



# CO-CURRICULAR HANDBOOK 2024



STUARTHOLME SCHOOL

*International School of the Sacred Heart*

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# Co-curricular Program 2024

Co-curricular activities provide opportunities for students to learn outside of the classroom, to discover, develop and value their talents, to grow in self-confidence and to develop lifelong skills and relationships.

We believe that the physical and social growth of each student is an integral part of school life. As part of the holistic program offered at Stuartholme, co-curricular participation supports our students to develop spiritually, mentally, physically, and emotionally.

Stuartholme's co-curricular program falls into the following areas:

- Sport
- Music
- Enrichment

**Co-Curricular Honour Pockets** - Students eligible for a Co-curricular Honour Pocket will be advised by email in Term 1 and again, if eligible, after the Celebration of Excellence event in October. Please review the Criteria for Honour Pockets on MyStuartholme under the Co-curricular tile/Handbooks.

It is underpinned by the following beliefs:

- That Stuartholme is committed to a quality co-curricular program with opportunities across sport, the arts and enrichment.
- That all students commit fully to any program they are involved in and attend all training, games, meetings, rehearsals, and performances.
- That students compete fairly and uphold the principles and spirit of the school at all times.
- That students will perform to the best of their ability.
- That experienced coaches, tutors and coordinators will be provided for the relevant sports and activities.
- That the school will provide safe, well-organised programs with clear policies, procedures, and governance.
- That risk assessments for all co-curricular activities will be carried out.
- That Parent Support Groups will be established, if appropriate, to support the work of the school and to provide support to the students.

The purpose of this handbook is to provide information relating to the school's co-curricular calendar, costs of activities and commitment required. It is important that the girls use this information to make informed decisions about which activities they might want to do and that activities are balanced over the school year.

Students need to weigh up their ability to commit fully to their chosen activity whilst meeting the demands of their academic studies and their commitments in other areas of school life.

We hope that parents and students find the information within the handbook comprehensive and informative.

We trust the girls' co-curricular involvement will be enjoyable and rewarding.

# Co-curricular Sports Program

There is a wide range of sports from which to choose, catering to all abilities, from those wishing to compete both competitively and socially, as well as those who may wish to learn a new skill.

From our school-based carnivals in swimming, cross-country and athletics, students can be selected to represent Stuartholme in the Catholic Secondary Schoolgirls Sports Association (CaSSSA) Competitions. Representing Stuartholme is an honour, and we hope the students selected will make every effort to fulfil the requirements of their selection in any of these teams.

In determining which sporting co-curricular activities students undertake, parents are asked to give careful consideration to the combined impact of these activities, noting that the first priority of each student must be to her academic curriculum. In addition, students must fully commit to each activity, which means attending all training sessions and games.



**Stuartholme School Sports Team (L-R):** Dion King, Acting Director of Sport; Julie Braun, Sports Coordinator; Emma McCarthy, Rowing Director and Keiran Gilmore, Sports Coordinator.

## SPORT SELECTION

Students need to choose their sporting options carefully as several of our sports seasons overlap. Students will not be able to leave or enter a sport mid-season. In some cases, students will have to make a choice, as places will not be held in teams for students. Only girls who attend trials will be eligible for team selection. Please see the Sports Overview table on the following page highlighting those sports with clashing seasons. While it may appear some sports overlap, it still may be possible to be involved in more than one, depending on when the games are played and on what days. However, girls must commit to training for all sports should they take on more than one sport at a time.



## Overview

	COMPETITION DAY	TERM 1	TERM 2	TERM 3	TERM 4
<b>Year 5</b>	<b>Saturday</b>	<a href="#">Water polo</a>	<a href="#">Netball</a>	<a href="#">Netball</a>	<a href="#">Water polo</a>
	<b>Gala Day (TBC)</b>	<a href="#">Touch</a>	<a href="#">Netball</a>	<a href="#">Basketball</a>	<a href="#">Soccer</a>
	<b>Other sports/activities</b>	<a href="#">Swimming</a> <a href="#">Cross Country</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Cross Country</a> <a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">S60 (S&amp;C)</a> <a href="#">Swimming</a>
<b>YEAR 7</b>	<b>Saturday</b>	<a href="#">Tennis</a> <a href="#">Water polo</a>	<a href="#">Netball</a>	<a href="#">Netball</a>	<a href="#">Water polo</a> <a href="#">Knowles Cup Tennis</a>
	<b>Wednesday Afternoon 4pm-5pm</b>	<a href="#">Indoor cricket</a> <a href="#">Rugby 7s</a>	<a href="#">Touch</a> <a href="#">Volleyball</a>	<a href="#">Basketball</a> <a href="#">Soccer</a>	<a href="#">AFL</a>
	<b>Other sports/activities</b>	<a href="#">Swimming</a> <a href="#">Cross Country</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Cross Country</a> <a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>	<a href="#">Swimming</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rowing</a> <a href="#">Rugby 7s</a>
<b>YEAR 8</b>	<b>Saturday</b>	<a href="#">Tennis</a> <a href="#">Water polo</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Water polo</a> <a href="#">Knowles Cup Tennis</a>
	<b>Wednesday Afternoon 4pm-5pm</b>	<a href="#">Indoor cricket</a>	<a href="#">Touch</a> <a href="#">Volleyball</a>	<a href="#">Basketball</a> <a href="#">Soccer</a>	<a href="#">AFL</a>
	<b>Other sports/activities</b>	<a href="#">Swimming</a> <a href="#">Cross Country</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Cross Country</a> <a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>	<a href="#">Swimming</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>
<b>YEAR 9</b>	<b>Saturday</b>	<a href="#">Tennis</a> <a href="#">Water polo</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Water polo</a> <a href="#">Knowles Cup Tennis</a>
	<b>Wednesday Afternoon 4pm-5pm</b>	<a href="#">Volleyball</a> <a href="#">Indoor cricket</a>		<a href="#">Basketball</a> <a href="#">Soccer</a> <a href="#">Touch</a>	<a href="#">AFL</a> <a href="#">Basketball</a>
	<b>Other sports/activities</b>	<a href="#">Swimming</a> <a href="#">Cross Country</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Cross Country</a> <a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>	<a href="#">Swimming</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>
<b>YEAR 10</b>	<b>Saturday</b>	<a href="#">Tennis</a> <a href="#">Water polo</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Water polo</a> <a href="#">Knowles Cup Tennis</a>
	<b>Wednesday Afternoon 4pm-5pm</b>	<a href="#">Volleyball</a> <a href="#">Indoor cricket</a> <a href="#">AFL</a>		<a href="#">Touch</a> <a href="#">Basketball</a> <a href="#">Soccer</a>	<a href="#">Basketball</a>
	<b>Other sports/activities</b>	<a href="#">Swimming</a> <a href="#">Cross Country</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Cross Country</a> <a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>	<a href="#">Swimming</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>
<b>YEAR 11</b>	<b>Saturday</b>	<a href="#">Tennis</a> <a href="#">Water polo</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Water polo</a> <a href="#">Knowles Cup Tennis</a>
	<b>Wednesday Afternoon 4pm-5pm</b>	<a href="#">Volleyball</a> <a href="#">Indoor cricket</a> <a href="#">AFL</a>		<a href="#">Basketball</a> <a href="#">Soccer</a>	
	<b>Other sports/activities</b>	<a href="#">Swimming</a> <a href="#">Cross Country</a>	<a href="#">Cross Country</a> <a href="#">Athletics</a>	<a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Swimming</a> <a href="#">S60 (S&amp;C)</a>

		<a href="#">S60 (S&amp;C)</a>	<a href="#">S60 (S&amp;C)</a>	<a href="#">Rugby 7s</a>	<a href="#">Rugby 7s</a>
<b>YEAR 12</b>	<b>Saturday</b>	<a href="#">Tennis</a> <a href="#">Water polo</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Netball</a> <a href="#">Rowing</a>	<a href="#">Water polo</a> <a href="#">Knowles Cup Tennis</a>
	<b>Wednesday Afternoon</b> <b>4pm-5pm</b>	<a href="#">Volleyball</a> <a href="#">Indoor cricket</a> <a href="#">AFL</a>		<a href="#">Basketball</a> <a href="#">Soccer</a>	
	<b>Other sports/activities</b>	<a href="#">Swimming</a> <a href="#">Cross Country</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Cross Country</a> <a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a>	<a href="#">Athletics</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>	<a href="#">Swimming</a> <a href="#">S60 (S&amp;C)</a> <a href="#">Rugby 7s</a>

## CaSSSA SPORT OVERVIEW

### Catholic Secondary Schoolgirls' Sports Association - CaSSSA

CaSSSA includes 13 Catholic schools from around Brisbane. Stuartholme competes in CaSSSA Sport in Australian Rules Football, Basketball, Cricket, Soccer, Tennis, Touch Football and Volleyball. All games are held after school on Wednesday afternoons between 4:00 - 5:00pm. Games are played at home and away school or external hire venues. Transportation is supplied for all students to and from CaSSSA sport (excluding tennis).

Stuartholme also competes in CaSSSA in Swimming, Athletics and Cross Country. For these competitions, the schools are divided into two divisions, depending on student population. Stuartholme is a member of the medium schools' group and competes against St Mary's Ipswich, San Sisto College, Mary Mackillop, Our Lady's College, and St John Fisher College. Stuartholme competes in CaSSSA tennis on Saturday mornings in Term 1 against 12 schools.

### Team Selection

The objective for selection is to combine the best group of athletes in each age group or open category and rank them into teams or crews in the fairest possible manner. The Stuartholme Selection Policy can be found on myStuartholme.

### Team Training

Training will take place either before (6:30am – 8:00am) or after school (3:15pm – 4:45pm) depending on the availability of coaches and venues. All training sessions are compulsory, and students should be punctual and in full sports uniform. If students are unable to attend training, they need to provide a note from their parents to the Sports Department. Absence from team training may mean reduced playing time during competition games.

### Uniform

Students must wear the correct sports uniform as specified for their sport or they will not be permitted to take part in the game. Students must also travel to and from games in the appropriate uniform and wear the school tracksuit or hoodie. Hats must be worn at all outdoor training sessions and competitions. A uniform guide can be viewed on each individual sports page on myStuartholme.

### Coaches

Stuartholme teams will be provided with knowledgeable and competent coaches to the extent of our ability to attract such coaches. Our preference will be to employ, at a minimum, accredited coaches.

### **Sport Sign on**

Sports sign-on is completed online through myStuartholme. No student will be permitted to trial unless the school has a receipt of their permission form and payment. Students are only able to participate in co-curricular activities if their school fees are up-to-date, or they have a satisfactory arrangement in place with the Finance Department.

### **Equipment**

Equipment will be provided by the school for all sports excluding equestrian and tennis, however, each player must have and use their own water bottle, mouth guard, shin pads (if required) and carry their own sunscreen. Use of mouth guards is recommended in contact sports and in some is compulsory.

### **Cost**

Whilst the school makes a significant contribution to the sporting activities, a fee of \$180.00 will be charged for all CaSSSA sports (excluding tennis \$230). These fees go towards sporting levies and affiliation, coaching, umpiring, transport, and some administrative costs.

### **Sport Information**

Information outlining the requirements and commitment for each sport will be included in an information letter which will be uploaded to myStuartholme. This, and any subsequent seasonal information, will also be uploaded to myStuartholme throughout the season including training schedule, draw, and travel arrangements.

### **Years 5 and 6 Sport**

Stuartholme is excited to welcome our Year 5 students to the sports program in 2024. Sport is an essential component at Stuartholme for our newest and youngest students in developing friendships and a strong sense of belonging and connectedness to the school.

The following will form our sports program for Year 5 in 2024:

- All students will be encouraged to participate in our swimming, cross country, and athletics carnivals as part of our house competition. Students will also represent the College in the CaSSSA Competition for these 3 events.
- As a member of the Catholic Secondary Schoolgirls Sports Association (CaSSSA), Stuartholme is currently working with other schools who have accepted Years 5 and 6 enrolments to ensure an extensive co-curricular sports program and competition between schools.
- In 2024, Year 5s will have the opportunity to participate in Gala days throughout the year in sports of Netball, Soccer, Touch Football and Basketball, along with opportunities to join Stuartholme Equestrian, Water Polo and Netball Clubs (Saturday sport).
- Year 5 students are invited to participate in Stuartholme's s60 program, held before and after school, focussing on functional fitness and strength.
- Students will be invited to the Learn to Row camp, held in October each year.
- Representative opportunities through Northern Eagles District and Metropolitan West Regional School Sport are also offered to all students at Stuartholme and will be advertised to families throughout the year.

## AFL

Students in Years 7-12 are eligible for inclusion in junior (Years 7-9) and senior teams (Years 10-12 only). Transport will be provided to and from all matches.

### Season

Grade	Term	Game Day and Time	Incompatible Sports
7-9	Term 4	Wednesday 4pm - 5pm	Basketball (year 9 only)
10-12	Term 1	Wednesday 4pm - 5pm	Cricket and Volleyball

Stuartholme also selects teams to compete in the Brisbane Lions Schools Cup in the Junior and Senior divisions.

### Equipment

It is compulsory for students to wear a mouthguard for training and matches. Loan jerseys are provided for all players.

#### COMPETITION UNIFORM



#### TRAINING / TRAVEL UNIFORM





## Athletics

Each year the school competes in the CaSSSA competition for the CaSSSA Cup. Over the years we have had a long list of state and national representatives and continue this success with many of our current athletes.

## Season

The season commences in Term 2. The girls are offered up to eight sessions per week across all disciplines. In Term 3 the school competes against other CaSSSA schools in night meets at the University of Queensland Athletics Centre. The season concludes with the CaSSSA Cup in mid-August. Some girls will continue to compete beyond this time with Regionals (September), States (October) and Nationals (December).

## Training

Stuartholme has several accredited coaches on staff but also employs external coaches to cover the many diverse disciplines involved in athletics. Training is held before and after school, with some training being held off-site at the University of Queensland Athletics Centre. Final selection for the CaSSSA Cup squad is based on attendance at training and times and distances from the school carnival and Invitational meets. It is our policy to allow as many students as possible to participate in the CaSSSA Cup. Girls wishing to nominate for district and metropolitan level may do this through the school.

## Parent Support

With over 80 girls involved in the athletics squad, parental support is always welcome, and assistance is often required at carnivals and meets.

## COMPETITION UNIFORM



## TRAINING / TRAVEL UNIFORM



## Basketball

Stuartholme will enter teams in the CaSSSA Basketball Competition. Students in Years 7-12 are eligible for inclusion in junior and senior teams. Stuartholme School, in conjunction with Queensland School Sport and Queensland Secondary Schools Basketball, enters an Open and/or Junior team in the Champion Basketball School of Queensland (CBSQ) tournament in Term 3 and 4. Transport will be provided to and from all matches.

### Season

Grade	Term	Game Day and Time	Incompatible Sports
7 & 8	Term 3	Wednesday 4pm - 5pm	Soccer
9 & 10	Term 4	Wednesday 4pm - 5pm	AFL (year 9 only)
11 & 12	Term 3	Wednesday 4pm - 5pm	Soccer

#### COMPETITION UNIFORM



#### TRAINING / TRAVEL UNIFORM



## Cricket (Indoor & T10 Outdoor)

Stuartholme will enter teams in the CaSSSA Indoor Cricket Competition as well as a junior and senior team in the T10 cricket competition (TBC). Students in Years 7-12 are eligible for inclusion in junior and senior teams. Transport will be provided to and from all matches. Indoor cricket games are played at a central indoor cricket centre.

### Season

Grade	Term	Game Day and Time	Incompatible Sports
<b>7 &amp; 8</b>	Term 1	Wednesday 4pm – 5:30pm	-
<b>9</b>	Term 4	Wednesday 4pm – 5:30pm	Volleyball
<b>10-12</b>	Term 3	Wednesday 4pm – 5:30pm	Volleyball & AFL

#### COMPETITION UNIFORM



#### TRAINING / TRAVEL UNIFORM



## Cross Country

Stuartholme competes in the CaSSSA Cross Country competitions. Any girl may run with the Stuartholme Running Squad as a way of getting fit, keeping fit and supplementing training for other sports. Following Cross Country, we encourage girls to continue training for the long-distance events in our athletics program. Stuartholme has won the last five CaSSSA Championships.

### Season

The Cross Country season will commence mid Term 1 and includes several after school meets, and a camp at the Gold Coast or Sunshine Coast leading up to the CaSSSA Cup Cross Country Championships at the end of May, followed by district, regional and State Schools Championships later in the year.

### Training

Training encompasses a variety of slower fitness runs, hills and intervals in the immediate vicinity of the school. Four training sessions will be held each week – before or after school.

#### COMPETITION UNIFORM



#### TRAINING / TRAVEL UNIFORM



## Rugby Sevens

In 2024, Stuartholme has been selected as the only Australian Representative Schoolgirls team for the Rugby Heritage Cup in France.

Stuartholme introduced Rugby Sevens in 2020. The success of the Rugby Program has been significant with our junior teams winning several competitions. For 2024, Year 7 students will be able to develop skills and game knowledge in an 8-week season in Term 1. Term 3 will include a CASSSA Rugby 7's Gala Day held at the end of Term. Trials and training are available for all year levels.

### Equipment

It is compulsory for students to wear a mouthguard for training and matches. Headgear is highly recommended. Loan jerseys will be provided for all competition games.

#### COMPETITION UNIFORM



#### TRAINING / TRAVEL UNIFORM





## Soccer (Football)

Stuartholme plays soccer in the CaSSSA competition. Students in Years 7-12 are eligible for inclusion in junior and senior teams. Stuartholme also enters teams in the Uhlspport and ISSA state-wide knockout competitions. Transport will be provided to and from all matches.

### Season

Grade	Term	Game Day and Time	Incompatible Sports
7 & 8	Term 3	Wednesday 4pm – 5pm	Basketball
9 & 10	Term 3	Wednesday 4pm - 5pm	Basketball & Touch Football
11 & 12	Term 3	Wednesday 4pm - 5pm	Basketball

### Equipment

Students need to provide their own shin pads. Students with braces must wear mouth guards and this practice is recommended for all other players.

#### COMPETITION UNIFORM



#### TRAINING / TRAVEL UNIFORM



## Swimming

Stuartholme's swimming coaching is provided by The Swim Academy (TSA). Stuartholme competes each year for the CaSSSA Cup which we have won for the past six years. The school also competes in a series of Friday night meets, swim camps and 100 x100s as a lead up to this competition.

### Season

The competitive season commences in early February and culminates mid-March when the girls compete in the CaSSSA Cup. The swimming program runs throughout the year, providing the opportunity for girls wishing to improve their fitness. Intensive training is also held during the Christmas holidays each year in the lead up to Term 1. For all information regarding swim training outside of the school season please contact The Swim Academy ([swim@theswimacademy.com.au](mailto:swim@theswimacademy.com.au)). Students can also nominate for district, regional and state level competitions.

### Parent Support

Parent support is required for timekeeping and judging at Invitational meets.

#### COMPETITION UNIFORM



#### TRAINING / TRAVEL UNIFORM



## Tennis

Stuartholme participates in the CaSSSA Tennis Competition. Thirteen Catholic Girls Schools compete with over 120 teams, 24 divisions and 700 girls. Stuartholme also enters teams in the Knowles Cup, Alumnae Cups and Teams Tennis. Students need to provide their own transport to all Saturday fixtures. Boarders will travel with day girls from their team.

### Season

Grade	Term	Competition	Game Day Time and Location	Incompatible Sports
7-12	Term 1	CaSSSA (all students)	Saturday (various times and locations)	Water Polo (may be possible by negotiation)
7-12	Term 4	Knowles Cup (selected students)	Various	Water Polo

### Training

All training is held at the School and conducted by Tennis For Kids. Each team receives one training session per week. Additional private lessons can be booked directly through Tennis For Kids. Private lessons can be attended at Stuartholme or at The Gap Health and Racquet facility.

#### COMPETITION UNIFORM



#### TRAINING / TRAVEL UNIFORM



## Touch Football

Stuartholme plays touch football in the CaSSSA competition. Students in Years 7-12 are eligible for inclusion in junior, intermediate, and senior teams. The junior season runs in Term 2 and the intermediate and senior season runs in Term 3. Stuartholme endeavours to also enter teams into the Brisbane All Schools competition in 2024. Transport will be provided to and from all matches.

### Season

Grade	Term	Game Day and Time	Incompatible Sports
7 & 8	Term 2	Wednesday 4pm – 5pm	Volleyball
9 & 10	Term 3	Wednesday 4pm - 5pm	Soccer
11 & 12	Term 3	Wednesday 4pm - 5pm	Basketball & Soccer

### COMPETITION UNIFORM



### TRAINING / TRAVEL UNIFORM



## Volleyball

Stuartholme plays volleyball in the CaSSSA competition on Wednesday afternoons after school. It is a very popular and competitive sport at Stuartholme with over 100 students playing across each of the seasons. Each team consists of 10-12 players. Stuartholme School may enter teams in the Queensland Schools Cup Competition. Transport will be provided to and from all matches.

Grade	Term	Game Day and Time	Incompatible Sports
7 & 8	Term 2	Wednesday 4pm – 5pm	Touch Football
9	Term 1	Wednesday 4pm - 5pm	Cricket
10, 11 & 12	Term 1	Wednesday 4pm - 5pm	AFL & Cricket

### COMPETITION UNIFORM



### TRAINING / TRAVEL UNIFORM





## CLUB SPORT

We are involved at weekends in the following:

BWPI .....	Brisbane Water Polo Incorporated
IEQ .....	Interschool Equestrian Queensland
BSRA .....	Brisbane Schoolgirls Rowing Association
DPNA .....	Downey Park Netball Association

On top of CaSSSA sport students can play in club-based competitions on the weekend. Stuartholme competes in Water polo, Netball, Rowing, Equestrian and other state-wide knock out competitions.

### Team Selection

The objective for selection is to combine the best group of athletes in each age group or open category and rank them into teams or crews in the fairest possible manner. The Stuartholme Selection Policy can be found on myStuartholme.

### Team Training

Training will take place either before (6:30am – 8:00am) or after school (3:15pm – 4:45pm) depending on the availability of coaches and venues. All training sessions are compulsory, and students should be punctual and in full sports uniform. If students are unable to attend training, they need to provide a note from their parents to the Sports Department. Absence from team training may mean reduced playing time during competition games.

### Uniform

Students must wear the correct sports uniform as specified for their sport or they will not be permitted to take part in the game. Students must also travel to and from games in the appropriate uniform and wear the school tracksuit or hoodie. Hats must be worn at all outdoor training sessions and competitions. A uniform guide can be viewed on each individual sports page on myStuartholme.

### Coaches

Stuartholme teams will be provided with knowledgeable and competent coaches to the extent of our ability to attract such coaches. Our preference will be to employ, at a minimum, accredited coaches.

### Sport Sign on

Sports sign-on is completed online through myStuartholme. No student will be permitted to trial unless the School has receipt of their permission form and payment. Girls are only able to participate in co-curricular activities if their school fees are current, or they have a satisfactory arrangement in place with the Finance Department.

### Equipment

Equipment will be provided by the School for all sports excluding equestrian and tennis, however, each player must have and use their own water bottle and mouth guard, and carry their own sunscreen. Use of mouth guards is recommended in contact sports and in some is compulsory.

### Cost

Whilst the School makes a significant contribution to the sporting activities, fees vary dependant on the club sport selected. Registration costs are outlined on individual sports pages on myStuartholme.

These fees go towards sporting levies and affiliation, coaching, umpiring, transport, and some administrative costs.

**Sport Information**

Information outlining the requirements and commitment for each sport will be included in an information letter which will be uploaded to myStuartholme. This, and any subsequent seasonal information, will also be uploaded to myStuartholme throughout the season including training schedule, draw, travel arrangements.

**Parental Involvement**

Parents have the opportunity to support the sporting program on a number of levels, either by spectating, coaching or managing a team.

**Parent Support Groups**

The mission of the Support Groups is to work in partnership with the School to enhance the experiences of the girls through the support of the activity.

## Equestrian



The Stuartholme Equestrian Team involves students from all year groups. The team competes in all Interschool Equestrian competitions which are affiliated with Equestrian Queensland. These events are hosted by the various member schools and are held at venues around metropolitan and regional areas. Team members are encouraged to take part in as many events as possible to qualify to compete in the I.Q. State Titles held in the June/July holidays. Following on from this major event, riders in the top four placings of each discipline may qualify to compete for Queensland at the IQ Nationals event in September/ October.

The equestrian disciplines available to all competitors and to suit all levels of rider competency are: Combined Training, Dressage, Showjumping, Show-horse, Showman and Eventing. Team members are assessed for their individual level of competition at the training camp at the start of the year. We encourage riders to

compete across the disciplines as this increases their competency in all areas of equestrianism.

### Training

Our training weekends involve individual and small group coaching, competition assessment for dressage, showjumping, cross country and tuition in horse and rider presentation. Whilst dressage coaching is compulsory for all riders, show-jumping and cross country are elective.

### Coaching

It is accepted that the individual riders have their own private coaches for lessons during the week. The School employs a pool of professional and highly experienced coaches who attend camps and competitions.

### Membership, Insurance and Transport

The School is affiliated with the Interschool Association, but each family is responsible for their daughter's individual membership to the Interschool Association which is renewable on an annual basis.

### Parent Support Group

The Parent Support Group meets monthly and assists in organising three Stuartholme Inter-School Competitions during the year. It is expected that all parents volunteer their time to assist with all aspects of these events.

### Uniform

Each discipline has some variables in the uniform and a full uniform list is provided at the first team meeting in February for both rider and horse.

### Cost

Please contact the Sports Office for registration costs

## Netball

Stuartholme competes in the Downey Park Netball Association (DPNA) 'Winter' competition, based at Downey Park, Windsor on Saturdays. Each year Stuartholme chooses if they are able to compete in the Queensland Catholic Cup Carnival and/or the Vicki Wilson Tournaments. Decisions to compete are based around the impact on student assessment and the school calendar.

### Season

The DPNA Winter competition commences in April and concludes in September (15 rounds and finals). Team selections are held in Term 1.

### Training

Training commences approximately two weeks prior to the competition with one scheduled session per week on set days.

### Transport

Students are to provide their own transport to and from Saturday games. Boarders will travel with day girls in their teams or transport will be organised through the Boarding House.

### Cost

The cost is \$395 for the season, prices are subject to change.



## Rowing

Stuartholme is a member of the Brisbane Schoolgirls Rowing Association (BSRA) and is open to students in Years 8 to 12. Stuartholme performs well across all year levels in the Head of River competition.

### Season

The season spans Terms 2 and 3. Term 2 is devoted largely to training and trials. During the June/July holiday period, all rowers are required to attend either the junior or senior training camp. In Term 3, rowers continue to train, and compete against the eight other rowing schools over six regattas, culminating in the Head of the River, held at Wyaralong Dam.

### Training

Stuartholme rows from the BBC boatshed at St Lucia. Land training sessions are conducted at Freers Gym at the school. Water training commences at 5am at the shed, except for Year 8 students who train in the afternoons. If you do not start rowing in Year 8, there is no issue with you starting in Year 9, 10, 11 or 12. Our quality team of coaches will teach you all the basic skills and the community will make you feel very welcome.

Year 5-7 students are welcome to participate in our learn to row camp and associated activities in Term 4.

### Trials

Trials are held on a number of occasions for all year levels during the season. Girls are selected for crews based on individual performance in measures of physical capacity, crew suitability, attendance, and attitude.

### Regattas

There are six BSRA regattas during the racing season in July and August. They are held at Wyaralong Dam near Beaudesert/Boonah. Regattas run from 6:30am-4:30pm on Saturdays, including compulsory cleaning, rigging and presentations at BBC.

### Transport

Parents need to drop students off at the boatshed for all morning sessions to begin at 4:45am. A bus will bring students to school afterwards. For after-school training, a bus will take students to the boat shed and parents must collect students from the boatshed at 6pm. Students must organise their own transport to and from regattas. Transport will be provided for Boarders for training and regattas.

### Uniform and Equipment

Students are required to compete in the school rowing zoot suit and Stuartholme high visibility sports cap. At training, students must wear the red Stuartholme jumper upon arrival, with the option of Stuartholme track pants. Whilst training, the rowers wear either their Stuartholme zoot suit or their rowing compression suit.



## Parent Support

The Stuartholme Rowing Parent Support Group (PSG) is a vital part of the Rowing program. Each season, the PSG undertakes a multitude of jobs largely related to breakfast logistics and fundraising. The tasks are many, and therefore parental support is always welcomed. The group meets between March and October as needed. An army of parents prepare and serve breakfast every morning. It is the girls' favourite part of training.

## Camps

Camps are run for Years 8-12 during the June/July holidays. There is also a learn to row camp held in Term 4 for Year 5-7 and new rowers of any age.

## Cost

The registration levies for 2024 are:

Year 5-7 (Learn to Row Program in Term 4): \$220

Year 8: \$750

Year 9: \$820

Years 10-12: \$870

The levies include all transport and breakfast but may be subject to small variations. Students are billed separately for camps.

### COMPETITION UNIFORM



### TRAINING / TRAVEL UNIFORM



## Water Polo



The Stuartholme Water Polo program is a popular and successful part of the sporting life of Stuartholme. The School enters 2-4 teams per age group, depending on numbers. Teams are based on age, not year level. In the past, many students have represented Queensland and Australia in the junior and senior ranks.

### Season

Stuartholme plays in the Brisbane Water Polo competition against other schools and clubs each

Saturday. The season commences in October and runs over Term 4 and Term 1 each year with no competition during the school holidays. Girls cannot join at the start of the year, only in Term 4. Games are played on Saturdays at the Valley Pool, Stuartholme School, Somerville House, All Hallows School, St Margaret's, and St Rita's College.

### Training

During the competition season in Terms 4 and 1, the girls will train weekly. Students are expected to attend swimming training at school a minimum of twice a week. Swimming and water polo complement each other, and water polo players are encouraged to try out for the school's swim team.

### Equipment

The School will provide water polo caps. Students are required to wear full school sports uniform to and from their matches. Mouthguards are highly recommended.

### Transport

Students provide their own transport to and from the venues. Boarders will travel with day girls in their team.

### Parent Support

A Parent Support Group promotes and provides opportunities for girls wishing to play water polo. Assistance is also required on a weekly basis to assist with scoring and managerial duties. Parents are welcome and encouraged to join this group.

### Cost

The cost for the season will be \$400. This fee covers BWPI and WPQ affiliation fees, coaching and pool entry.

## COMPETITION UNIFORM



\*WATERPOLO CAP PROVIDED

## TRAINING / TRAVEL UNIFORM



## S60 FITNESS CLUB (STRENGTH & CONDITIONING)

Stuartholme delivers a fitness club called S60, which aims to keep Stuartholme students happy and healthy through a variety of exercise options at our school gym. Morning and afternoon sessions are available, with fitness classes such as Strength, BodyPump, BodyAttack and Core available.

We also deliver a YouthFit program, which provides students with a custom training program, where girls are encouraged to be independent in the gym and build self-confidence. Our coach offers one-on-one coaching and supervision.

Physical activity plays a major role in building self-confidence and developing healthy life-style choices. Currently over 80% of our school students are meeting the World Health Organization's recommendation for children aged 5-17 to complete at least 60 minutes of physical activity during each day through one or more of our sports-based programs. S60 has been developed to supplement these sporting endeavours as well as a stand-alone activity to reach the recommended 60 minutes of activity.

Example timetable:

	 <b>TIMETABLE</b>				
	M	TU	W	TH	F
6:30 - 7:30AM	Strength Circuit	Core	BodyPump		BodyAttack
3:30-4:30PM	HIIT Hybrid	HIIT Hybrid		HIIT Hybrid	
4:30-6:0PM	YouthFit (Gym Access)	YouthFit (Gym Access)		YouthFit (Gym Access)	

### Cost

The cost is \$10-\$15 per week and can be cancelled at any time.



## REPRESENTATIVE SPORT

The school is a member of the and within this, for district sport, we are members of the Northern Eagles District. The Metropolitan West School Sport region was established in 1992 and is one of 12 school sport regions within Queensland. Our region incorporates the western and southwestern suburbs of Brisbane, through Ipswich and the Lockyer and Fassifern Valleys. Under the Metropolitan West School Sport banner, sit 5 districts and in excess of 100,000 students from more than 200 individual schools. This is the pathway into school-based state and national competitions.





# STUARTHOLME SCHOOL SPORT MATTERS

Stuartholme School has partnered with the Australian Sports Foundation as a vehicle to provide Tax Deductible donations to Stuartholme School Sport Foundation.

The Stuartholme School Sport Foundation allows our community to make contributions (all tax deductible) to help Stuartholme School fund much required sporting equipment, facility development and team travel.



## How to Donate to the Stuartholme Sports Foundation

1	<b>Form</b>	to receive copy of the donation form please email <a href="mailto:marketing@stuartholme.com.au">marketing@stuartholme.com.au</a>
2	<b>Online</b>	Visit <a href="https://asf.org.au/projects/stuartholme-school/">https://asf.org.au/projects/stuartholme-school/</a>

The Australian Sports Foundation collects your personal information for the purposes of processing and receipting donations you make, sending you information about our philanthropic activities, notifying you of other sporting projects you may wish to consider supporting, and for other purposes set out in our privacy policy, available at [asf.org.au/about/privacy-policy](https://asf.org.au/about/privacy-policy). Our privacy policy explains how we collect, use, store and disclose your personal information, the consequences for you if we do not collect this information, and the way in which you can access and seek correction of your personal information or complain about a breach of privacy law. Details of our Terms and Conditions are available at [asf.org.au/about/terms-conditions](https://asf.org.au/about/terms-conditions).



# Co-curricular Music Program



## Music Program

The Stuartholme Music Program offers a rich diversity of private music tuition and ensembles to cater for all abilities. The program aims to foster and develop the musical skills of every student involved. This is achieved through:

- The Year 5 Immersion Program
- Music Instrumental Support Scheme (MISS) a bursary program for young brass and string players
- Private music lessons to support individual technique and musicianship
- An engaging ensemble program with performances held throughout the school year

All students learning an instrument perform in one or more ensembles.

### Private Music Tuition and accompanying Ensemble(s):

**String instruments:** Violin / Viola / Cello / Double Bass – **String Orchestra**

**Brass instruments:** Trumpet / French Horn / Trombone / Euphonium/ Tuba – **Concert Band/Jazz Band**

**Woodwind:** Flute / Clarinet / Bass Clarinet/ Alto, Tenor, and Baritone Saxophone - **Concert Band/Jazz Band**

**Percussion:** timpani, xylophone, marimba, vibraphone, glockenspiel, snare drum, bass drum – **Concert Band/Jazz Band**

Voice – **Choirs**

**Piano and Guitar** - acoustic or electric guitars - limited places available

### Ensembles

Rehearsals are held weekly, with additional rehearsals leading up to performances. Students are expected to make a yearlong commitment to ensure each ensemble runs effectively. Parents are required to accept an 'Agreement for Ensemble Membership' which outlines the responsibilities and commitment required for the ensemble.

### Ensemble Auditions

Students pay an annual ensemble levy to register for an audition that takes place during Term 4. Please note that this charge is a one-off fee regardless of the number of ensembles in which students participate. This levy is non-refundable, either in full or in part, should a student withdraw from the ensemble/s during the year.

Students involved in an auditioned ensemble in the Co-Curricular Music Program are expected to be actively engaged in weekly individual lessons at school.



## Ensembles

### Concert Band

Concert Band is an auditioned ensemble for woodwind, brass and percussion players who have achieved approximately AMEB Grade 2 or higher. The band performs a variety of music including original compositions and arrangements of popular classics.

### Joigny Voices (Years 9 - 12)

Joigny Voices is an auditioned choir open to any student in Years 9 - 12. The choir rehearses once a week for the duration of the year and performs at assemblies, Christmas Carols, the Queensland Catholic Music Festival (QCMF) and all school concerts. The choir's repertoire includes popular arrangements and sacred works.

### Duchesne Voices (Years 7 - 8)

Junior Choir is a non-auditioned choir for students in Years 7 and 8. The choir rehearses one morning a week for the duration of the year and performs in all school concerts.

### Joigny String Orchestra

Joigny String Orchestra is an auditioned ensemble for students who have achieved AMEB Grade 2 or higher. The string orchestra performs a variety of music including classical arrangements and popular film works.

### Sinfonietta

Sinfonietta is an auditioned string orchestra for students who have achieved approximately AMEB Grade 1 or higher. The string orchestra performs a variety of music including classical arrangements and popular works.

### Percussion Ensemble

The Percussion Ensemble features regularly at school concerts and community events. Instruments include the marimba, xylophone, glockenspiel, concert toms, gong, timpani, drum kit and variety of African percussion instruments. Students are required to purchase their own stick bag and a range of sticks and mallets.

### Jazz Band

Jazz Band is comprised of selected students from Years 7 - 12 who are members of Concert Band and have achieved approximately AMEB Grade 2 or higher. Jazz Band members will be invited to join at the discretion of the conductors of Jazz Band and Concert Band. The band performs a variety of jazz styles including Jazz/Rock, Latin and Funk and there is an expectation that members will be able to sight-read, maintain an independent part and improvise.

### Stuartholme Rocks

Stuartholme Rocks is comprised of smaller popular and rock styled groups for students in Years 7 - 12. Instrumentalists must be undertaking music lessons and vocalists must be a member of either Junior Choir or Joigny Voices.

All musicians must be a member of either the Concert Band or Joigny String Orchestra (except for guitarists). Rehearsals take place once a week either before school, lunchtime or after school in consultation with the Director of Music.

## Private Lesson Information

To enrol your daughter in private music lessons, parents need to register their daughter/s online myStuartholme.com once students are registered a Week A & B timetable will be accessible on the instrument page for the term.

It is an expectation that all instrumentalists and vocalists undertaking private music tuition are involved in the Stuartholme ensemble program. A full copy of the 'Agreement for Private Music Tuition 2024' can be found on myStuartholme under Co-Curricular/Music/Private Music Tuition.

Any enquiries regarding enrolment should be directed to Dany Harris, Music Assistant, on 3510 6473 or email [music@stuartholme.com](mailto:music@stuartholme.com).

### Lesson Procedures

Lessons are conducted within normal school hours. A week A & B timetable will be posted on myStuartholme at the beginning of each term to avoid students missing the same academic lesson.

Limited lessons are held outside regular class times and are offered in the first instance to students in Years 12 and 11.

Students may select their lesson from one of the following lesson options:

- 30-minute individual lesson; or
- 45-minute individual lesson (advanced students only)

Students who wish to prepare for music examinations (eg AMEB), will need to undertake individual lessons to meet exam requirements.

### Fees

All fees for Private Music Tuition are payable in advance and are set at the beginning of the year. These fees are an indication only and may be subject to change in 2024.

Cost per term = number of weeks per year divided by four terms		
	30 min. weekly lesson	45 min. weekly lesson
<b>Years 7-11 (31 weeks for 2024)</b>	<b>\$326.00</b>	<b>\$465.00</b>
<b>Year 12</b>	<b>\$350.00</b>	
	Due to changes in Term 4 assessment for Year 12 students, lesson fees are set for Terms 1 – 3 only. Year 12 students may negotiate Term 4 lessons with their private music tutor for an additional cost, charged at the standard rate as listed above. Payment for additional lessons must be made in advance.	

### Practice Rooms

Practice rooms in the Music area are available for student use at lunch time and before and after school if they are not being used for lessons.

## Concerts and Events

There are many opportunities for performance throughout the year at various concerts and events. Students will also be invited to attend several workshops and tours throughout the year. The Co-Curricular Music Program endeavours to ensure that girls perform in at least one of our musical events.



### Music Performance Uniform

All music students are required to wear the Music Performance Uniform for concerts and events as required throughout the year. This uniform is available from the Uniform Shop. Second hand uniforms may also be available for purchase from time to time.

The uniform consists of:

- Blue blouse and black trousers available from the School Shop.
- Trousers are to be of a suitable length – neither too long nor too short
- Polished black school shoes and black socks
- Shoes should be in good repair
- Sports socks and short ankle socks are not permitted
- Hair must be brushed, tidy and worn back off the face
- Black hair ties, ribbons, and clips only
- No jewellery is permitted
- No make-up or nail polish is permitted.
- A Music Polo shirt is available for tours and informal performances

## General Music Information

### Forms

The following relevant forms are also available from MyStuartholme under Co-Curricular/Music

- Application for Private Music Tuition
- Ensemble Sign-on Form including the “Agreement for Ensemble Membership”
- Application for the Duchesne Music Program
- Instrument Hire Forms

### General Enquiries

For additional information on the Stuartholme Co-Curricular Music Program, please contact:

Andrew Mear  
 Director of Music  
[amear@stuartholme.com](mailto:amear@stuartholme.com)  
 Phone: 3510 6474

Dany Harris  
 Music Assistant  
[music@stuartholme.com](mailto:music@stuartholme.com)  
 Phone: 3510 6473

# Co-curricular Enrichment Programs 2024

- **Debating**
- **Art Club**
- **Drama Club**
- **Future Problem Solving**
- **Multicultural Committee**
- **Private Speech and Drama**
- **Readers' Cup**
- **Technologies – Tech It to the Limit**
- **Urban Farming Club (UFC)**
- **Drone Club**



## Debating

Molly McCann  
Debating Co-ordinator

Debating has a long and successful tradition at Stuartholme. Our students compete in the Queensland Debating Union (QDU) competition as well as the Brisbane Girls' Debating Association (BGDA). Our trophy cabinet attests to many successes over the years including our Senior A Team (pictured below) winning the BGDA Grand Final and the QDU's Senior A competition in 2018. Following on from this success Stuartholme placed second overall in the QDU's Secondary Debating Competition (Years 8 – Senior A). To further develop debating at Stuartholme an annual Interhouse Debating Competition is held across all year levels. This provides students with experience to practise during off-seasons, whilst encouraging those who are new and interested in debating to try. To reinforce their own learning our senior debaters act as adjudicators and house coaches during the Interhouse Debating Competition.

Debating requires commitment and is a challenging and worthwhile activity. It encourages the academic skills of critical, logical thinking and persuasive argument as well as the social skills of effective teamwork, all underpinned by the Sacred Heart Goals of a 'deep respect for intellectual values' and 'building of community as a Christian value'.

Debating runs through Terms 1, 2 and 3 for Years 8 - 12 and is usually held on a Wednesday evening. The Year 7 students debate in the QDU Year 7 Debating competition which commences in late July and concludes in October. Training, workshops, and selection of the Year 7 teams will occur in Term 2.

There are four to five debaters in each team with teams in every year level. In Terms 1 and 2, debaters can expect one debate per month. Preparation will include one meeting per week with the coach plus individual preparation and research during the season. In the first half of Term 3, if the team reaches the Finals Rounds, there is one debate per week until the team is eliminated or reaches the Grand Final. Frequent meetings and individual preparation and research are required at this time.

Our Year 11 and 12 debaters are given the opportunity to mentor Year 7 and 8 debating teams to reinforce their own skills, whilst connecting our debating community. Our peer mentors will attend some Year 7 coaching sessions and help run our development workshops, in turn assisting our coaches and acting as an additional point of contact and assistance at school.

In Term 4 we commence our pre-season preparation seminars and workshops and introductory debating sessions for our new debaters. Trials will be held as well for our senior debaters and teams are selected for the following season.

### Cost

The annual fee per student is \$215 but may be subject to a small variation.



## Art Club



Pierina Curties  
**Art Teacher**



Sam Martinuzzi  
**Art Teacher**

Art Club is held after school and has a different focus each term. The Club seeks to advance students' knowledge and skills through a series of workshops, opportunities to work with professional artists and gallery visits. Students may also seek individual support to develop skills in their preferred art areas.

Art Club offers an opportunity for students to collaborate and learn from their peers and students in other year levels. Students do not have to study art to attend Art Club.

Participation in Art Club will be run on a term-by-term basis to allow students flexibility with other co-curricular commitments. Activities may include drawing skills and practice, photography, sculpture, and art masterclasses. Workshops offered each term will be advertised in notices and on myStuartholme.

### Cost

Costs vary per term depending on the workshops and activities offered and includes tutor and materials.

## Drama Club



Lucy Harkin

### Leader of Learning – The Arts

Drama plays a major part in the life of Stuartholme and is enjoyed by both performers and audience members alike. Stuartholme Drama Club is an active club in the school community that offers students a variety of theatrical opportunities. Drama Club has a different focus each semester and activities vary each semester. The Club seeks to enrich and advance students' knowledge of drama and performance skills through a series of workshops, performances, and theatre visits.

Participation in Drama Club will be run on a semester basis to allow students flexibility with other co-curricular commitments. In Semester One our focus is **Theatresports** and improvisational games. Members will learn foundational improvisation skills and learn how to play Theatresports games with the purpose of entertaining an audience. Members will also have the opportunity to trial to become a member of the Stuartholme Theatresports team which competes as part of the Queensland Youth Theatresports competition held in Term 2.

In Semester 2, our focus shifts to performance work through **Junior** and **Senior Drama Club**. **Junior Drama Club** (Years 7 to 10) participants will focus on creating a performance for Queensland Theatre's (QT) Scene Project. Members will follow a professional style production schedule, devising, rehearsing, and performing a polished performance. Throughout the creative process, Junior members will experience workshops led by Queensland Theatre's resident directors, who will provide further depth to their performance. In Term 3, we will bring our work to the Billie Brown Studio at Queensland Theatre and perform for other school students and theatre professionals.

**Senior Drama Club** (Years 11 and 12) participants will focus on competing in Shake and Stir's annual Shakespeare festival, the Queensland Youth Shakespeare Festival (Shakefest). Stuartholme teams have been incredibly successful in the Shakefest competition, with Stuartholme teams becoming State finalists for the past 7 years. Senior Drama Club will read, revise and recontextualise Shakespeare's most famous monologues, duologues, and scenes to create new and contemporary style performances. Students will then compete against other likeminded Drama students at Regional Finals at the end of Term 3. If successful, Senior Drama Club members will go on to compete at the State Finals competition held in Term 4.

### Cost

Costs vary per semester.

## **Future Problem Solving**

Future Problem Solving is a prestigious and demanding academic competition which affords students the opportunity to critically evaluate, creatively problem-solve and collaboratively devise innovative solutions for hypothetical future-orientated problems. Students are invited to participate in this program.

### **Teams**

Girls work in teams of four and the commitment is during Terms 1-4. Successful teams have the opportunity to compete at both national and international levels.

### **Cost**

There are no costs involved with this activity; however, if a team qualifies for the national or international championships, the travel and competition costs will be met by the families of the team members.

## Multicultural Committee



Jane Verity

**Teacher**

Stuartholme students come from a diverse range of language, religious and cultural groupings. The Multicultural Committee aims to showcase this rich cultural diversity and enhance the life of the school. The student-led committee will encourage students from diverse cultural backgrounds to share their knowledge and culture with the whole school community. Students will plan one multicultural event per term. The events may include a multicultural presentation at assembly, a multicultural lunch, cooking classes, a prayer service for the World Day of Peace or language classes.

### **Meetings**

All students, regardless of their language, religious and cultural groupings, are welcome to join the committee. Meetings will be advertised in advance and both boarders and day students are invited to attend.

### **Cost**

There are no costs involved with this activity.

## Speech, Performance and Communication Skills – Private Tuition

The Stuartholme program offers a variety of syllabuses to provide stepping-stones to build confidence and enjoyment while extending and challenging the students.

Flexible exams are offered through AMEB and Trinity College London for qualifications in Communication, Speech and Performance or Acting. This allows students to perform to their strengths and interests.

### Lesson Information

To enrol your daughter in Private Speech and Drama Tuition parents need to complete and sign an online enrolment form on the school portal. All fees are paid quarterly each term in advance.

Any enquiries can be directed to Mrs Margaret Gallagher email [mgallagher@stuartholme.com](mailto:mgallagher@stuartholme.com) or Ms Adrienne Costello email [acostello@stuartholme.com](mailto:acostello@stuartholme.com)

### Cost

Classes can be taken singularly or in pairs during school, at lunch break or after school.

Tuition fees are \$46.00 per lesson for a 30 minute weekly lesson. Lessons in pairs are for 45 minutes. The program goes for 31 weeks Year 7-11 and 30 weeks for Year 12. Exam fees are payable separately to the respective College.





## Readers' Cup



Deb Gaggin

### Leader of Learning – Library Services

The Brisbane West District Teacher Librarian Readers' Cup is a competition between schools from the Brisbane West District. Students from Years 7 to 12 can compete in the Readers' Cup program. Students from Years 11 and 12 unite to form teams in the Open Division. Teams of four answer questions about a set of selected novels for their year level. The competition runs in a similar fashion to a trivia night, complete with puzzles, challenges and questions that earn the team points. The competition sees students challenged to demonstrate outstanding powers of recollection and comprehension and is hotly contested at all levels.

At the school level, the library staff assist the students from each year level in forming teams, providing the selected books for the competition and advice when the students meet at lunch in the library to discuss their books with each other. This culminates with year level finals held in Term 4 at various competing schools in the district. Stuartholme hosts the Year 10 Readers' Cup final in our library.

The Readers' Cup is an optional, co-curricular activity at Stuartholme and at all other participating schools. The enthusiasm for entering this competition continues from year to year and we can have up to 3 teams competing in each year level.

### Season

The Readers' Cup program runs during Terms 3 and 4. The District Readers' Cup teams read their selected novels during Term 3 in preparation for the District Finals in October.

### Parent Support

The girls are encouraged to read as many of the set texts as they can, and they welcome any support and encouragement during the District Finals.

### Cost

There are no costs involved with this activity.



YEAR 10 WINNERS OF THE CUP FINAL

## Technologies – Tech It to the Limit



Leigh Ferguson

**Leader of Learning - Technologies**

Each year, students select a Technologies captain and committee. This committee organises technology events throughout the year enabling all staff and students the opportunity to participate. Last year, technology events such as Hour of Code, the Don't Google Us challenge, the GROK Web challenge and a photography competition were held.

The Tech It to the Limit team also organise one afternoon a week after school in terms 2 and 3, when students with a passion for Information Technology can unite and share skills. This time provides students with the opportunity to enter technology-based competitions and have regular guest speakers. Activities may include:

- listening to guest speakers
- exchanging technology skills
- supporting school events
- opportunity to enter competitions such as Young ICT Explorers; video game competitions; UQ Robo Cup; ACMI Screen It Competition; Australasian Schools Computer Competition; UAV challenge, ATOM Photo competition and First Lego League tournaments.

### Cost

Students will be required to cover costs to enter competitions of their choice and any incidental costs such as team t-shirt etc.



## Urban Farming Club (UFC)



Tom Lillyman

### Careers Counsellor

The Stuartholme Urban Farming Club (or UFC) is a sustainability-focused club that runs **one morning a week for the whole school year**. In this club, students learn how to grow different kinds of food and look after our local ecosystem. Students from Years 7 to 12 are welcome to join. Year 12 students lead the club and all members' interests are taken into account when designing activities each year.

Some past UFC activities have included:

- Growing a range of interesting foods, including leeks, mushrooms, turmeric, galangal, purple beans, blueberries, bok choy, lettuce, passionfruits, spring onions, raspberries, bush foods (like native spinach and bush basil) and herbs (basil, parsley, coriander, thyme, rosemary).
- Propagating various plants from seeds and cuttings, including succulents
- Making food from produce grown in our farm, including pesto and chimichurri
- Running plant and produce sales to raise funds for the group
- Introducing new farm systems into the school, including a solar-powered aquaponics system, a smart garden powered by the internet of things, a compost bin, worm towers, and a frog hotel
- Being creative with our farm, including painting easter eggs and garden signage with plant-based paints
- Introducing a native beehive to the school (and attending a workshop about native bees to learn how to care for them)

We also go on one excursion each year. Past excursions have included visiting the Beelarong Community Farm and the Department of Agriculture and Fisheries Boggo Road EcoSciences Precinct.

### Cost

After receiving a small grant to establish the club, the UFC is now self-funding. We use plant and food sales to raise funds for educational excursions, workshops, and new equipment/plants. For this reason, there is no cost to join the club.





## Drone Club



Tom Lillyman

### Careers Counsellor

Drones are a powerful technology with increasingly diverse applications across industries, including agriculture, engineering, surveying, disaster management, emergency services, real estate and property development, environmental conservation, construction, marketing, and creative media production. While the applications of RPAS technologies continue to expand, the research suggests less than 5% of current drone pilots are women.

Drone Club is a fun way for students from Year 10-12 to learn more about flying drones. Students will learn drone laws, regulations, and licensing in Australia and how to stay safe while flying. Students will then learn the basics of manual and automated flights both indoors and outdoors using several different types of drones. Each session is designed around a challenge that will help students to develop their drone pilot skills.

If your young person is interested in using drones for fun or work, this could be a great way for them to get started!

### Meetings

Drone Club runs every Tuesday afternoon in Term 2.

### Cost

In 2024, we received a grant to introduce more drone education at the school. For this reason, there is no cost to participate.



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