



COOMERA
ANGLICAN
COLLEGE



COOMERA ANGLICAN COLLEGE HANDBOOK

Section 7 All the Extras

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Cocurricular and Extracurricular Programmes

Introduction

Staff further contribute to the students' education through a large variety of interest groups offered. These activities serve many purposes. They offer the opportunity of fostering skills other than those normally associated with day-to-day activities and can consolidate and extend the many talents students may possess eg: critical thinking skills through debating and chess, physical fitness such as cross country running or running club, or creative pursuits such as art and drama groups. These activities, and many more, can bring much to a student's development and overall confidence.

With an holistic educational approach, our cocurricular and extracurricular programmes aim to offer our students a range of opportunities that help them develop the skills and attitudes they need to reach their full potential.

Our major goals are centred around the following:

- Students extending themselves within the academic, physical, cultural and musical life of the College in order to Flourish
- Participation for both competition and enjoyment
- Maintaining an active lifestyle
- Developing a sense of commitment to a team or ensemble
- Developing a lifetime commitment to sport and recreation
- Building self-esteem and camaraderie
- Developing a sense of discipline around practice
- Providing meaningful and challenging experiences
- Developing stronger relationships with our students
- Promoting College and House spirit.

College Sports Programme

The College competes in the Association of Private Schools (APS) sporting competition in Terms 2 and 4. Students from Years 4 - 6 will compete on Thursday afternoons in class time. Students from Years 7 - 12 will compete on Friday afternoons in class time. All students are required to participate in one of the sports on offer.

All students will be required to attend a training session each week after school every term. Training sessions for all team sports are compulsory after school during Terms 2 and 4. Primary teams train on Tuesday afternoon and Secondary teams usually train on Monday and Wednesday afternoon until 4.15pm.

Parents are encouraged to participate each week as supporters or assist with coaching. Some additional sporting options are also available as extracurricular activities. Sporting activities information is distributed each year and is available on Passmarc.



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Cocurricular Programme

The programme predominantly caters for students from Year 4 onwards although there is a smaller selection also provided for students in Preparatory - Year 3. Club style activities operated by various staff with skills in that area are held immediately before or after school or at lunch break.

Club activities vary from year to year/semester and your child will receive a specific timetable, information and a selection form for each Semester. These forms and timetables are also available on Passmarc.

Extracurricular Activities

Extracurricular activities can include those conducted by local community groups or within the Associated Private Schools outside of the usual school hours.

Our students are encouraged to participate in the diverse programme of cocurricular activities that are available, in order to foster a sense of balance and belonging, and to facilitate mental, spiritual, cultural, physical, social and emotional growth.

Activities range from a large selection of additional sports, outdoor education, arts and drama, academic excellence and extension both in fun, club experiences and challenging, stimulating competition. Some of these activities require an additional fee and include such things as Dance, Gym classes/membership, Tennis, Karate, Auskick, AFL and Coding.

Parents/guardians will need to make transport arrangements for students attending those activities which are run before and after school. Members of all club groups must commit to attend all sessions. Non-attendance without notification is unacceptable.

A full range of the cocurricular offerings that are available can be viewed on our website. The details and registration forms regarding the Cocurricular and Extracurricular programmes are available on the College Passmarc site.

If you require any further information or assistance, please do not hesitate to contact the Head of Sport at the College.

Sporting Academies

Coomera Anglican College offers specialised coaching and elite training programmes through Basketball, Netball and Football Academies. These specialised training pathways encourage the best performance from all athletes. The Academy programmes comprehensively prepare athletes for their progression through to professional sport levels. The athletes are provided with opportunities to compete to the best of their ability at an elite level. The Academies are competency based and designed to assist an individual's development, ensuring that all athletes have an opportunity to advance through the sport. Our Sporting Academies are built around our philosophy of Flexibility, Strength and Agility with injury prevention at the core, where students are required to do yoga, age appropriate strength and conditioning in our High Performance Centre, Fast Feet, and attend specialised personal development sessions.



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Music and Performing Arts

In addition to the compulsory music and drama education programmes with our specialist staff, there are a number of other opportunities to be involved in the Performing Arts.

Drama Club and/or the opportunity to perform as part of a drama class production or College Musical is available to various year levels and fun singing/dancing lunchtime or Festival competitions or concerts are arranged throughout the year. Senior and Junior Choirs are also offered for boys and girls.

A variety of specialised instrumental performance groups are also available to students wishing to broaden their expertise. These vary from year to year but can include Concert Band, Stage Band, Strings Ensemble, Rock Band/s, Flute Choir, Jazz Combo, Clarinet Choir and Senior/Junior Strings Ensembles and various choral groups.

Music Academy

The College established a Music Academy at the end of 2016, offering additional opportunities for our music students. The initial focus of the Academy programme is on brass and expanding the Year 4 programme with opportunities for our Year 5 students to continue with their music studies.

Private Instrumental Tuition

Learning a musical instrument involves a serious commitment and students need to be prepared to practise regularly in order to make good progress. Students are encouraged to challenge themselves by joining one of the various performing groups already formed or form a new ensemble. Students might also be invited to perform individually at our own concerts or compete in district/regional Eisteddfords or attend Music Camps.

More detailed information regarding our Instrumental Programme and application forms can be collected from Primary or Secondary Reception or downloaded from Passmarc. If you have any questions about the Instrumental Teaching Programme, please feel free to contact the Music Staff, located on the ground floor of the Ivan Gibbs Centre.

Outside School Hours Care & Vacation Care

Coomera Anglican College commenced an Outside School Hours Care (OSHC) programme to provide care for students in Preparatory to Year 6 before and after school.

This Outside School Hours Care and Vacation Care facilities operate from the building in the primary oval adjacent to the Early Learning Centre in Williamson Road and includes the use of some facilities in the Primary Campus. Attendance can be of a permanent, casual or occasional nature. The Centre follows Christian values and whilst in attendance the students are expected to abide by College rules as well as any additional Outside School Hours Care and Vacation Care rules.



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Hours of Operation

Morning: 7.00 am - 8.15 am

Afternoon: 3.10 pm - 6.00 pm

Preparatory to Year 3 students are escorted from Before School Hours Care to classes as required. Preparatory to Year 3 students are escorted from classes to After School Hours Care. Students in Years 4 - 6 make their own way to After School Hours Care.

Outside School Hours Care aims to:

- Provide quality care for Preparatory to Year 6 students (others by arrangement)
- Provide stimulating developmental and recreational activities
- Provide a safe, secure and supportive environment
- Complement family and College life

Vacation Care

Vacation Care is available during all school holidays to both students of the College and the wider community. Child Care Benefits are available. Vacation Care provides parents with the comfort of knowing that their children are in a safe, caring, fun environment. It also provides a place for children to be involved in a variety of activities where they can catch up with their friends and meet new ones. Activities include art and craft, cooking, construction, board games, movies, excursions and special guests.

Details regarding Outside School Hours Care and Vacation Care are available from our website.

Student Leadership

Leadership is an area that is considered essential in the development of self-esteem and confidence. Student Leadership is based particularly on the following two leadership styles:

1. Symbolic Leadership: A good symbolic leader is a leader who leads by example. Many of our younger students look up to the more senior students, and this provides good reason for our students to be suitable role models in all they do
2. Service Leadership: Student involvement in the area of service leadership is a very large part of the leadership structure. There are many areas of service accessible to students.



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Teachers will try to take advantage of the many areas of leadership opportunities that exist for students:

Examples of Leadership across the College

1. Group Work/Class Activity Leaders. Giving students the responsibility of leading class activity groups at various times. Leaders can be changed regularly. Often this can be taken further through appointing students to group roles such as recorder, informer and encourager.
2. Classroom Monitors. Here students are given daily or weekly tasks such as the canteen baskets, bag racks, rubbish bins, windows etc.
3. Peer Buddies. Students in the older classes are responsible for the mentoring and buddying of a younger student.
4. Year 6 Junior Leaders. Every student in Year 6 is appointed to a position of Junior Leader. This allows students in Year 6 to become involved in a leadership activity within the Primary Campus. Students work in groups with a mentor teacher guiding each group. In addition, Captains and House Captains for the Primary Campus are appointed at this level.
5. Year 9 Junior Secondary Leader. Captains and House Vice Captains are appointed at this level to assist with leadership across Secondary Campus.
6. College Captains and House Captains. Year 12 College Captains, the Student Representative Council Chair and House Captains are responsible for student leadership across the College.
7. Interact Club – Secondary students run this service club
8. ABM Club – Secondary students run this mission focused club

College Captains

College Captains are appointed each year to lead the student body. The process of electing one male and one female College Captain involves seeking input from students and staff through a voting process. The final decision rests with the Principal and Head of Campus.

House Captains

House Captains for each of our four Houses are selected each year. Primary House Captains are elected from Year 6, College House Captains are elected from Year 12 and Junior Secondary House Captains are elected from Year 9. The final selection also rests with the Principal and Head of Campus in consultation with the Heads of House. The appointment of all College Student Leaders is the culmination of a planned leadership programme conducted throughout Year 11.

Student Representative Council (SRC) Chair

The SRC Chair coordinates the activities of the SRC - a body representing all students in the College. Together with the College Captains, the SRC Chair forms the student leadership executive of the College.



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Junior Buddy Programme - Years 4 - 6

Students in Years 4 - 6 are buddied with students from Preparatory - Year 3. This provides an opportunity of integration between the year levels. Students develop an understanding of their buddies and a tolerance of the various age groups within the College. The benefits of the Junior Buddy Programme are significant in terms of student relationships.

The Year 12 Mentor Programme

Each class in the Primary Campus has one (or more) Year 12 Leader/Mentor assigned. These mentors will have responsibilities within the class and will be directly responsible to the class teacher. Mentors will act as a link between the Primary and Secondary Campus.

It is hoped that students will form close friendships with their Year 12 Mentors and that the process of integration across Preparatory - Year 12 at the College will be made more meaningful by this programme.

Service Learning and Community Engagement

All students will be involved in service learning and community engagement through their class (Primary) or House (Secondary) or through cocurricular activities. The major emphasis is Service to others within the College and wider communities.

At Coomera Anglican College we call our community engagement and service learning programme the #justiceandmercyPROJECT. The aim of this programme is to transform each of us in spirit and character to be compassionate global citizens who demonstrate holistically what faith-driven service can look like.

What is Service Learning and Community Engagement

1. The voluntary assistance given to an individual, family or group in the community with a perceived or identifiable need
2. The activities undertaken have to be practical and manageable within the College context
3. Carrying out the activities will demand time and energy on the part of participants and will not necessarily be limited to fundraising
4. The activities can be physical, spiritual or emotional depending on the needs at the time and will be on-going in nature
5. Students and staff need to accept serviced learning and community engagement as a part of the broader curriculum and a valuable component of College life
6. To emphasise the commitment required by all at Coomera Anglican College to the tenets of the Anglican Schools Ethos which includes mention, specifically, of the need for Anglican schools to serve and to be "...characterised by a sense of social responsibility." (See *An Ethos Statement for Anglican Schools in the Province of Queensland*).



Outcomes of Service Learning and Community Engagement

1. Encourages all students to be less introspective and more aware of the larger world
2. Emphasises the concept of “Servanthood” and to serve rather than be served
3. Is mutually fulfilling in that it assists students to identify the needs of others and how they can best fulfil their own needs to serve
4. Develops empathy
5. The College becomes an extension of the community and not just “School”
6. Students will note the satisfaction of being able to change a circumstance in a positive way - to be empowered
7. Student self-esteem and self-worth will be enhanced when they are empowered in this way
8. Develops leadership skills.

myservicePROJECT

One of the ways students will provide a community service, is through the myservicePROJECT. myservicePROJECT provides an opportunity to record and reflect on the service activities conducted each year. projectionist is not simply a logbook. It is a programme that encourage each of us to ask ‘how can I direct my passions and gifts to serving my community?’ and then to actively seek projects that achieve this vision.

Goals

To provide students with the opportunity to:

- Flourish
- Serve others
- Learn through serving and experience the intrinsic rewards of receiving through giving
- Broaden awareness of what it is to be a human being
- Make meaningful relationships beyond the classroom, connecting with human need and living, and make a meaningful contribution, however small, in lives outside our own
- Help connect classroom learning with meaning, provide the structure for students with initiative to lead by example.

Canteen

The Canteen offers breakfast, morning tea and lunch daily as per the following hours:

Monday - Friday 7.00am - 1.45pm

Canteen Hours

Monday and Friday: 7.30am - 1.45pm

Tuesday, Wednesday and Thursday:

7.30am - 4.00pm

(1.45pm to 4.00pm - coffee, tea and snacks only)

Metro Canteens staff and manage the College Canteen.

The Flexi Schools online ordering is available for pre placed orders.



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Self-selection (Years 7 - 12)

The walkthrough self-selection system, allows students from Years 7 - 12 to choose from the display of fresh sandwiches, wraps, salads, hot food and drinks, at their designated break times.

All movement to and from the canteen from Secondary is to be via the all-weather path past the front of the Ivan Gibbs Centre (IGC) and down the northern side of the IGC. Please note that the IGC is still out of bounds at all times during breaks.

A Café arrangement on the canteen verandah is available for the use of students in Year 12 only and must be vacated at 1.10pm each day.

The Café is also accessible to parents and visitors, with coffee and snacks available.

College Counsellors

The College has two full time Counsellors. Both are registered psychologists whose professional conduct is guided by the Australian Psychological Society's Code of Ethics. The Secondary Campus Counsellor is Dr Lee-Ann Prideaux and the Primary Campus Counsellor is Mrs Kerry Lowe. They offer a direct service approach, which involves cognitive and psychological assessment, individual and group interventions, as well as providing support to the school community in the event of critical incidents affecting College family members and/or members of staff. The Secondary Campus Counsellor also assists students with Careers Counselling. The two College Counsellors are also the College designated Student Protection Officers.

Indirect services are also provided by the Student Counsellors and these include consultations with teachers, parents and other stakeholders in order to meet the needs of students. This entails the provision of psychological prevention and post-intervention practices to support the College community. Such practices include ongoing input into the Raise Responsibility system of discipline, anti-bullying procedures, implementation of KidsMatter, personal development and pastoral care programmes, stress reduction strategies and activities including Mindfulness training for staff and students, newsletter articles for staff on personal wellbeing as well as parenting advice for College families.

Parents may access the College Counsellor by telephoning or emailing the College Administration. Secondary students may request an appointment via Mrs Jane Pearson, the Personal Assistant to Dr Prideaux. Secondary students may also ask their Pastoral Care Teacher or Head of Year or, in the case of Junior Secondary students, Mr Greg Golder, to organise an appointment with Dr Prideaux. Appointments for Primary Students are made following referrals and/or requests from parents/guardians and/or class teachers.



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Library The Pod

Primary and Secondary Campus areas each have a library specific to the needs of the students in that Campus. In the Primary Campus it is The Pod.

All Primary students have a scheduled lesson time in The Pod to learn about borrowing books and researching assignments. They are all expected to borrow a book each week at their library visit. All Primary students should possess a library bag to borrow books each week. Primary students also have access to The Pod and the technology therein, during lunch and morning tea breaks.

Secondary students may access the Secondary library and its computers at break times, and before and after school; with the exception of APS Sport training and competition Days.

Parents wishing to assist in the library or The Pod are welcome to do so and should contact the librarians regarding this.