

2022 Co-Curricular Friday Activities

Term 4



Guildford Grammar School

FOUNDED 1896

Important information

- Use this brochure to help you choose your Friday Activity for this term
- Visit the co-curricular website: www.socscms.com/login/28731/pupil to sign up to your chosen activity – first come, first serve!
- Sign in as 'Pupil' using the following:
Username: `firstname.lastname@student.ggs.wa.edu.au`
Password: **2022Co-curricular** (this is the default password).
*Please change this password if you haven't already under 'settings' once logged in to something individualised so only you have access to your account.
- Once logged in, select your Friday Activity by following these steps:
 - Click on 'Activities'
 - Click on 'Friday Afternoon Activities' to view this term's 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 Friday 9 September, 1pm**
- **Sign up closes on Friday 16 September, 5pm**
- In the week following closure of sign up, your parents/guardians will be sent a confirmation email containing a link to an online consent form and online payment (if applicable). It is a requirement that this consent form and payment (if applicable) is submitted prior to you commencing your selected activity next term.
- If you have any queries, please email: **Karlie Payne**, Director of Co-curricular and Experiential Learning: co-curricular@ggs.wa.edu.au

Friday Activity expectations

- Pick an activity you want to try, practice or know you'll enjoy. 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!



Become a Barista!

Yahava Koffeeworks in West Swan are offering you the opportunity to become a barista by the end of the term.

Participants will receive the Barista Induction and Advanced Barista certificates, as well as plenty of practical skills and theoretical knowledge of coffee, which will help you to find work in a café as a junior café member.

You can expect to learn the following:

- Background of coffee and tasting experience
- An introduction to espresso
- An introduction to milk texturing
- Advanced espresso extraction
- Advanced milk preparation and practice
- Cafe flow/coffee service
- Mock cafe setup

Provider: Yahava Koffeeworks, West Swan
Age group: Year 10-11
On/off campus: Off campus
Cost: \$300.00

Cadets

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: GGS, Captained by Mr Dell
Age group: Year 10-11
On/off campus: On campus
Cost: No charge



Community Service

The Community Service activity is designed to give Senior Students the opportunity to spend a term helping an organisation of their choice.

Students will be able to choose from a wide variety of community development organisations that focus on everything from education, conservation of animals and volunteering with the elderly.

Options possible for Term 1 may include:

- Kanyana Wildlife Conservation
- GGS Prep School (working in Prep School classes)
- GGS Senior School (working with Ms Carroll and Mr Casey)
- Midland Op Shop

Cost: no charge



Defensive Driving Lessons

Defensive Driving School Perth offers our students a discounted rate on driving lessons through the Friday Activity Program, with the opportunity for students to arrange lessons in pairs to learn from each other's driving experiences. Students must have their L-plates and show proof of these prior to being permitted to drive. Driving instructors will also sign off on logbooks for students who supply these at the commencement of each session. All vehicles are four-cylinder, smooth and easy to drive. Lessons can occur in manual or automatic transmissions – students must indicate their preference in advance of the start of each term so the appropriate cars/instructors can be arranged.

Provider:	Defensive Driving School Perth
Age group:	Year 11 (with L-plates or P-plates)
On/off campus:	Off campus
Cost:	\$65 per lesson

Created to Create

Spend your Friday afternoons creating your own artwork, relaxing with your peers as you create your own masterpiece with the selected medium on offer. Be guided by experts, whilst enjoying the freedom of choosing your own artistic adventure.

There are no pre-requisites for students to engage in this activity and all equipment is provided.

Provider:	Faire & Co
Age group:	Year 10-11
On/off campus:	On campus
Cost:	\$250



Dungeons & Dragons

Embark upon a Dungeons & Dragons campaign, collaborating with your peers to solve dilemmas, engage in battles, explore and gather treasure and knowledge whilst being guided by your Dungeon Master. Choosing this option is your gateway to action-packed adventures in this cooperative storytelling game where heroes battle monsters, find treasure and undertake epic quests.

All equipment required for this activity will be provided by GGS.

Provider:	GGS Staff
Age group:	Year 10 and 11
On/off campus:	On campus
Cost:	no charge

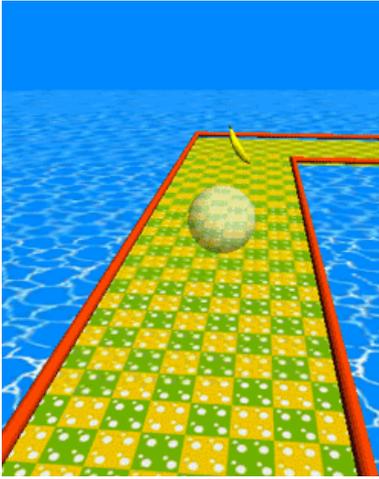


First Aid and CPR

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?

Provider:	Surf Life Saving WA
Age group:	Year 10-11
On/off campus:	On campus
Cost:	\$100



Game Development with Unity

In this course, you will be introduced to the Unity platform and taught the fundamental concepts of programming and design used through the development process. This involves a comprehensive guide to navigating Unity, an introduction to programming in C#, with a special focus on learning and implementing strong design principles.

Students will need to provide their own laptop and, where applicable, may need to obtain their own software license (such as Adobe).

Provider:	StemSmart
Age group:	Year 10 and 11
On/off campus:	On campus
Cost:	\$300

Games Challenge

Learn to play or compete in a large range of games (card games, board games or tabloid games) with a relaxing or competitive afternoon on campus. Weekly challenges and sessions will be run, with an opportunity for students to share their favourite games and then play with friends or compete to be the Champion!

Games will be available on campus, with students encouraged to bring games from home if there is a certain activity they would like to share.

Provider:	GGs Staff
Age group:	Year 10 and 11
On/off campus:	On campus
Cost:	no charge



It Just Got Real!

Research tells us that mass media and pornography account for much of what students are exposed to and learn from, when it comes to forming attitudes and beliefs about sex – how to look, how to act and how to feel.

The images and content depicted are often very poor educators, as the influence of advertising and consumerism overrides the necessity for relevant and accurate information.

Red Ginger Wellness aims to 'fight fire with fire' and provide context to what you may be accessing online, and in popular culture through it's innovative, engaging and fun Hot Topics weekly workshops.

Provider:	Red Ginger Wellness
Age group:	Year 10
On/off campus:	On campus
Cost:	No charge



To the Hills or the Sea

Enjoy some fresh air and sunshine in the outdoors for your Friday afternoon! A great way to finish the week and get your steps up. Students can choose their own adventure, heading to walk along Trigg Beach or venture into the Hills for a small hike.

Students will need to come dressed appropriately for walking, as well as bringing a hat and water bottle.

Provider:	GGG Staff
Age group:	Year 10-11
On/off campus:	Off campus
Cost:	No charge



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.

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

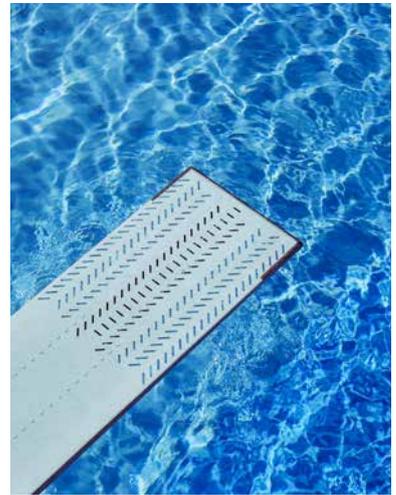
Learn to Dive

Diving WA's Learn to Dive program is an introduction to Springboard/Platform diving in a fun and safe environment, supervised by trained coaches.

Diving is a unique sport where students will combine elements of trampolining, gymnastics, tumbling, swimming and acrobatics, in wet and dry training to give them the full diving experience. Students will build their skills of focus and concentration as they attempt unfamiliar exercises and take them to new heights - literally! It is a great forum for building self-confidence, resilience and perseverance.

No experience necessary but must be able to swim a minimum of 10m confidently in deep water.

Provider:	Diving WA
Age group:	Year 10-11
On/off campus:	Off campus, HBF Stadium
Cost:	\$200



Strength & Conditioning

This activity aims to provide high-intensity circuit workouts that are fun and results-driven. Sessions are designed to provide a functional full-body workout while improving energy levels, metabolic rate, strength and endurance..

Provider:	JSA Fitness Centre
Age group:	Year 10-11
On/off campus:	Off campus
Cost:	\$200 per term



Music Studies

For Year 11 General and ATAR Music students only

This activity caters for those students who would like to have more time to practice and/or work on current assessment and performance pieces. Please note that students who choose this activity will be expected to arrive with appropriate equipment and resources, to use their time effectively, and to demonstrate maturity and respect in the School of Music throughout the afternoon.

Provider:	Mr Hurley and Mr Underwood
Age group:	Year 11
On/off campus:	On campus
Cost:	Free



Surfing

Surfing WA has been providing surfing services to WA schools for over 35 years and currently provides a range of programs for all students from primary and secondary schools.

All coaches are highly qualified, experienced and hold a Working with Children Check.

The safe surfing programs are for the full term and participants can obtain safe surfing certificates.

Provider:	Surfing WA
Age group:	Year 10-11
On/off campus:	Off campus
Cost:	\$150 per term

TAFE and Workplace Learning

If you have already organised for Workplace Learning or are currently registered for a TAFE course on Fridays, you will be allocated to this activity.

Please note all WPL assignments and/or TAFE arrangements must be organised through Ms Noort.

If you are interested in this opportunity for the future, please email Ms Noort to set up a time to meet with her. Ms Noort is keen to hear from students who express interest to share the many possibilities available to our students.

Provider:	Refer to Ms Noort
Age group:	Year 11-12
On/off campus:	Off campus
Cost:	Refer to Ms Noort



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 10-11
On/off campus:	Off campus
Cost:	\$175



Sport Assisting

Basketball, Cricket, Rowing, Tennis, Volleyball, Water Polo

Sport options: Jr Basketball Jr Boys' Tennis Jr Boys' Cricket
 Jr Boys' Volleyball Jr Boys' Rowing Jr Boys' Water Polo

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 or Directors of Sport. 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.

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



Guildford Grammar School

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