



St Paul's School

Extra Curricular Handbook

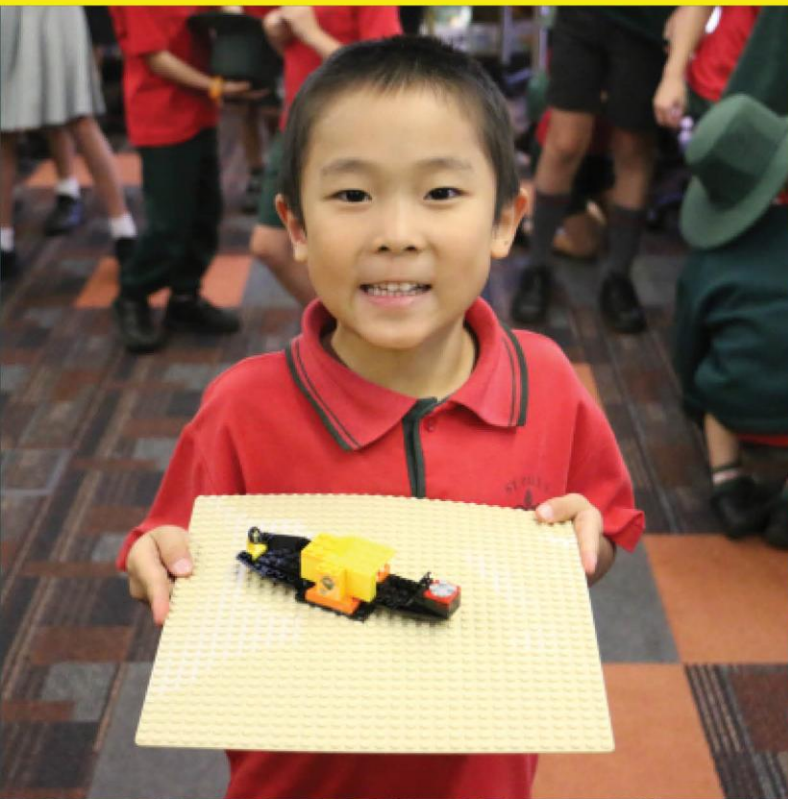


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Contacts
Extra-Curricular Coordinator

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Head of Sport Development

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Please Note: Information in this handbook is subject to change

Badminton (Secondary Students)

Badminton club is for students in Secondary School (including students in International School) and provides a social atmosphere for those students interested in playing friendly games of Badminton. No experience is necessary to start playing – students with playing experience are always available to share their expertise.

Badminton is played one lunchtime a week, all year round in Walker Centre 1 (the day of the week can vary from year to year)

Badminton Club Coordinator – Mr Murali Kadari m.kadari@stpauls.qld.edu.au



Barbell Club (Secondary Students)

Discover strength, conditioning, precision, and community at Barbell Club. Designed for students in Year 7-12, Barbell Club offers a platform to learn:

- Olympic weightlifting
- Powerlifting
- Other compound lifts
- Accessories and functional bodybuilding
- Conditioning



Sessions occur in our School gym - the Puma Den (underneath Walker 2) twice per week, one morning and one afternoon. We cater for all backgrounds, from beginners to those experienced in a gym environment.



Barbell Club coaches are Mrs Wise and Mr Jarvis who are both passionate fitness enthusiasts, and both love a barbell. Their fitness philosophy is to move and move well, in hopes that what happens in the gym will transfer into real life – sporting pursuits, leisure activities, family fun. Both coaches teach HPE and Cert III Fitness at St Paul's. Mr Jarvis used to work in the fitness industry, Mrs Wise still does.

Programming is written with safety in mind, and with hopes that whatever we do in our Puma Den with the students of Barbell Club will improve physical health, mental health, and social health. Barbell members have built a wonderful community over the years they should be proud of.

HOW DO I JOIN?

Complete the registration each term, or email your name and year level to one of the coaches (c.wise@stpauls.qld.edu.au or r.jarvis@stpauls.qld.edu.au).



WHAT'S THE COMMITMENT?

If you register, you are committing to a term of training. This training can be one day a week, or both days.



Board Games Club (Secondary Students)

Students in Years 7-12 are invited to participate

What a student could achieve by participating:

- > Develop critical thinking skills
- > Practice making difficult decisions
- > Foster teamwork and socialising
- > Learn how to be a gracious winner and loser
- > Have fun with like-minded individuals

Board Games Group will operate 2 lunchtimes per week

Board Games Group Coordinator – Mr David Burrows d.burrows@stpauls.qld.edu.au



Book Clubs (Secondary Students)

What book clubs can I join?

The Secondary Library hosts a range of book clubs for readers of all interests and ages. Come along to an existing book club or request a new one that suits your interests.

Current book clubs include:

The Mind Gym.

A book club for athletes. Members meet once a fortnight at lunchtime to reflect on the audiobook the group is listening to. Topics include leadership, mental strength and development.

Readers of the Round Table

For readers who love a bit of adventure. Come along and share what you are reading, check out new books, get recommendations from your fellow Round Table Readers.

How do I join?

Find more information and the meeting times of these groups on the Library website. Feel free to come along, no sign up necessary. You can also email Ms Dearnaley m.dearnaley@stpauls.qld.edu.au for more information or to suggest a different group.



St Paul's Cadets (Secondary Students)

During your time in cadets you will have the chance to participate in different activities including,

- > Performing in ceremonial drill for activities such as ANZAC day and Remembrance Day.
- > Participating in field craft activities.
- > Learning how to apply first aid with both theory and practical teaching methods used.
- > Learning how to read a map and how to use it with the aid of a compass to perform navigation exercises.
- > Using radios to perform communication exercises in conjunction with navigation and first aid.
- > Develop leadership skills.

Once a week St Pauls Cadets meet on a Monday night and participate in unit training. These activities can include,

- > Theory and practical exercise in
 - navigation
 - First aid
 - Communications
 - Camouflage and concealment
- > Ceremonial drill lessons and practice
- > Field engineering from building bridges to building pulley systems to move gear.

During field exercise you will get to participate in all of the above, but on a larger scale. Please note that these are only a sample of the activities that you will have the chance to participate in.

Some of the other activities' cadets will get the chance to participate in are,

- > Abseiling
- > Rock climbing
- > Over water assault courses
- > Shooting- both live and simulated

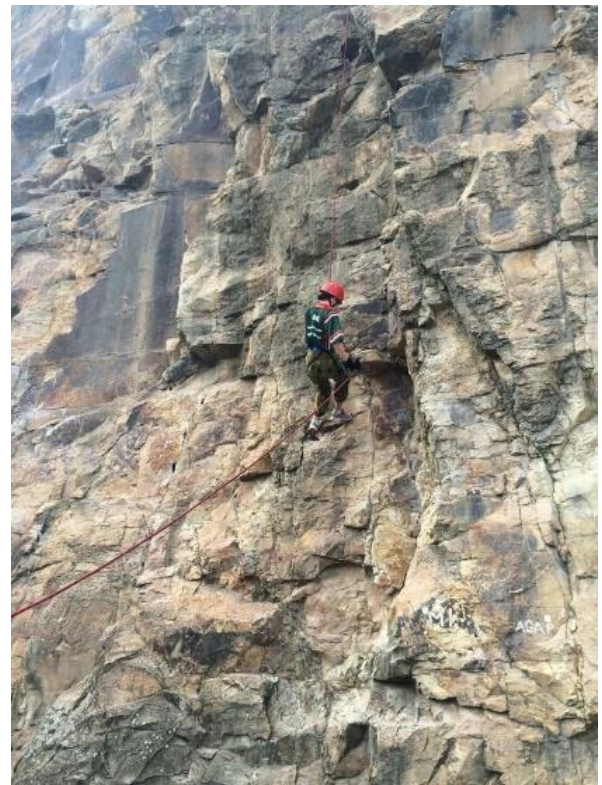
St Paul's School Army Cadet Unit meets on a Monday night during term time from 5-8pm, with the exception being public holidays, student free days and school holidays. During the year we also conduct a camp on average once a term over a weekend.

To contact the unit please feel free to contact either CAPT(AAC) David Gertner, Commanding officer of the St Paul's Army Cadet Unit at david.gertner@armycadets.gov.au or the **Extracurricular Coordinator Michelle Fraser** m.fraser@stpauls.qd.edu.au

Alternatively go to the website <https://www.armycadets.gov.au/> for more information or to find your closest unit and to start an application.



St Paul's Cadets (Secondary Students)



Chess Club (Secondary School)

Two important skills that are needed for today and in the future are creativity and problem solving. Researchers have shown that playing chess helps develop creativity since these two things are activated by the right hemisphere of the brain. Playing chess requires problem solving skills and being able to interpret what is happening and react on the fly is crucial. Another important element that gets developed whilst playing chess is improving a person's concentration skills. It is very important to keep your complete attention to what is happening in the game so that participants do not miss moves and thus lose the match due to error.

The club tries to participate in a few tournaments scattered throughout the year as a school team. The Secondary School Chess Club meets during lunchtimes, one day a week. The competition is "friendly", with an emphasis on fun and belonging. The St Paul's Chess Championship (for Years 7 – 12) is held during Semester 2 each year, with the prize being presented at the Celebration of Achievement.

Chess members are also given information inviting them to attend chess camps and other tournaments during holiday times.

The Secondary School Chess Club is ideal for students who wish to participate in an extra-curricular activity, but who may have difficulty meeting the attendance requirements of TAS sport for training or Saturday competition. Colour points are awarded to students for regular attendance (80% of sessions).

Chess Club Coordinator – Mr Murali Kadari m.kadari@stpauls.qld.edu.au



Dungeons and Dragons (Secondary Students)

What is Dungeons and Dragons?

Ever wanted to find yourself in an epic fantasy, venturing on quests and being the hero of the story? Now you can. Join the Dungeons and Dragons group. This group brings together players of the famous role-play game, complete beginners to advanced DMs alike, to develop your creativity, imagination and storytelling skills as we create our characters and complete campaigns.

Dungeons and Dragons is a fantasy table-top role-playing game. To play, you create your own character and together with your group's characters embark on a fantasy adventure. Together you will solve dilemmas, explore, and gather treasure and knowledge – all without leaving the table. Your Dungeon Master is your storyteller, creating the story as you play and deciding the fate of your merry band of adventurers.

Open to Year 7-12 students, come along to learn more about what D&D is, how to create your character and get started. Beginners to advanced players welcome.

Meetings and commitment

The Dungeons and Dragons group will divide into playing teams. Each team then decides which day and time they would like to meet. These might include lunchtimes or after school until 4:30pm once a week or fortnight.

How do I Join?

Sign up to the Dungeons and Dragons group via the Extra Curricular sign on or by emailing Ms Dearnaley m.dearnaley@stpauls.qld.edu.au more information can be found on the Library website.

<https://stpauls.concordinfiniti.com/library/portal>



eSports Club (Years 7-12 Students)



The St Paul's eSports club provides an opportunity for students to come together to compete in a variety of computer games. It provides an opportunity for students from divergent backgrounds to interact with each other and share experiences based on games and to represent the school in a variety of interschool competitions.

The eSports Club is open to students from Year 7 onwards, however, some games and competitions are only available for students from Year 10 due to game classification ratings.

Students participate in the University of Queensland Union's High School eSports program which runs during Terms 1 to 3 and involves the game League of Legends. St Paul's is also investigating the opportunity to participate in the Independent School's Queensland competition on a Saturday, [games previously have included Rocket League, League of Legends, and Overwatch].

Students will use their own laptops for the games, though the School does provide some gaming computers for use for those games being broadcast on Twitch TV [<http://twitch.tv/uquesports>].

eSports Coordinator – Miss Jessica Jelliffe



Extracurricular Dance Troupe (Secondary Students)

As a member of the Extra-curricular Dance Troupe you will:

- > Work with a group of like-minded girls and boys.
- > Develop dance technique across multiple genres.
- > Learn to dance as a team/group.
- > Potential to develop choreography skills.
- > Perform at School events, local community events, Eisteddfods/Competitions, and end of year Showcase.

Weekly Lessons:

Monday – Prep

Tuesday – Year 4-6

Wednesday – Secondary School 2

Thursday – Year 1-3

Friday – Secondary School 1

In preparation for Eisteddfods/Competitions, community/school performances and to learn new choreography, we conduct additional rehearsals. These can include intensive weekend sessions known as a “Dance Blitz” or lunch time rehearsals held on the Walker Stage.

Dancers are required to buy the SPS Dance Shirt, Jacket (available for purchase from the School Retail Shop) and plain black full-length tights. This uniform is compulsory when representing the School at Eisteddfods/Competition and community events. Personal items such as stockings, make up, hair accessories and some costume items will need to be purchased.

The SPS Dance Troupes have a focus on fun, inclusivity, and enjoyment. With age appropriate and safe dance at the forefront of what we do, all students are welcome and encouraged to participate regardless of their dance experience.

Please email the Extracurricular Dance Troupe Coordinator for more information - Mrs Tina Massie (t.massie@stpauls.qld.edu.au)



Photography Club (Secondary Students)

The St Paul's Photography Club is an interactive, photography-based club. Members will explore their own creativity in the photographic medium. The club meet mostly once a week at lunchtime (day is variable year to year). If a student chooses to be a member of the Photography Club he/she could look forward to:

Learning photography skills such as dealing with difficult lighting conditions, compositions and working with different subjects

- Practice using photoshop
- Contributing to a once-a-term photographic publication showcasing student work
- Outside of school events members can expect to be involved photographing a range of subjects such as Landscape, macro, wildlife, portraiture, urban, astrophotography and many more

It is expected that members will have their own camera that they can bring to school events and also use out of School while practicing their photography skills. A digital SLR camera is preferred but other camera types are permitted.

Photography Club Coordinator – Mr David Burrows d.burrows@stpauls.qld.edu.au



Model United Nations (Secondary Students)

Model United Nations (MUN) is a newly established extra-curricular activity at St Paul's. It is overseen by UN Youth Australia, which is a national youth-led organisation that aims to educate and empower young Australians on global issues.

Students meet fortnightly at School to participate in "UN style" debating, as well as discuss current national and international issues. In a MUN debate, students are provided with a UN resolution and allocated a country to represent. Participants then spend time researching their country's stance on the topic before engaging in classroom discussion.

In addition to this, students have the opportunity to participate in external events such as 'Evatt' and 'Voice' which are speaking competitions organised by UN Youth Australia.

Topics discussed in MUN/UN Youth activities vary from national issues such as the future of work and education, but also much larger, global issues such as the Gaza Strip. Students are encouraged to consider other viewpoints and conduct broad research, thus expanding their perspective of the world and requiring use of their empathy skills. This activity provides an opportunity for significant academic and personal growth for those willing to actively participate.

"I enjoy MUN because it teaches me the ability to compromise and work together. It also informs me about current political issues and different countries' varying stances on each of them. This is all achieved in a casual environment where you can get to know other likeminded individuals." – Harvey McIntosh, Year 11 St Paul's student

"All of the work that we do at UN Youth is rooted in the belief that young people can and do make a difference in their communities. We foster ideas and innovation, and we give young people the inspiration and support they need to create change." – UN Youth Australia

Model United Nations Coordinator: Ms Michelle Fraser m.fraser@stpauls.qld.edu.au



QDU Debating (Years 5-12 Students)



QDU (Queensland Debating Union) Debating is a great way to learn and develop public speaking and teamwork skills both of which are invaluable in today's world. QDU debaters meet once a week for a 90 min training session with their coach and team mates and in competition participate in prepared and short preparation formats. At the conclusion of each debate, students are given detailed feedback regarding their performance and their coach is present at each debate to ensure that this feedback becomes a part of the next training session in a continuous cycle of improvement for the individual and the team.

There are four rounds to the QDU debating season with many teams from St Paul's School going on to additional rounds for semi-final and final rounds with success. We have fielded teams from all year levels from Year 5 through to Year 12 and have also been included in the (invitation only) category of Senior A for the past two years. Many of our QDU debaters go on to become school leaders with many serving on the senior executive team across all areas of the school.

QDU Debating Coordinator – Ms Kaylene Hennessey k.hennessey@stpauls.qld.edu.au



St Paul's Interschools Equestrian

For information about the St Paul's Inter-School Equestrian team, (6th placed team for 2020 and 2021 for the Equestrian Inter-school Queensland Championships) please contact Ms Green m.green@stpauls.qld.edu.au



Textiles and Sewing Group

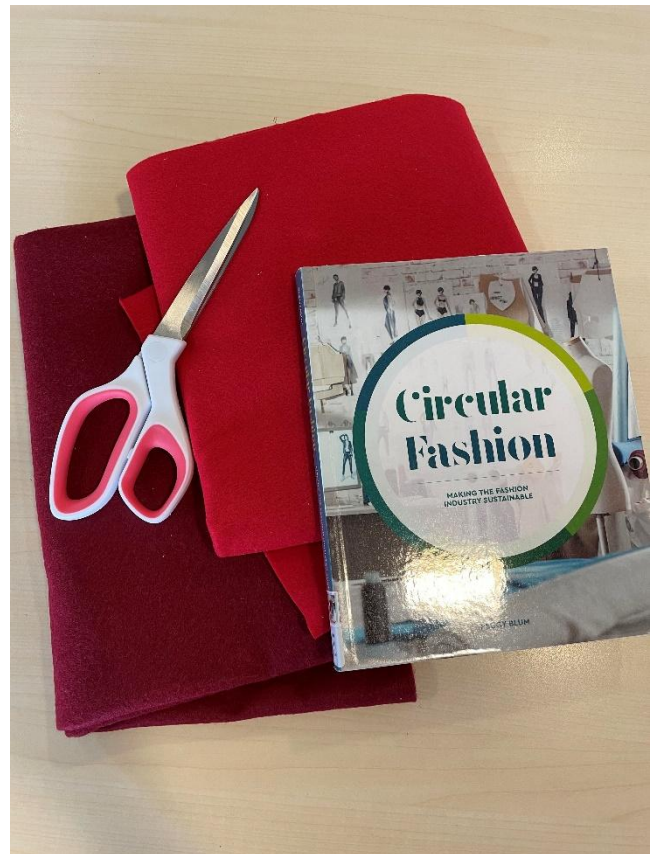
The textiles and sewing club gives students the opportunity to develop their own creativity, imagination and skills in the creation of textiles products. Have you ever had a desire to learn how to make clothes for yourself, make a bag, or some pyjamas? This is the chance to learn how to do those things.

The club is designed to build your confidence in creating textile products, learn a new skill and make some new friends. You will be supplied with some basic equipment and materials to get into creating, but will also have a chance to talk to those with the experience to help them select fabric, patterns and notions, fit clothing and read pattern markings.

Students will meet twice per week (before or after school) with the days to be posted in the school notices before week 3 of term 1.

How do I join?

Sign up to the Textiles and Sewing group via the Extra-Curricular registration or by emailing Mrs Kohn n.kohn@stpauls.qld.edu.au



Vanuatu Outreach (Year 10-12 Students)

The St Paul's Vanuatu Outreach trip is a two-week trip held annually and open to students in Years 10-12 of the year the trip takes place. The trip is part of our Service Learning program and takes students out of the classroom and their comfortable surroundings and into the lives of three poor and remote communities on the Island of Espiritu Santo in Vanuatu. The St Paul's Outreach trips to Vanuatu are an important opportunity for students to be immersed in service learning in a practical way seeking to encourage ongoing sustainable relationships and inviting students to develop a heart to serve God and others.

Vanuatu is a place where the people are said to be some of the happiest and friendliest in the world; and most who have been there would not argue with that. Although for many inhabitants, life in Vanuatu is hard and many people suffer extreme poverty. Most rural families struggle with subsistence living and have little access to long term education, health care, infrastructure, and many other things we accept as rights not privileges. Our children soon learn about the differences to our way of life and the challenges the local people face on a daily basis.

Our School's relationship with Vanuatu began in 2010 and our focus is on the communities of Sakau, Turtle Bay and Lorevilko, with emphasis on the village schools. We seek to engage with all aspects of the communities including the material elements but especially the people and their lives. We have developed a specific philosophy of support: Not just material but, social, emotional, educational, prayerful, and spiritual, bringing a great sense of hope to the communities we visit.

Although the trip stands alone, it is part of an ongoing process of growing community and relationships with the village communities, various agencies and the St Paul's Community.

Students apply for the trip in term 4 the preceding year, and will pay their own way. The cost for the trip is approximately \$3000 including all flights, accommodation, meals and transport. The teams are not permitted to fundraise at School to cover individual costs but do engage in some fundraising activities to provide resources to the communities we visit. In the months prior to the trip students will meet weekly, planning lessons to be delivered in all three schools, and preparing activities including games, sports, crafts, songs and community based events. Places are strictly limited, and an application process applies. If you have questions in regard to the trip or would like more information or background, **please contact the Chaplain Fr Mark Leam**. Email: m.lead@stpauls.qld.edu.au



Sport

Sport is an integral part of the holistic education at St Paul's School. The role that sport plays in the life of young men and women is seen as vital in the development of each individual student. There has been an abundance of recent research that has indicated the correlation between regular physical activity and improved academic results and active engagement in sporting pursuits has undoubtedly been proven to be beneficial for physical and mental health.

St Paul's School is a member of The Associated Schools (TAS & Junior TAS). The Associated Schools Inc (TAS) is an Association of Schools in the Greater Brisbane area to promote and conduct various forms of inter-school activities with a view to fostering a spirit of fellowship, sound educational practice and mutual support and assistance among member schools.

The sporting program at St Paul's Schools aims to provide the following for each student involved:

- > Active participation and enjoyment without an emphasis on winning or losing
- > Skills development and an increase in fitness levels
- > Self-confidence and self-esteem
- > Positive sporting attitudes and ability to co-operate with others
- > School Spirit and pride in their school
- > Enjoyment of participation in sport

EXPECTATIONS OF STUDENTS

While participation in sporting activities is not compulsory, all students are expected to support the School and its activities in any way that they can. It is expected that, wherever possible, students give preference to playing for the School rather than a club team. At St Paul's we encourage each and every student to engage in the extra-curricular opportunities that are presented to them. Various sporting pursuits form a large part of the activities offered and is an integral part of the holistic development of our students. These extra-curricular pursuits actively engage students in academic, spiritual and physical domains and fosters a strong sense of belonging and connection with St Paul's and those within our community.

Students must realise the importance of being good team members by being actively involved in the development of team spirit, at training and during games, through positive encouragement and support of other team members.

Training is an integral part of all sport and students must be prepared to attend and take part in all scheduled training sessions and are expected to be available for all scheduled matches. Regular season fixtures take place on Saturday mornings during Term time.

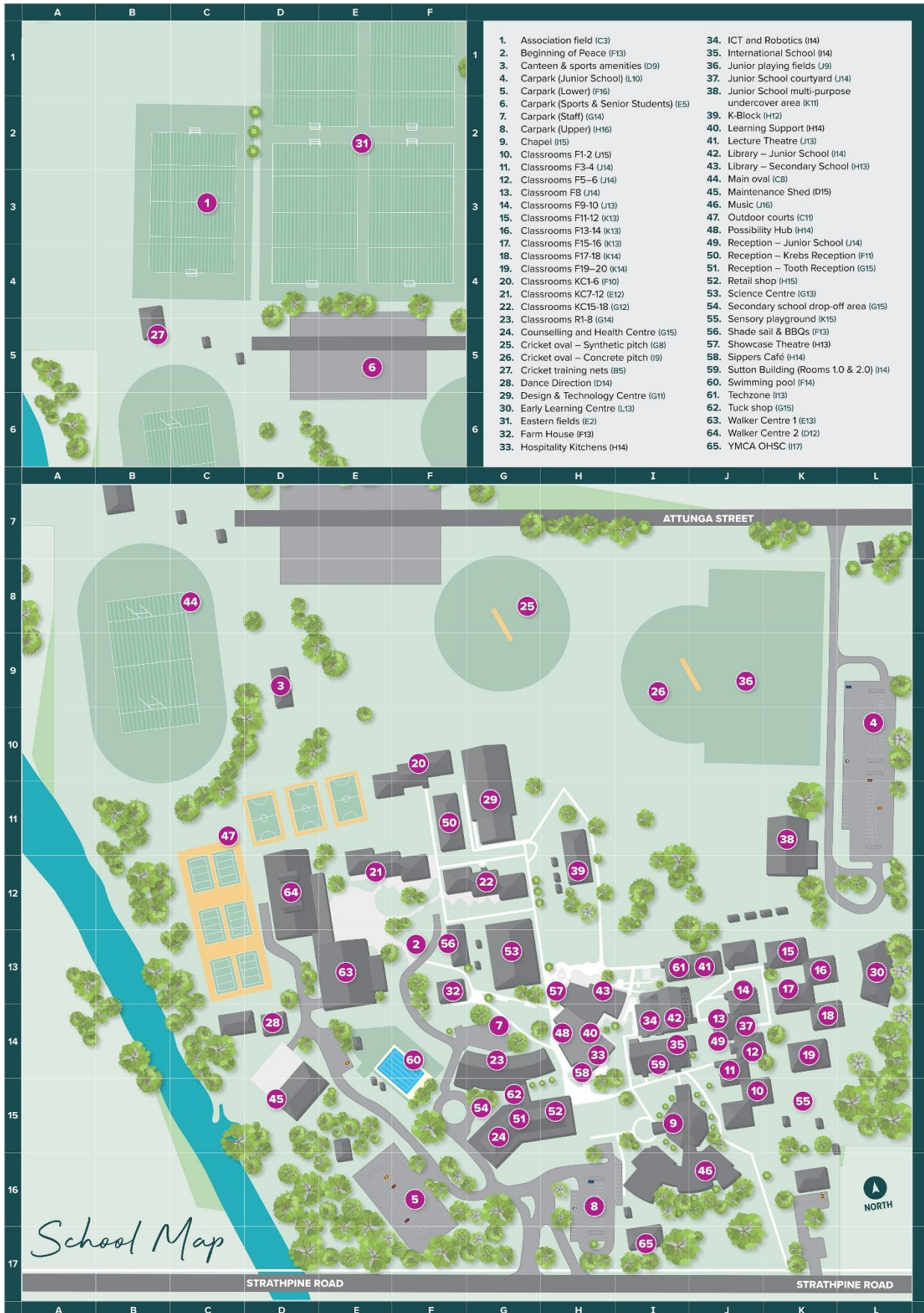
All students are expected to wear the correct School sporting uniform at training, to and from sporting fixtures and during scheduled games.

Appropriate support and respect for coaches, managers, umpires, and referees, is expected. Decisions made by umpires/referees are to be accepted without question.



**Proud
to be a
Puma**





CONNECT WITH US

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An Anglican co-educational school from Pre-Prep to Year 12.

The Corporation of the Synod of the Diocese of Brisbane Trading as St Paul's School. CRICOS: 00515F