

# 2023 Co-Curricular **Friday Activities**

## **Term 3**



**Guildford Grammar School**

FOUNDED 1896

# Important information

- Use this brochure to help you select your co-curricular allocation. A reminder that these activities aim to align to personal excellence and wellbeing, so take your time to review and select an option.
- Visit the co-curricular website: [www.socscms.com/login/28731/pupil](http://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 allocation 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 Monday 26 June, 5pm**
- **Sign up closes on Friday 30 June, 5pm**
- 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 next term.
- If you have any queries, please email: **Karlie Payne**, Director of Co-curricular and Experiential Learning: [karlie.payne@ggs.wa.edu.au](mailto:karlie.payne@ggs.wa.edu.au)

# Friday Activity expectations

- The opportunities available are to enable you time to grow your skill set, pursue areas of passion or unlock potential for your future pathways.
- 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!



## Athletics Development

GGs athletes will have the opportunity to develop their skills for the Athletics season with specific technical sessions, as well as competition opportunities.

<b>Provider:</b>	<b>GGs Coaches</b>
<b>Age group:</b>	<b>Year 10-12</b>
<b>On/off campus:</b>	<b>On and off campus</b>
<b>Cost:</b>	<b>No charge</b>

## Barre Fitness & Lyrical Dance

Barre Fitness is based on ballet exercises incorporating pilates, yoga, and strength training. Lyrical Dance is an expressive form of dance through a combination of Ballet, Jazz and Modern Dance. This Friday Afternoon Activity will allow students to express themselves through routines and imaginative dance both independently and with partners and groups.

<b>Provider:</b>	<b>Rasie the Barre Ballet</b>
<b>Age group:</b>	<b>Year 10-12</b>
<b>On/off campus:</b>	<b>On campus</b>
<b>Cost:</b>	<b>\$200</b>



## Bassendean Railway Train Carriage Rebuild

GGs students will have the opportunity to develop their refurbishment skills, learning from trade professionals to contribute to the refurbishment of a train carriage at the Bassendean Railway Museum.

<b>Provider:</b>	<b>GGs Staff and Bassendean Railway Volunteer</b>
<b>Age group:</b>	<b>Year 10-12</b>
<b>On/off campus:</b>	<b>On/Off campus</b>
<b>Cost:</b>	<b>No Charge</b>

# 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
- Café flow/coffee service
- Mock café setup

**Provider:** Yahava Koffeeworks, West Swan  
**Age group:** Year 10-12  
**On/off campus:** Off campus  
**Cost:** \$300



## 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, Officer Commanding CAPT (AAC) Martin Dell  
**Age group:** Year 10-12  
**On/off campus:** On campus  
**Cost:** No charge

## 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 10-12  
**On/off campus:** On campus  
**Cost:** \$300







## 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?

<b>Provider:</b>	<b>Surf Life Saving WA</b>
<b>Age group:</b>	<b>Year 10-12</b>
<b>On/off campus:</b>	<b>On campus</b>
<b>Cost:</b>	<b>\$145</b>



## 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 11-12 (with L-plates or P-plates)  
**On/off campus:** Off campus  
**Cost:** \$65 per lesson



## Generations Meet

This activity will be aimed at working with Elders from the City of Swan and building intergenerational skills together. You will map out activities with the Elders to engage in each week, with the intention that you build positive friendships and gain a new perspective on life.

**Provider:** City of Swan and GGS Staff  
**Age group:** Year 10-12  
**On/off campus:** Off campus, City of Swan  
**Cost:** No charge

## GGS Content Creation

Collaborate with GGS staff and peers to produce and collate creative content each week that develops enjoyable, innovative and informative communications. Students who have an interest in journalism, photography, artistic design or engaging with Year 7-9 students around their abilities and achievements are encouraged to join this group.

**Provider:** GGS Staff  
**Age group:** Year 10-12  
**On/off campus:** On campus  
**Cost:** No charge





## GGGS Farmers Market and Coffee Cart

This opportunity aims to develop students' skill sets, collaborating with local hospitality businesses and local produce farmers to create a small business in action. You will work with peers to engage with suppliers to procure items, collaborate on a marketing plan and implement ideas each week based around fresh produce and coffees.

<b>Provider:</b>	<b>GGGS Staff</b>
<b>Age group:</b>	<b>Year 10-12</b>
<b>On/off campus:</b>	<b>On campus</b>
<b>Cost:</b>	<b>No charge</b>



## The Guildford Partnership

For this activity you will collaborate with GGS staff and peers with a focus on transformational service, developing ideas around how we as a community can contribute to others. This will include a partnership with Anglicare, focused around enhancing the skills of our Anglicare Ambassadors and trip to local primary schools (including our own Prep School) and old peoples' homes.

**Provider:** GGS Staff  
**Age group:** Year 10-12  
**On/off campus:** On and off campus  
**Cost:** No charge



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## 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:** GGS Teaching Staff  
**Age group:** Year 10  
**On/off campus:** On campus  
**Cost:** No charge



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## Martial Arts – Boys/Girls

Run by Clarity Jiu Jitsu, you will engage in an introduction to Martial Arts on campus with a focus on Jiu Jitsu and games. You will learn initial movements and progress as a group, dependent on skill levels.

**Provider:** Clarity Jiu Jitsu  
**Age group:** Year 10-12  
**On/off campus:** Off campus  
**Cost:** \$175 per term







## Legally Blonde Rehearsals & Music Studies

**For students involved in Legally Blonde, or General/ATAR Music**

This activity caters for those students who are involved in rehearsals for Legally Blonde, or 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.

<b>Provider:</b>	<b>Mr Hurley and Mr Underwood</b>
<b>Age group:</b>	<b>Year 10-12</b>
<b>On/off campus:</b>	<b>On campus</b>
<b>Cost:</b>	<b>Free</b>

## Ministry of Fun DJ Course

This course will be run by DJ FADJ and will focus on a progression of skills to enable you to beatmatch, loop and perform a DJ set with confidence. Along with this, you will be able to put your skills to the test at your DJ battle party in the last week!!

**Provider:** DJ FADJ  
**Age group:** Year 10-12  
**On/off campus:** On campus  
**Cost:** \$297



## Parkour Course

Parkour is the world's fastest growing alternative non-competitive sport. Seen in varying styles and forms; Parkour trains participants to use their body to scale and navigate the urban world in a safe and efficient manner.

Participants will join Old Guildfordian & Senior Instructor Mitch Robinson from Perth Parkour, working through essential Parkour skillsets:

- Fundamental Vaults & Movements
- Climbing Techniques
- Impact Management
- Risk Mitigation & Awareness

Interested participants will also have the opportunity to consider qualification as an Assistant Instructor in Parkour, offering successful candidates a pathway into part-time work as a Coach in the future.

Parkour is facilitated initially on-campus and then moves off-campus as students progress. No special equipment is required, however comfortable clothing and sports footwear allowing full range of motion is recommended.

**Provider:** GGS Coaches  
**Age group:** Year 10-12  
**On/off campus:** On/off campus  
**Cost:** \$175

## Personal Interest Project

Selected GGS students will have the opportunity to collaborate with GGS Staff to develop a project in their chosen area of passion. Students will draw on their own skills and knowledge in a supportive and engaging environment, to produce a project of their choosing, presenting to chosen staff and students at the end of the Semester.

**Provider:** GGS Staff  
**Age group:** Year 10-12, by invitation  
**On/off campus:** On/off campus  
**Cost:** No charge







## Sport Assisting

**AFL, Soccer, Hockey and Rugby**

**Sport options:**    Jr AFL                      Jr Soccer                      Jr Hockey                      Jr Rugby

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.

**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**

## Philosophy Café Junior

Students will assist Mr Rogers and Mrs Ray in 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 10-12  
**On/off campus:** On campus  
**Cost:** No charge



## Rugby Development

This activity is for Senior Rugby players in Year 10-12. All players are encouraged to sign up. ***Rugby Development will only run until the end of the Winter season, where students will then need to reselect their activity.***

Coach MacDougall along with the senior coaching team will be running the sessions which will include tactical workshops, set piece training and a captain's run.

It will also provide an opportunity to evaluate previous matches and plan for future fixtures.

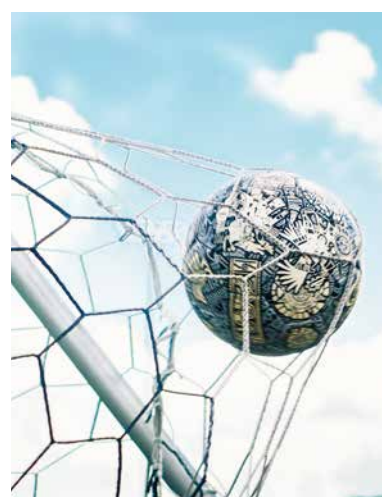
**Provider:** GGS Staff  
**Age group:** Year 10-12  
**On/off campus:** On campus  
**Cost:** No charge

## Soccer Development

This activity is for Senior Soccer players in Year 10-12. Coach Dean will be leading the sessions which will include tactical workshops, set piece training and general fitness. ***Soccer Development will only run until the end of the Winter season, where students will then need to reselect their activity.***

It will also be an opportunity to evaluate previous matches and plan for future fixtures.

**Provider:** GGS Staff  
**Age group:** Year 10-12  
**On/off campus:** On campus  
**Cost:** No charge







## Sports Coaching and Development

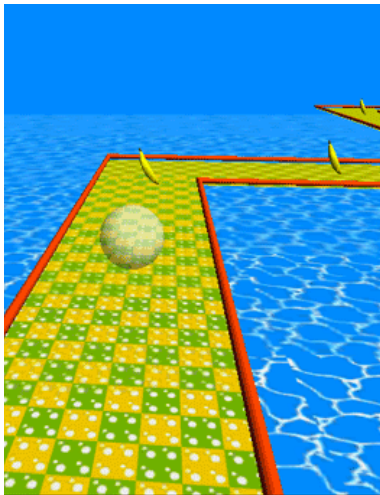
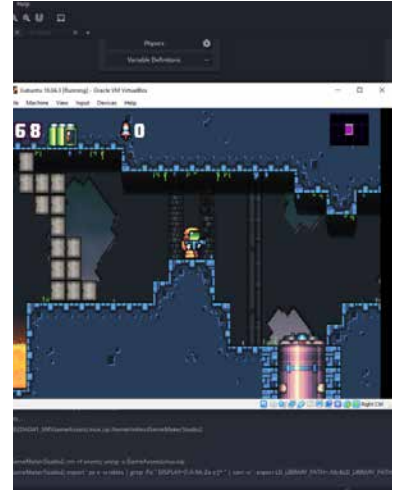
This course will provide you the opportunity to develop your skills in a sport of your choice, gaining a coaching certification and collaborating with experts in fields such as mobility, dietetics and WAIS, to enhance your knowledge with the hope to equip you to be able to contribute to the Guildford community and greater.

<b>Provider:</b>	<b>GGS Staff and external providers</b>
<b>Age group:</b>	<b>Year 10-12</b>
<b>On/off campus:</b>	<b>On campus</b>
<b>Cost:</b>	<b>No charge</b>

## STEMSmart – 2D Game Design

Students will be led by expert instructors through GameMaker Studio 2, learning the fundamentals of game development. In this open-ended course, students will learn how to implement essential game mechanics that can be applied to any game they can imagine.

**Provider:** GGS Staff  
**Age group:** Year 10-12  
**On/off campus:** On campus  
**Cost:** \$260



## STEMSmart – 3D Game Design

Discover the incredible power of Unity, the tool that has brought the world games such as Among Us, Fall Guys, and Subnautica. Expert tutors will guide you through the Unity platform as you begin your game development journeys. You will learn skills including asset design, level design, and simple C# programming.

**Provider:** GGS Staff  
**Age group:** Year 10-12  
**On/off campus:** On campus  
**Cost:** \$260

## 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 10-12  
**On/off campus:** Off campus  
**Cost:** \$175







## The extra 3%

Work with GGS staff and external tutors to build your content and application skills to assist your exam preparation and outcomes.

**Run by:** GGS Staff and external experts  
**Age group:** Year 11-12  
**On/off campus:** On campus  
**Cost:** No charge



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