Email: walkerr@hvgs.nsw.edu.au
lawrencek@hvgs.nsw.edu.au

Staff Room: I Block Staffroom (SS) Weeks Library (JS)

Brief Description of activity/competition: An introduction to computational thinking and robotic technology. Students will learn and create code to solve a variety of problems using robotic technology. Senior students will also focus on creating a robot program to compete in one of the 3 disciplines, dance, rescue or soccer of the RoboCup competition –5 students per team. Junior students (max 20 students) will work individually and in groups, to complete a series of dynamic coding and robotics challenges.

Year levels involved: Years 6 – 12 (SS) Years 3-5 (JS)

Length of season or terms involved: All year round on a Wednesday Afternoon (SS)
Term 1, 2 & 3 – JS. (Note: students will automatically be part of the JS STEAM Club Terms 2 & 3)

Training times and venue: Wednesday 3:00-4:15pm in i7 (SS) Thursday 3:00-4:00 (JS)

Approx. costs involved: Nil

Junior Students Register via
Qkr!

Davinci Decathlon

Co-ordinator: Cameron Wallace

Email: wallacec@hvgs.nsw.edu.au

Staff Room: Junior School

Brief Description of activity/competition: Academic competition, involving all learning, knowledge and skills based problem solving applications.

Year levels involved: Junior School – Years 5 - 6

Length of season or terms involved: Term 1 week 5 till Term 2 week 5

Meeting times: JS - Mondays and Wednesdays sessions and out of hours practice applications

Approx. costs involved: Nil

Duke of Edinburgh
Award Scheme

Co-ordinator: Rick Walker

Email: walkerr@hvgs.nsw.edu.au

Staff Room: I Block IT Staffroom

Brief Description of activity/competition: The award is at three levels Bronze, Silver and Gold with differing degrees of application and time required for each level. Mr Walker is responsible for all levels and any enquiries should be directed to him on the school phone number or by email. Students work in areas of Service, Skill, Physical fitness and Expeditions.

Year levels involved: Years level involved 9 – 12. Year 9 starting the Bronze level.

Length of season or terms involved: All Year

Training times and venue: As required, can be up to 5 a term if there is a trek being organised.

Approx. costs involved: Bronze \$135, Silver \$140 and Gold \$160. (Fees charged by the D Of E organization.)

Debating – HICES

Co-ordinator:	Emma Bennis
Email:	bennise@hvgs.nsw.edu.au
Staff Room:	English Staffroom
Head Coach	Emma Bennis
Brief Description of activity/competition:	Regional Competition, Inter-Regional Competition and Finals Years 5 - 12
Year levels involved:	Junior Division – Year 5-6; Middle Division – Year 7-8; Senior Division – Year 9-10; Open Division – Year 11-12.
Length of season or terms involved:	Terms 1 to 3
Training times and venue:	Lunch times Term 1, 2, 3 as scheduled by coach/mentor
Approx. costs involved:	Nil
Equipment Required	Full dress uniform

Debating – HRIS

Co-ordinator:	Mr Nick Jolliffe
Email:	jolliffen@hvgs.nsw.edu.au
Staff Room:	Senior Centre
Head Coach	Nick Jolliffe
Brief Description of activity/competition:	A round robin single day event held at nominated host Schools in the Newcastle/Hunter Region
Year levels involved:	Years 6 - 8
Length of season or terms involved:	1-2 teams from each year group (Year 6 – 8)
Training times and venue:	Lunch times during Term 3
Approx. costs involved:	Nil
Equipment Required	Full dress uniform

Drama Club (Junior School)

Co-ordinator:	Kelli Hicks
Email:	hicksk@hvgs.nsw.edu.au
Staff Room:	Junior School
Brief Description of activity/competition:	Students will enjoy a range of activities that will extend their ability to improvise, think creatively and use their faces, voices and bodies expressively.
Year levels involved:	Years K- 6
Length of season involved:	All year
Training times and venue:	Monday (K-2 Stage 1), Tuesday (5-6 Stage 3), Wednesday (3-4 Stage 2) 3.10pm – 4.00pm – Drama Studio
Approx. costs involved:	Nil – but you must REGISTER VIA Qkr!
Other requirements/ information:	Co-operation and social engagement will be a large focus of the classes and each semester a short showcase of student work will be performed for interested family and friends.
Equipment Required	Nil

Drama: Theatre Sports Club

Co-ordinator:	Derek Fisher
Email:	fisherd@hvgs.nsw.edu.au
Staff Room:	C Block Staffroom
Brief Description of activity/competition:	Teaching improvisation skills and theatre sports games.
Year levels involved:	Year 7-10
Length of season or terms involved:	Terms 1-4
Training times and venue:	Wednesday lunchtimes
Approx. costs involved:	nil
Venue:	Drama Studio

Drama Performance - School Production

Co-ordinator:	Jennifer White
Email:	whitej@hvgs.nsw.edu.au
Staff Room:	Head of Drama Office, Performing Arts Centre
Brief Description of activity/competition:	School production
Year levels involved:	Years 9-12
Length of season or terms involved:	Terms 4 2018, to Term 2 2019 – including scheduled Sundays and evening performances
Training times and venue:	Scheduled lunchtimes (tbc), Thursday afternoons 3:00-4:30pm, Friday morning 7.45-8.30am
Approx. costs involved:	Production Levy \$100

Drama Performance - Christmas Play

Co-ordinator:	Jennifer White
Email:	whitej@hvgs.nsw.edu.au
Staff Room:	Head of Drama Office, Performing Arts Centre
Brief Description of activity/competition:	Christmas Play
Year levels involved:	Years 7-9
Length of season or terms involved:	Terms 3 & 4
Training times and venue:	timings - tbc
Approx. costs involved:	nil

Drama Performance - Musical 2019 Mulan Junior

Co-ordinator:	Jennifer White
Email:	whitej@hvgs.nsw.edu.au
Staff Room:	Head of Drama Office, Performing Arts Centre
Brief Description of activity/competition:	Kaleidoscope; Evenings of One Act Plays
Year levels involved:	Years 5-8
Length of season or terms involved:	Terms 1-3 - including scheduled Sundays and evening performances TBA
Training times and venue:	TBC
Approx. costs involved:	Production levy approx. \$100 (tbc)

Emerging Directors and Production Program

Co-ordinator:	Jennifer White
Email:	whitej@hvgs.nsw.edu.au
Staff Room:	Head of Drama Office, Performing Arts Centre
Brief Description of activity/competition:	Senior students apply to be considered for the Mentoring Program for the 9-12 Production, 5-8 Musical, 7-9 Christmas Pantomime. Positions available for Directors, Assistant Directors, Stage Managers etc
Year levels involved:	Years 10 - 11
Length of season or terms involved:	Terms 1 - 4 including scheduled Sundays and evening performances TBA
Training times and venue:	tbc
Approx. costs involved:	nil

Costume and Prop Library Committee

Co-ordinator:	Jennifer White
Email:	whitej@hvgs.nsw.edu.au
Staff Room:	Head of Drama Office, Performing Arts Centre
Brief Description of activity/competition:	Senior students manage the Drama Department Costume and Prop Library
Year levels involved:	Years 9 - 12
Length of season or terms involved:	All year
Training times and venue:	Drama Studio – timings tbc
Approx. costs involved:	nil

Speech and Drama lessons

Co-ordinator:	Jennifer White
Email:	whitej@hvgs.nsw.edu.au
Staff Room:	Head of Drama Office, Performing Arts Centre
Brief Description of activity/competition:	Individual or small group weekly lessons in Speech Production, Acting, Shakespeare or Drama. Trinity London certificate and Diploma levels can be obtained.
Year levels involved:	K-12 Thursday-Friday; lessons by negotiation
Length of season or terms involved:	All year
Training times and venue:	Drama Studio
Approx. costs involved:	\$390 a term

Drama Club Student Leaders

Co-ordinator: Jennifer White

Email: whitej@hvgs.nsw.edu.au

Staff Room: Head of Drama Office, Performing Arts Centre

Brief Description of activity/competition: Senior students provide leadership and support for the Junior Drama Clubs

Year levels involved: Years 10 - 12

Length of season or terms involved: Terms 1 - 4

Training times and venue: Yrs 1-6 – Monday, Tuesday, Wednesday afternoon 3.05-4.15pm

Approx. costs involved: nil

Venue: Drama Studio

Electric Vehicle

Co-ordinator: Owen Redhead & Ross Mayall

Email: redheado@hvgs.nsw.edu.au / mayallr@hvgs.nsw.edu.au

Staff Room: TAS

Brief Description of activity/competition: To develop and modify existing electric bikes and enter them in the Electric Vehicle competition held by the Tom Farrell Institute.

Year levels involved: Years 7 - 12

Length of season or terms involved:

3 Terms

Training times and venue: Afterschool 1 day per week until 4.30pm

Approx. costs involved: Nil

Other requirements/information: For further information email the coordinator

Environmental Club

Co-ordinator: Michael Knox

Email: knoxm@hvgs.nsw.edu.au

Brief Description of activity/competition:

A range of environmental activities to highlight issues such as global warming, the benefits of recycling, composting, resisting chemical control in food production and the need to protect habitats and biodiversity. Students will be given the opportunity to promote the environmental cause within and external to the School. Other activities will include organic gardening and learning about other environmental groups.

Year levels involved: Years 7 - 11

Length of season or terms involved: All year

Training times: Wednesday's Week B

Venue: Library area

Approx. costs involved: Nil.

Other requirements Students are expected to follow correct safety procedures for all activities

Equipment Required Nil.

Homework Club

Co-ordinator: Kenisha Redman

Email: redmank@hvgs.nsw.edu.au

Staff Room: JS Staffroom

Brief Description of activity/competition: Homework Club provides opportunity for students to bring planned homework to an after-school session to complete and receive assistance from JS staff

Year levels involved: K-3

Length of season or terms involved: Terms 1-4

Meeting times Tuesday 3:10-4:00pm

Approx. costs involved: Nil.

Other requirements Nil.

Equipment Required Nil.

Masterminds – Academic Support Program

Co-ordinator: Dr Anne Kitchener

Email: kitchenera@hvgs.nsw.edu.au

Staff Room: Science

Brief Description of activity/competition: Masterminds is available to any year 7-12 student who feels they need some assistance in achieving their academic goals at School. Students receive support with organisational skills, homework, carrying out assignments and preparation for exams.

Year levels involved: 7-12

Length of season or terms involved: Terms 1-4

Meeting times Tuesday, Wednesdays & Thursdays 3:15-4:30pm

Approx. costs involved: Nil.

Other requirements Held in B, C and D Block

Equipment Required Nil.

Registration go to the Masterminds page via MyHVGS
<http://my.hvgs.nsw.edu.au/masterminds.html>

Leo Club

Co-ordinator: Paul Teys

Email: teysp@hvgs.nsw.edu.au

Staff Room: Principal's Office, O'Brien Administration Building

Brief Description of activity/competition: Leos is an international service club. Leo club activities and projects enhance the community and help young people develop and practice leadership, organization and social skills. Leo club involvement can instil in young people a lifetime commitment to helping others. The Leo club motto – Leadership, Experience, Opportunity – says it all

Year levels involved: Years 7 - 12

Length of season or terms involved: All year round

Meeting times Every Week B, on Thursday in the Lecture Theatre

Approx. costs involved: Nil. Does require lots of commitment and personal time

Mock Trials

Co-ordinator: Jessica Wade

Email: wadej@hvgs.nsw.edu.au

Staff Room: D Block, Humanities

Brief Description of activity/competition: Students compete against other schools in a mock case performed in a court room. Students take on the roles of witnesses, court officials, solicitors and barristers

Year levels involved: Year 11

Length of season or terms involved: Four rounds during Term 1, 2 & 3. Elimination rounds following this.

Training times and venue: Lunchtimes and afternoons as required in D block classrooms

Approx. costs involved: Costs borne by the school

Venue: Various courtrooms around the district.

Other requirements/ information: Cases may be conducted both in and outside school hours

Equipment Required: Nil, provided

Philosophy Club

Co-ordinator: Kelli Green

Email: greenk@hvgs.nsw.edu.au

Staff Room: History and Philosophy Faculty, D Block

Brief Description of activity/competition: An introduction to the essential concepts in philosophy and the process of philosophical engagement. Students debate and discuss existential, ethical and knowledge based situations and ideas from a variety of times and schools of philosophy

Year levels involved: Years 7 - 12

Length of season or terms involved: Meetings once per week or cycle, depending on numbers. Terms 1-3

Training times and venue: Monday lunchtime in D7

Approx. costs involved: Nil

Other requirements/ information: Nil

Photography Club

Co-ordinator: Andrew Roberts

Email: robertsa@hvgs.nsw.edu.au

Staff Room: Visual Art Block

Head Coach Andrew Roberts

Brief Description of activity/competition: Students will be provided with tips and techniques to help improve their photography. They will receive weekly challenges to help inspire and challenge their creativity, be advised of competitions and display their work as part of an exhibition

Year levels involved: Years 7 - 12

Length of season or terms involved: All Year

Training times and venue: Lunch time – days tbc

Approx. costs involved: \$20

Other requirements/information: Photographic paper and chemicals (subject to choices students will make)

Equipment Required Camera

Rubik's Cube Club

Co-ordinator: Grenville Axford

Email: axfordg@hvgs.nsw.edu.au

Staff Room: I Block

Head Coach Grenville Axford

Brief Description of activity/competition: Runs weekly - throughout the whole year. We meet in i2 during lunch on a Friday. Additional days are determined by the club members.

Year levels involved: Years 7 - 12

Length of season or terms involved: All year

Training times and venue: Friday lunchtime

Approx. costs involved: Nil

Other requirements/ information: Nil

Equipment Required: Nil

STEAM Club

Co-ordinator: Abbey MacPherson

Email: macphersona@hvgs.nsw.edu.au

Staff Room: JS Staffroom

Brief Description of activity/competition: Activities included each week will encompass aspects of science, technology, engineering, art, mathematics and robotics. Runs weekly - throughout terms 2 and 3. We meet on Thursday each week.

Year levels involved: Years 1-6

Length of season or terms involved: Term 2 and Term 3, 3pm – 4pm

Meeting times Junior School meet in COA

Approx. costs involved: Nil.

Other requirements/ information: Nil.

Equipment Required Nil.

Tournament of Minds

Co-ordinator: Derek Fisher (Senior School) / Cameron Wallace (Junior School)

Email: fisherd@hvgs.nsw.edu.au / wallacec@hvgs.nsw.edu.au

Staff Room: C Block – Communications - Derek Fisher
Junior School – Cameron Wallace

Head Coach Facilitators selected to the four disciplines of study

Brief Description of activity/competition: Solutions to problems involving creative thinking and collaboration in Maths Engineering, Language Literature, Social Sciences and Applied Technology

Year levels involved: Years 3 – 10

Length of season or terms involved: JS throughout Term 2
SS Wks 8/9 Term 2 & Wks 1-6 Term 3 (1-8 if involved in State Finals)

Training times and venue: Junior School - Varies between 2-3 sessions per week

Lunchtimes, Recess and one period of release per facilitator

Years 7 – 10, 2 lunchtimes and 2 afternoons for six weeks in A Block.
Competition day at Newcastle University

Approx. costs involved: Cost borne by the School

Other requirements/information: Question booklet handed to each participant

Equipment Required Materials to make costumes, props etc.

Wetlands

Co-ordinator: Liz Atkins and Chris Devorsine and Kelli Hicks

Email: atkinsl@hvgs.nsw.edu.au / devorsinec@hvgs.nsw.edu.au / hicksk@hvgs.nsw.edu.au

Staff Room: Junior School

Brief Description of activity/competition: Wetlands Group Thursday Lunchtimes. Our activities revolve around Permaculture Principles: Growing our own food, looking after the Earth, its people and sharing any surplus. Activities include planting vegetables and herbs, mulching, watering, weeding, gathering and sharing of all foods grown here in the Wetlands Vege Gardens. A pond is also located nearby, where a small ecosystem has been created to cater for the native fauna. Here we try to plant local flora species to offer all creatures a place to gather, feed and rest. We have 10 tank garden beds where we grow a variety of vegetables, so there is always planting, fertilising, watering and picking to be done. In addition to this we have 8 fruit trees and a variety of herbs. We also run a composting program throughout the Junior School on a daily basis. Buckets are distributed and compostable items taken to our composting bins to be recycled as plant food when broken down.

Year levels involved: Kinder - 6

Length of season All Year

Training times and venue: Wetlands
Thursday Lunchtime

Approx. costs involved: Nil

Other requirements/ information: The Wetlands shed has a range of equipment including small wheelbarrows, trowels, gloves, spades, rakes, watering cans, hoses and two large wheelbarrows which are all used during our work in the Wetlands.

Equipment Required Nil

Yoga (Junior School)

Co-ordinator: Kelly Birch

Email: birchk@hvgs.nsw.edu.au

Staff Room: Junior School Staffroom

Brief Description of activity/competition: A gentle Yoga class delivered by Mrs Birch (Level 1 teacher training certificate) to Stage 3 to promote enhanced physical well-being and mindfulness.

Year levels involved: Years 5 - 6

Length of season or terms involved: Terms 1-4

Training times and venue: Thursday afternoons 3.15 – 4pm; venue 6D

Approx. costs involved: Nil. Students are advised to wear comfortable clothes (sports uniform would be appropriate) and students may bring their own yoga mat.