
Co-curricular

Year 7 - Year 12

2024



ST ANDREW'S
CATHEDRAL SCHOOL

Welcome to Secondary School Co-Curricular

St. Andrew's Cathedral School has an extensive co-curricular program available to our students. As we seek to inspire students to grow as passionate and creative learners, we engage students within the classroom, on the sporting field and beyond. The co-curricular opportunities offered at SACS provides both a breadth and depth to the development of the gifts and skills of our students. From Theatresports, to Duke of Edinburgh, CRU groups to Maker Space and Science club, our co-curricular activities offer a wealth of opportunities.

Please note that while we value students taking part in co-curricular activities, where there are clashes, Winter Sport and Music Ensemble commitments must take priority. As you will note from the music ensemble rehearsal schedule at the end of this document, different music ensembles rehearse every morning, with the largest core ensembles on Tuesday and Wednesday mornings, and Wednesday after school. Students can still enrol in music ensembles using the QR code at the end of this document if they haven't already. Sport has most Middle School trainings on Tuesday afternoons and Senior College trainings on Thursday afternoons. A-teams tend to have training on Monday afternoons.

If there are any conflicts between music and sport, these should first be discussed with the Director of Performing Arts or the relevant sport convenor.

We have worked hard to try and minimise conflict as best we can. Many co-curricular activities require specific space, specialised equipment and guidance, so will necessarily have both a minimum and maximum number of students that we can run with.

We would like to remind parents of the online selection process (you would have all used this when selecting your child's Winter Sport). We ask you read through the instructions thoroughly (attached to the email) prior to using the booking platform when it opens on Monday. The main factor is to ensure you have logged into Clipboard prior to the booking site opening and are fully aware of your log in and password details. **You will note that not every activity needs selection, we have highlighted activities that require selection.**

Key Dates:

Bookings Open: Monday 12 February at 9:00am

Bookings Close: Thursday 15 February at 9:00am

Please note you can register all activities at the same time, by using the below link:

[Clipboard link](#)

Art Enrich (Years 7-11) (maximum 20 students)

Contact: Susan Salier ssalier@sacs.nsw.edu.au

Please register your interest by entering the Co-Curricular Booking Site:

Art Enrich beginners and experienced artists welcome!

Term 1 – Making your mark

Term 2 – We will be offering a new and exciting activities in Terms 2 & 3 designed around the students who participated in term 1.

Spaces are limited for this great co-curricular opportunity. Enjoy studio tuition from Sydney artist Esther Neate. As a fine arts specialist educator from the National Art School and exhibiting artist, Esther brings a wealth of experience to our programme that will allow you to create with freedom and develop technical skills to extend you creativity.

All welcome from Years 7-11; whether you are an art student or not, looking to fulfil your Duke of Edinburgh skills, interested in becoming an artist, or just wanting a welcoming space to gather with creatives on a Monday's 3:30 – 5:00pm, being held in the Visual Art Rooms, Level 1. Please note you can sign up for a term, later in the term will be asking for an expression of interest in the next activity. However, please note priority will be given to students already participating in Term 1.

Monday's 3:30 – 5:00pm (commencing Term 1 Week 3 – Term 3)

CRU

Contact: Rev Craig Tubman (School Chaplain) ctubman@sacs.nsw.edu.au

Please register your interest by entering the Co-Curricular Booking Site:

We facilitate voluntary lunch time groups where students have the opportunity to explore Christianity and mature in their faith. All students are welcome, regardless of their faith background. Reading the Bible is central to our CRU experience. We yearn to know God through his Word and encourage students to ask questions in the context of a caring and supportive environment. No registration is required but you can register your interest.

Middle School CRU

Where: Level 5 Drama Centre

When: Wednesday Lunchtimes

Age Groups: Years 7-9

Senior College CRU

Where: Level 2 BBC

When: Friday Lunchtimes

Age Groups: Years 10-12

Dance Years 7-12

Please register your expression of interest by entering the Co-Curricular Booking Site:

Following on from the great success of our taster classes at the end of Term 4 2023, we are delighted to be seeking an expression of interest. We are still working on the finer details and are looking to have classes commencing in Term 2. Potential classes on offer:

1. Musical Theatre
2. Contemporary/Lyrical
3. Jazz/Hip Hop
4. Cheer/Acro/Tumbling

Drama Ensembles and TheatreSports -Years 7-12

All Drama co-curricular enquiries can be directed to: Mrs Ashleigh Chakarovski, Head of Drama (Performance) achakarovski@sacs.nsw.edu.au

- Senior Drama Ensemble (Years 10-12) auditions for **Robin Hood** will be held in Week 3, and audition packs will be available from Monday Week 2 on social media pages, Schoology and from the Drama office. Contact Mrs Chakarovski for more information achakarovski@sacs.nsw.edu.au
- Year 7 Drama Club will start in Term 3 on Thursday afternoon from 3.30pm-4.30pm.
- Middle School Drama Ensemble for Years 8-9 will be performing in Semester 2. More details will be communicated closer to the time.

Theatresports

Please register your expression of interest by entering the Co-Curricular Booking Site:

Students learn how to improvise, listen, work as a team, collaborate on stories and expand their social skills, all while creating hilarious scenes from the simplest ideas. Theatresports also develops “soft skills” like confidence, leadership and empathy by encouraging students to recognise and trust their own and their fellow players contributions to the scene.

Theatresports training starts in Week 2, from 3.30pm-5pm on the following days. Please note allowing for compulsory sport and wishing to accommodate our students, we will be swapping the training afternoon in Term 2 as follows:

Term 1

Monday: Juniors (Years 7-8)

Tuesday: Seniors (Years 11-12)

Thursday: Intermediates (Years 9-10)

Term 2

Monday: Intermediates (Years 9-10)

Tuesday: Seniors (Years 11-12)

Thursday: Juniors (Years 7-8)

Debating

ISDA debating registrations for 2024, are now closed. ISDA debating trails for 2024 teams will re-commence in Term 4 2024.

Dr Jessica Lim is a teacher within our English department and has a long history of association with debating. She will assist with the management, coaching and direct student engagement of debating. In addition, she will arrange debating workshops throughout the year, and is overseeing participation in non-ISDA debating competitions. look at the ongoing development of house debating. [May I confirm that this has been decided upon?]

Conna Leslie continues as our Head Coach and will lead our Senior teams. She is responsible for coaching the coaches and leading student training. Conna is an ex-SACS student and is a significant player in debating. She has just returned from the Madrid 2023 Worlds Contingent Debaters as a member of the UNSW team. In 2022 she was the convenor of the Junior IDC International Debating Championships.

Katie Tyo, also an ex-student, will be looking after all administration aspects of debating. She will be your first point of contact with respect to debating and any concerns or questions. She will be contactable at ktyo@sacs.nsw.edu.au.

ISDA Debating

The first round begins in February 2024 and final round is scheduled to finish in the first week of April. Students will be expected to be available for every round. Training starts at 3.30 with training by coaches, finishing at 5:00pm for Middle School Years or 5:30pm for Senior teams. For Years 5 and 6, training takes place on Friday afternoons, leading directly into the debates later in the evening.

The ISDA timings are as follows:

ISDA Schedule

Date	Location
Friday 16 February	Cranbrook
Friday 23 February	SACS (hosting Shore)
Friday 1 March	St Catherine's
Friday 8 March	SACS (hosting Scots)
Friday 15 March	Kincoppal Rose Bay
Friday 22 March	Ascham
Friday 5 April	SACS (hosting Kambala)

Timings for the divisions:

Team	Topic released	Prep time	Debate begins
Primary B	5:00pm	45 minutes	5:45pm
Primary A	5:00pm	45 minutes	5:45pm
Year 7	5:45pm	45 minutes	6:30pm
Year 8	5:45pm	45 minutes	6:30pm
Year 9	5:45pm	45 minutes	6:30pm
Year 10	6:45pm	45 minutes	7:30pm
Senior Bs	6:45pm	45 minutes	7:30pm
Senior As	6:45pm	45 minutes	7:30pm

Transport

Transport from St Andrew’s Cathedral School is provided for Primary A and Primary B, but students from Years 7 – 12 are expected to make their own way to the away debates. Parents or carers are also expected to pick students up at the completion of a debate. Parents and carers are welcome to watch the debates; an audience is always welcome.

Teams

There will be a total of 8 teams: one team from each of Years 5 through to 10 and two senior teams. Each team will consist of between 5 – 6 students, with up to two reserves. There is a coach for each team. The teams are selected by consultation between Jessica, Conna, and the coach for the respective year group.

Duke of Edinburgh Award

Contact: Mrs Michele Hall mhall@sacs.nsw.edu.au

Please register your interest by entering the Co-curricular Booking Site:

The Award is a leading structured (non-formal education) youth development program, empowering all young Australians aged 14-24 to explore their full potential and find their purpose, passion and place in the world, regardless of their location or circumstance. There are three levels to the Duke of Ed Award, Bronze, Silver and Gold, and each are progressively more challenging.

To achieve an Award, each young person must learn a skill, improve their physical wellbeing, volunteer in their community and experience a team adventure in a new environment. Achieving an Award recognizes individual goal setting and self-improvement through persistence and achievement.

The Duke of Edinburgh's International Award Framework	Voluntary Service	Physical Recreation	Skills	Adventurous Journey	Gold Residential Project
Bronze 14 yrs+ Minimum Time: 6 months	3 Months	3 Months	3 Months	2 Days/1 Night - Practice Journey/s - Qualifying Journey	N/A (Gold Level only)
Averaging 1 hour a week. Plus an additional 3 Months for a major section in Voluntary Service, Physical Recreation or Skills.					
Silver 15 yrs+ Minimum Time: 6 months	6 Months	6 Months	6 Months	3 Days/2 Nights - Practice Journey/s - Qualifying Journey	N/A (Gold Level only)
Averaging 1 hour a week. Plus an additional 6 Months for a major section if the Bronze Award was not completed.					
Gold 16 yrs+ Minimum Time: 12 months	12 Months	12 Months	12 Months	4 Days/3 Nights - Practice Journey/s - Qualifying Journey	5 Days/4 Nights
Averaging 1 hour a week. Plus an additional 6 Months for a major section if the Silver Award was not completed.					

If you are interested in the Award, email the Award Leader Mrs Michele Hall mhall@sacs.nsw.edu.au or come and chat to her in the Sports Department.

EALD (English as a Second Language) & SACS Achieve Homework Centre

EALD and SACS Achieve are advertised weekly in the Heads of School (HoS, HOMS, HOSC) newsletters. Both SacsAchieve and EALD study centre run at no additional cost to students.

Assistance Schedule for Students

Free Sessions

7-9 SacsAchieve After-school - Homework SAH Room S523	Monday 3.30pm–4.30pm Tammy Campbell	Thursday 3.30pm–4.30pm Tammy Campbell
10-12 SacsAchieve After-school Study Drop in Centre BBC Room B301	Monday 3.30pm–4.30pm Rodrigo De La Hoz	Thursday 3.30pm–4.30pm Rodrigo De La Hoz
7-9 Middle School EAL/D Study Centre (for international and EALD students) SAH Room S522	Thursday 3.20pm–5.00pm Heaven Lee	
10-12 SS EAL/D Study Centre (for international and EALD students) BBC Room B205	Tuesday 3.20pm–5.30pm Heaven Lee	
7-12 Maths Homework Help Drop-in Centre BBC Room: B304	Tuesday 3:30pm–4:30pm Maths Faculty	Thursday 3:30pm–4:30pm Maths Faculty

Case Managers

SL Year 7 and 8 Terri Katakouzinou tkatakouzinou@sacs.nsw.edu.au SAH Level 5 Monday-Friday	SL Year 9 Angelyn Tan atan@sacs.nsw.edu.au SAH Level 5 Monday-Friday	SL Year 10 Rodrigo De La Hoz rdelahoz@sacs.nsw.edu.au BBC Level 4 Monday-Friday
SL Year 11 Naomi Davey ndavey@sacs.nsw.edu.au BBC Level 4 Monday-Friday	SL Year 12 Adam Cassidy acassidy@sacs.nsw.edu.au BBC Level 4 Monday-Friday	EAL/D Years 7-12 Heaven Lee hlee@sacs.nsw.edu.au SAH Level 5 Monday-Friday

SacsAchieve Middle School and Senior College runs on Monday and Thursday 3:30-4:30pm and takes place in SAH room S523 and BBC Room B310. It is a drop-in homework club that does not require registration and is free of charge. **SacsAchieve** is staffed by Specialised Learning Staff, which are qualified teachers in the Humanities and English. A Maths specialist is present on Thursday's if this is an area of specific interest to your child. As it is a drop in centre, students can choose if they attend or not, and can also leave before the end at 4:30pm.

Middle School Study Centre

MSSC is held on Mondays, Tuesdays and Thursdays for 2 hours per session (3:30 – 5:30pm). You must pre-register for this activity as there is a cost involved and rolls are taken. MSSC is staffed by 2 teachers plus the administrative coordinator

To register click on the below link. (Please note the below link only opens at the end of each term and the beginning of the new term). <https://www.sacs.nsw.edu.au/whats-on/events/>

Secondary School Study Centre

SSSC is held on Monday, Tuesday, Wednesday, Thursday and Friday from (3:30 – 5:15pm). This is a walk in option, no bookings are required. SSSC is staffed by 2 teachers.

Maker Space (no registration required)

Contact: Amanda Hogan ahogan@sacs.nsw.edu.au

Please note you only need to register for the Maker Space Workshop listed below.

Maker Space is a place where students can come together to use and learn to use materials as well as develop creative projects. Makerspace promotes learning through tinkering and experimentation. The important idea is that it is a place that can be used for a range of activities with changing and flexible educational goals and creative purposes. No bookings are required we are happy to take walk-ins. It will be held in the TAS area in Lower Ground of the BBC. On Friday's 3:30pm – 5:00pm

Woodworking Workshop: All year (build projects that you define)

Junior Computer room: All year, work on solving problems or making games.

Senior Computing Project Group: All year, work on solving harder problems, training for competitions and working on long term projects.

Maker Space Years 7-9 (Exclusive Workshop) \$150.00 (maximum 10 students)

Contact: Amanda Hogan ahogan@sacs.nsw.edu.au

If interested in the below. Students must register by entering the Co-curricular Booking Site:

Calling all creative geniuses, tech wizards, and future makers! (Years 7-9)

Maker Space is launching TWO exclusive Maker Club workshops just for Year 7-9 students in 2024!

One workshop will take you on a tech adventure, while the other will transform you into a woodworking whiz. Choose your path and get ready to:

Master awesome new skills: Think technology and design, crafting incredible creations, and learning secrets the normal classes don't teach!

Build something epic: No boring replicas here! You'll design and create a one-of-a-kind project to take home and show off. It'll be YOUR masterpiece!

Join a crew of like-minded makers: Share ideas, collaborate, and have a blast with other students who love to get creative.

Spots are limited, so don't miss out! Click on the booking link to show your interest and be the first to get all the details. We'll contact you in 4-5 weeks with everything you need to know to join the Maker club movement!

Mock Trial (invitation only)

Contact: Eleni Tatsis: etatsis@sacs.nsw.edu.au

The Mock Trial competition is conducted by the Law Society of New South Wales and is a practical means of introducing students to the law and to increase understanding of the basis of our judicial system.

The competition aims to help students increase basic skills such as listening, speaking, writing, reading and analysing. The goal is to learn and understand the meaning of good citizenship through participation in our system of law and justice.

This is only open to Year 11 students, as well as Year 12's acting as coaches. Students are selected for the team by process of audition and are then trained to enter the knockout competition. Training is held in the afternoon and will be decided upon once the team has been selected. The competition starts Monday 4th of March and finishes Wednesday 4th of December. However, as it is a knockout comp after Round 3, students may finish earlier.

Philosophy and Ethics Olympiad

Contact: Jonathan Hall jhall@sacs.nsw.edu.au

Open to Years 7-12

Middle School Philosophy Club (Years 7-9) - Friday lunchtime
Senior College Philosophy Club (Years 10-12) - Tuesday lunchtime
Senior Ethics Olympiad (Years 10-11) – May
Middle School Ethics Olympiad (Years 7-9) – November
Philosophy (Years 8-11) – August and September

The teams train and prepare in the weeks leading up to the competitions. To try out for Ethics and Philosophy teams, join the Middle School or Senior College Philosophy Clubs.

Science Club Years 7-10 (maximum 20 students)

Contact: Melinda Mestre mmestre@sacs.nsw.edu.au

Please register your interest by entering the Co-curricular Booking Site:

Science Club is an innovative and inclusive way for students to get their thinking caps on and conduct some scientific research. Students will be able to experiment, learn and explore the working scientific skills that underpin all of the science curriculum 7-12. The Science Club program aims to bridge in-school and out-of-school learning and foster the development of skills, such as experimentation, critical thinking, and problem solving. Students will engage in a passion project in an area of science that interests them. They will have the opportunity to work collaboratively and/or independently in this endeavour. Students will have the opportunity to develop a scientific poster and report to be submitted to the [Young Scientist Competition](#).

This activity will commence Week 2, Term 2 and continue until end of Term 3, and will be held in S840 from Monday 6th May 2024 3:30pm – 5:00pm

Sport

Please note the below is additional to our sporting programme.

Athletics

Contact details: rbutler@sacs.nsw.edu.au

Please register your interest by entering the Co-curricular Booking Site:

Athletics training will be offered in 2024 and training will begin in Term 2. More information about the athletics program will be circulated to students and parents once registration has been completed. We recommend that students who are interested in Middle distance running get involved in the school's cross-country training which is details in the documents.

Cross Country Running

Contact details: brobertson@sacs.nsw.edu.au

Please register your interest by entering the Co-curricular Booking Site:

The benefits of cross-county running are well established. It is excellent for developing strength and endurance. The terrain and elevations force you to run with your whole body. Mental strength and determination are also developed.

- Training will commence in Week 7. Days and times will be confirmed with students.
- Extra sessions will be included in the lead up to the ISA Cross Country carnival.

Snowsports

Please register your interest by entering the Co-curricular Booking Site:

Contact details: rvanwachem@sacs.nsw.edu.au

Snowsports @ SACS

There are two ways in which you can be involved in Snowsports@SACS.

1. In the last week of the winter school holidays, a 6 day trip is organised for students from Year 7 through to Year 12. It is open to everyone, even if you have never skied before. Information regarding this trip will be sent out late in Term 1 or early Term 2. The cost is usually around \$1400 and is very dependent on the costs charged by suppliers. If you expect that your child will be skiing more than the 5 days of the trip, then it may pay to look into a season pass. The cost of the pass is essentially the cost of 5 days of skiing.
2. Competition: For students who are interested in competition, Australian Interschools run competitions. Regionals are at the same time as the above trip, with successful (roughly top 15) moving onto States and similarly Nationals. Regionals and States are held in alternate years at Perisher and Thredbo, with Regionals this year at Thredbo. Nationals are held in

alternate years between NSW and Victoria. This year Nationals will be held in Victoria. Competitions are held in both snowboard and skiing. Events include Slalom, Moguls, Freestyle and skier/boarder X. SACS also competes in Cross Country skiing.

The following may be of assistance when registering

What age division is a student in?

Division 1: Years 11 & 12

Division 2: Years 9 & 10

Division 3: Year 7 & 8

Alpine	Skiers are timed on a modified giant slalom course
Skiercross	Skiers are timed on a slope-style course
Freestyle Moguls	Skiers are scored on a bumps/jumps course
Snowboard Giant Slalom	Boarders are timed on a modified giant slalom course
Snowboard Cross	Boarders are timed on a slope-style course
	Note that these will be part of the State Championships that include the disciplines above.
Slopestyle	Skiers or Boarders perform a number of tricks over a course of jumps and rails. Divisions 1-3 only.
Cross Country Freestyle	Raced with skate or classic cross country skis with a mass start. Note that this year the event is a classic only event
Cross Country Relay	3 Person Relay team.



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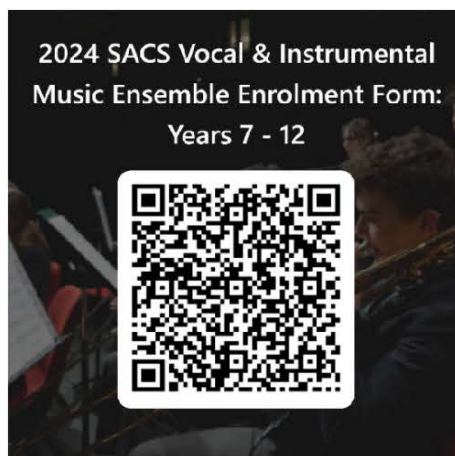
Music Ensembles Information 2024

Year 7 – Year 12

	Time	Ensemble	Cohorts	Location
Monday	7.30am - 8.20am	Sinfonia* <i>(by audition/invitation only)</i>	Years 10-12	Chapter House
	7.30am - 8.20am	Jazz Band	Years 7-9	S815
	12.30pm - 1.00pm	Lunchtime Concert	Years 7-12	Fairfax
	3.30pm - 5.30pm	Musical Rehearsal <i>(Term 4 and 1 only)</i>	Years 7-12	Fairfax/BBCA
Tuesday	7.30am - 8.20am	Wind Symphony*	Years 10-12	Fairfax
	7.30am - 8.20am	Concert Band	Years 7-9	Chapter House
	7.30am - 8.20am	Chamber Orchestra*	Years 10-12	S817
	3.30pm - 4.30pm	Recorder Group <i>(paid class)</i>	Years 3-6	S817
Wednesday	7.30am - 8.20am	Senior Choir	Years 9-12	BBCA
	7.30am - 8.20am	Middle School Choir	Years 7-8	Fairfax
	3.30pm - 4.30pm	Rock Bands	Years 7, 8 and 9	S805, S820, S823
	3.30pm - 4.30pm	Symphony Orchestra* Tutorials	Years 10-12	Fairfax
	4.30pm - 5.30pm	Symphony Orchestra*	Years 10-12	Fairfax
Thursday	7.30am - 8.20am	Chamber Choir	Years 9-12	Fairfax
	7.30am - 8.20am	Middle School Strings	Years 7-9	S815
	7.30am - 8.20am	Wind Quintet	Years 9-12	S810
	3.30pm - 4.00pm	Music Maestros Concert	Years K-12	Fairfax
Friday	7.30am - 8.20am	Jazz Orchestra*	Years 7-12	S815
	7.30am - 8.20am	Girls Vocal	Years 7-12	Fairfax
	7.30am - 8.20am	Boys Vocal	Years 7-12	S643
	3.30pm - 5.30pm	Musical/Music Tour Rehearsal <i>(Term 4 and 1 only)</i>	Years 7-12	Fairfax/BBCA

*Students in Years 7-9 can express interest in auditioning for these ensembles using the enrolment form.

Musical ensemble participation is a year-long commitment.





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