



Co-Curricular Friday Activities

Semester 2 - 2024



Guildford Grammar School

FOUNDED 1896

Important information

- Use this brochure to help you choose your Friday Activity
- Visit the co-curricular website: www.socscms.com/login/28731/pupil to sign up to your chosen activity
- Sign in as '**Pupil**' - login details are now linked to your Guildford Grammar School email address and password, and should automatically log you in.
- Once logged in, select your Friday Activity by following these steps:
 - Click on '**Activities**'
 - Click on '**Friday Afternoon Activities**' to view the options
 - Click on the '**Add**' button
 - Another window will open and show you any conflicts this activity may cause with other activities already in your calendar (there shouldn't be any). Click on '**Add Activity**' to finalise your selection.
 - You can double check you are signed up for this particular activity by clicking on '**My Calendar**', changing view to '**This Week**', and scrolling ahead to the week of the first session
- Sign up opens on **Sunday 25th August** at noon
- Sign up closes on **Sunday 1st September** at noon
- In the week following closure of sign up, your parents/guardians will be sent a confirmation email containing a link for consent and payment (if applicable) through Consent2Go It is a requirement that consent and payment (if applicable) is submitted prior to you commencing your selected activity.
- If you have any queries, please email the co-curricular team: co-curricular@ggs.wa.edu.au

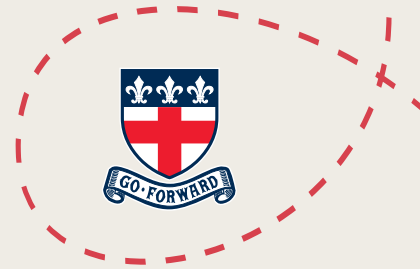
Friday Activity expectations

- Pick an activity you want to try, practice or are interested in finding out more about - it may be a hidden passion or talent of yours! It is a commitment for the term.
- Sign up as early as possible to get your first preference – some activities are limited in availability.
- You are expected to attend your selected activity each week.
- Activities run from 1:00-3:30pm if offered on campus. For those activities that occur off campus, you must meet at your designated location and time – transport will not wait!
- Have fun and enjoy!



Contents

2024 Co-Curricular Friday Activities



Service Learning

PAGE
5-8

Intergenerational Projects
Student Voice
Environment
Philosophy Café Junior

Arts Based Project (Term 3 only)
Cadets
Social enterprise 'gifts with a heart' (Term 3 only)



Wellbeing

PAGE
9-10

Wellstrong
Yoga and Mindfulness



Arts

PAGE
11-12

Showcasing the arts
Sculptures by the Sea
Premier Music



Sports

PAGE
13-14

Sport Assisting and
Sports Development
programs



Endorsed

PAGE
15-16

Year 12 WACE Exam Practice (Term 3 only)
First Aid and CPR (Term 3 only)
Keys for Life
UWA Partnership **NEW**
Mock Trial/ Model UN (Term 3 only)
Duke of Edinburgh



Service Learning



2024 CO-CURRICULAR FRIDAY ACTIVITIES



Intergenerational Projects

Service Learning is an important part of learning through active participation in our broader community. Students develop practical skills, develop their career and personal interests and in doing so become more active citizens. We have a range of service-learning opportunities available in semester 2.

We have several intergenerational projects providing opportunities for our students to provide meaningful contribution to the youngest and oldest members of our communities.

Opportunities to provide support within our Prep School; at Guildford Primary School; Local Aged Care facilities and with the City of Swan.

Provider:	Varied
Age group:	Project specific but run across Year 10-12
On/off campus:	On and off campus
Cost:	No charge

Student Voice

Collaborate with Mr Dymock to produce and collate creative content each week that develops enjoyable, innovative and informative communications to showcase our community. Understand the importance in using our voice to help support positive outcomes. Students who have an interest in journalism, photography, artistic design or engaging with the written word to promote change should select this option.

Provider:	GGS Staff
Age group:	Year 11-12
On/off campus:	On campus
Cost:	No charge



Service Learning...



Environment

Students engaged in Service-Learning Environment have a passion to make a positive change to our environment. The power of simple practical changes to our day-to-day habits can have the capacity to create global change. Students selecting this activity can join an established project or can create their own mission to decrease our impact.

We currently have Greening Guildford a passion project to spread well-being in the school through planting and growing pot plants. The group so far have added greenery into most classrooms in Thwaites and are working on spreading their tendrils further in semester 2.

Managing our environmental impact help run our containers for change program, the paper recycling project or create another way for us to minimize our impact, this is fully in your hands.

Run by:	GGS Staff
Age group:	Project specific but run across year 10-12
On/off campus:	On campus with an occasional field project
Cost:	No charge

Philosophy Café Junior

Students will assist Mr Rogers and Mrs Ray in this specific intergenerational project, developing and implementing a philosophy-based program for our able Year 3-6 students in the Prep School. There is an opportunity to develop and lead activities to foster critical, creative and collaborative thinking for these students and develop personal skills of mentorship, leadership and teaching. This activity will assist those who may be already interested in philosophy, those wishing to increase their knowledge in this area or those who have an interest in teaching as a career.

Provider:	GGS Staff
Age group:	Year 11-12
On/off campus:	On campus
Cost:	No charge





Arts Based Project (Term 3 only)

We have several arts-based options where our students use their skills to give back to our community. This option is to work with an external Multigenerational Art Project through Community Voice. This will see our students work with a diverse cross section of our community, including artists living with Disability and Senior members of society. The intention is to capture the life experience of senior citizens in audio and visual form and the DADAA artists will create artworks and installations for an exhibition. Still in the funding stage with the City of Swan this will be an option this semester once City of Swan have finalized roll out.

Provider:	GGG, City of Swan and DADAA
Age group:	Year 11-12
On/off campus:	Off campus
Cost:	No charge

Cadets

This robust option provides fantastic opportunities for development and growth. As with any Army Cadet Unit, there is an element of drill involved but students can also participate in a range of other activities, including canoeing, rock climbing, abseiling, mountain biking, camping (field craft), field engineering, survival, navigation, community service, first aid, radio procedures, firearms handling and marksmanship.

All uniform and equipment is loaned to Cadets at no cost and there is no additional charge for any of the activities.

Provider:	GGG, Officer Commanding CAPT (AAC) Martin Dell
Age group:	Year 11-12
On/off campus:	On campus
Cost:	No charge



Social enterprise 'gifts with a heart' (Term 3 only)

This service-learning option looks at balancing a business enterprise concept with people at its heart. Students will make a range of candles as a medium to fundraise for a local community cause of their choice. Students will set targets and be guided through ways to maximise their sales, creating their own marketing strategies. This project will culminate in a mini-market or selling opportunity of choice. This option will suit students interested in making candles as well as those passionate about fundraising in practical ways.

Students are asked to donate \$50 to cover the costs of startup.

Provider:	GGG Staff
Age group:	Year 11-12
On/off campus:	On campus
Cost:	\$50



Wellbeing



2024 CO-CURRICULAR FRIDAY ACTIVITIES



Wellstrong

We are expanding our wellbeing options this semester with a particular focus on balancing exam stress by moving our bodies. We have partnered with Wellstrong, a local business who at their core work with people to incorporate movement as foundational part of health and wellbeing. This program has been designed specifically for our students and is delivered at their private boutique gym. The program is designed to promote physical fitness, improve coordination and for students to learn how to optimize health outcomes in a safe and enjoyable gym environment.

Provider:	Wellstrong- boutique gym behind Padbury's
Age group:	Year 11-12
On/off campus:	Off campus
Cost:	\$33 per session, \$264 for Term 4

Yoga and Mindfulness

Awakening the flow of creative energy and self-expression through yoga, movement, connection games, improvisation and relaxation techniques.

Assisting students to learn gentle stretching to help with greater movement range, find focus and inner strength through visualization and relaxation.

Run by:	Ms Claire Pianta, Common Earth Studio
Age group:	Year 11-12
On/off campus	Off campus
Cost:	\$160





2024 CO-CURRICULAR FRIDAY ACTIVITIES



Showcasing the arts

This Arts based project calls on our students to give back to the GGS Art's community. This student-led project aims to identify and celebrate the success of GGS students by creating a digital exhibition that will be displayed throughout our school. In this project, you will work together to plan and build a digital exhibition highlighting our school's history and values through student achievements.

Each member will be responsible for:

- Ideation and Planning: Brainstorming ideas, conducting research, and recording interviews.
- Design and Creation: Using digital tools such as Adobe Photoshop & InDesign to build the exhibition in a digital showcase

You will develop valuable skills in project management, digital media production, and storytelling while providing service to our GGS community.

Provider:	GGGS Staff
Age group:	Year 11-12
On/off campus:	On campus
Cost:	No charge

Sculptures by the Sea

Design, develop and build the GGS entry into Sculptures by the Sea. This program is available for selected students to work with Mr Casey on this year's entry into Sculptures by the Sea.

Provider:	GGGS Staff
Age group:	Year 11
On/off campus:	On campus
Cost:	No charge



Premier Music

The Premier Music Ensemble allows students to experience music performance at the highest level available within the school. Students are taken through a series of rehearsals, masterclasses and private practise sessions to help facilitate them to become the best musicians that they can be.

Each session is based on the premise that the students play as much as possible – with outside performances built into the structure of the activity.

Provider:	GGGS Staff
Age group:	Year 11-12
On/off campus:	On campus with performance opportunities throughout the semester
Cost:	No charge



Sports



2024 CO-CURRICULAR FRIDAY ACTIVITIES



Sport Assisting and Sports Development programs

(T3) Winter and transition to summer sports (T4) summer sports

Sports Assisting Term 3

Jr AFL, Jr Soccer, Jr Hockey, Jr Rugby, Jr Movement and Wellness (these roll into a summer sports development programs in week 5)

Sports Assisting Term 4

Jr Volleyball, Jr Beach Volleyball, Jr Basketball, Jr Cricket, Jr Rowing, Jr Tennis, Jr Waterpolo, Jr Floorball. Summer Sports Development Programs

Sports Assisting

If you would like to assist our staff and coaches in your respective sport on Friday afternoons, this is the activity for you. Your role each week will be determined by the respective staff in charge. Typical roles for sport assistants include assisting with coaching, score keeping and refereeing. If you are a badged official, you will be paid. If not, this activity can provide an opportunity to acquire Community Service hours.

Sports Development Programs

These Sports specific programs are designed for 1st team and aspirant 1st team students in their respective sports. A range of winter and summer sports options are available each term. Students who are interested in learning more about their chosen sport, the strategy and tactics, review process and how to underpin strength and conditioning specific to their sport should choose one of these options. In Term 3 students engaged as sports assistants will automatically be rolled into a summer sport development program once the fixtures have concluded for winter.

Run by:	Teachers-in-Charge
Age group:	Year 11-12; Year 10s who are badged officials are welcome to express interest
On/off campus:	On/off campus

Endorsed Courses...



Year 12 WACE Exam Practice (Term 3 only)

This activity is available to Year 12 students studying 4 or more ATAR courses. What better way to prepare for your ATAR exams by completing practice written ATAR exams in the actual venue you will be using under exam conditions. Past WACE ATAR exams will be available in all your courses, or you can bring other practice exams as supplied by your teacher. There will be reading time and working time. There will be a set period around 2.10 where you can choose to have up to a 15-minute break outside, but the idea is you're using the time to complete a full or partial exam. These exams will be given to your Year 12 teacher for feedback and return in class. Your WACE exams are worth 50% of the year's mark and added to the weighting of your trial WACE exam, this is a great opportunity to practise the skill that will have the greatest influence on moderating your final score. Take the challenge and sign up to get the time to sit one or two practice exams in all your subjects.

Run by:	GGs Staff
Age group:	Year 12 students studying 4 or more ATAR
On/off campus:	On campus

First Aid and CPR (Term 3 only)

Surf Life Saving WA have been saving lives for over 100 years on the beach through their life saving services. On top of this, they help the community through the delivery of training and education programs and courses, equipping everyday Australians to be lifesavers.

So who better to gain your First Aid training and complete your CPR course with, then the lifesaving experts at Surf Life Saving WA? This robust option is an excellent option for students as they become more independent.

Provider:	Surf Life Saving WA
Age group:	Year 10-12
On/off campus:	On campus
Cost:	\$170



Keys for Life

A driver's license is one of the most valuable privileges anyone can have. With independence and freedom comes responsibility. Young people participating in Keys for Life gain valuable skills, as well as knowledge about road rules, licensing, safer vehicles and safer driving practices. This enhanced program offers a range of practical experiential opportunities including P.A.R.T.Y program, BStreetSmart; RAC parent sessions; visit speakers and car maintenance in our newly refurbished workshop. This course when completed in its entirety is also a SCASA endorsed program.

Provider:	GGs Teaching Staff
Age group:	Year 10
On/off campus:	On campus
Cost:	No charge

NEW



UWA Partnership

Start your university experience early. This exciting partnership with UWA allows our Year 11 students the opportunity to select a robust option to enrich their learning experiences and prepare them for future academic endeavours. This program offers students the chance to explore university-level subjects, providing a 'taster' of courses available at UWA. With several of those courses SCASA endorsed our students have a broad range of micro-credentials to choose from. More information can be found here on the specific course. Students selecting this as an option will be invited to a meeting in week 9 to finalise their course and ask any questions.

Provider:	UWA
Age group:	Year 11
On/off campus:	Online and course dependent might have UWA component
Cost:	\$247.50 (including GST and the 50% partner discount)

Mock Trial/ Model UN (Term 3 only)

Mock Trial Term 1 and 2 (and Term 3 if make finals)

The Law Society of WA coordinates an interschool Mock Trial competition each year for students enrolled in Year 10-12. A mock trial is a simulated court case in which teams contest a fictitious legal matter presented in the WA court system. The cases are presented by two teams – a prosecution/plaintiff team and a defense/defendant team – made up of students playing the roles of barristers, solicitors, witnesses and court officials. The Mock Trial Competition provides students with an opportunity to learn valuable skills in research and in the development and presentation of a persuasive argument. Teams consist of 2 x barristers, 2 x witnesses, 1 x instructing solicitor, 1 x court orderly or judge's associate/magistrate's clerk and 2 x reserves.

Model UN – Term 3

Model United Nations debate simulates a session in the UN Security Council Chamber. In teams of 2 students are assigned a country and a resolution on which to prepare their debate from the standpoint of that country.

This competition provides an opportunity for our students to compete against other likeminded peers developing their public speaking and negotiation skills.

Run by:	GGs Staff
Age group:	Year 10-12
On/off campus:	On campus
Cost:	No charge



Endorsed Courses...

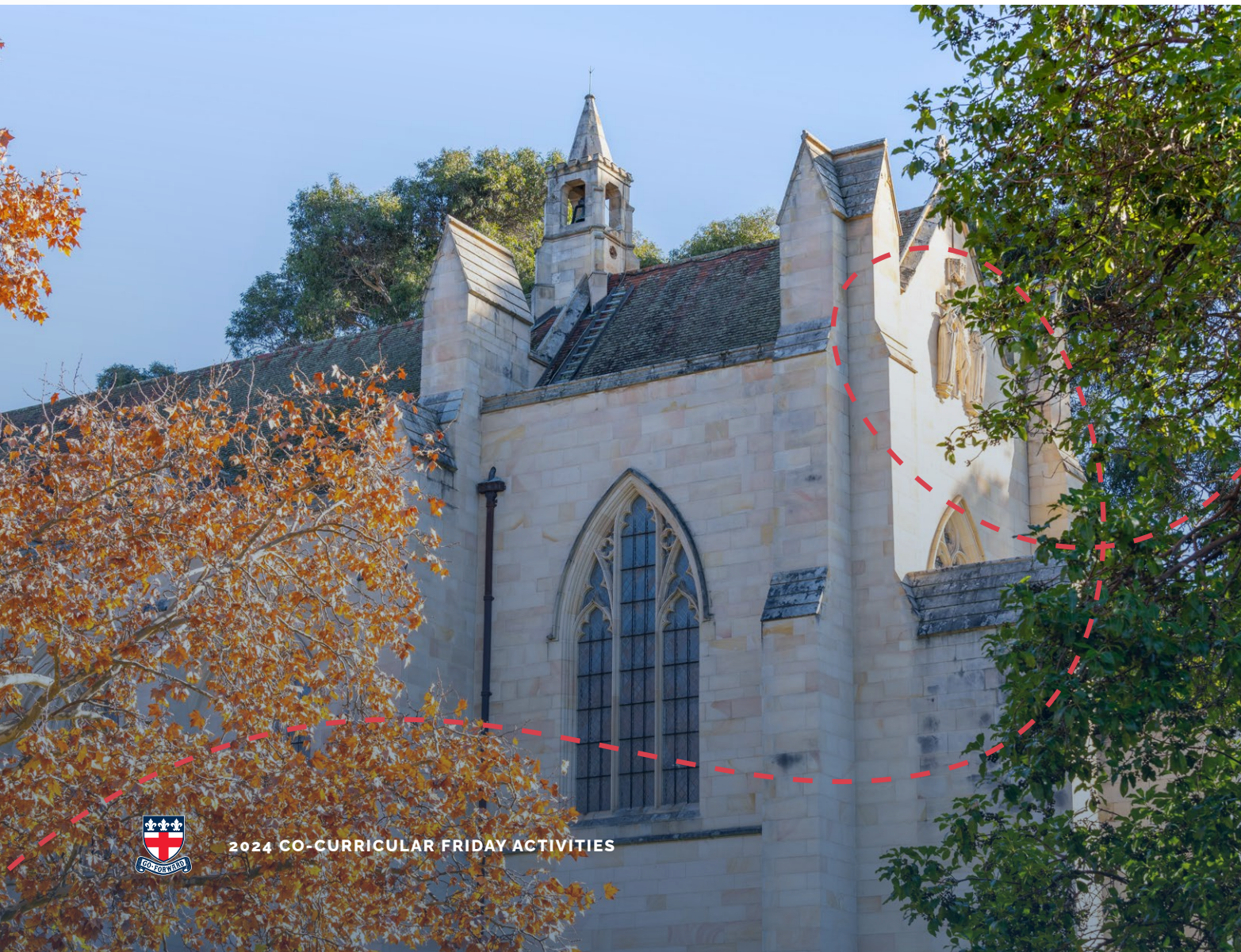


Duke of Edinburgh

The Duke of Edinburgh's International Award is a leading structured (non-formal education and learning) self-development framework, empowering young Australians to explore their full potential and find their purpose, passion, and place in the world. To achieve the Duke of Ed, each young person must learn a skill, improve their physical well-being, volunteer in their community, and experience a team adventure in a new environment.

Students already enrolled in the Duke of Edinburgh award are encouraged to sign up to plan their adventurous journey. This activity will help you with the planning and organising of your chosen adventure.

Run by:	Mr. Stent and Mr. Dell
Age group:	Year 10 students who have completed Keys for Life & Year 11 students. Must already be enrolled into Duke of Edinburgh.
On/off campus:	On campus
Cost:	No charge





Guildford Grammar School

FOUNDED 1896

**Our Vision. Our Future.
Belonging for a lifetime.**

Guildford Grammar School respectfully acknowledge the past and present Traditional Owners and Custodians of the Land on which we stand, the Whadjuk Noongar people.

www.ggs.wa.edu.au