Representative and Co-curricular Opportunities
Bennies Book Club

Every Thursday at recess students meet in the IRC Reading Area to discuss books, authors and complete activities organised by the IRC Coordinator Mrs Shiels and Literacy Resource Teacher Ms Collins Pope.
Chess Club

Meeting weekly at lunchtime, Year 7-12 students and staff are welcome to enjoy social chess. There are many educational and social benefits derived from participating in Chess Club. Chess helps students make friends more easily because it provides an easy, safe forum for gathering and discussion.
Coding Club

Coding Club, comprising students in Years 7-11 was facilitated in 2018 by Nicola O’Brien from Code Rangers. Students during workshops after school used ‘scratch’ and ‘python’ as a way to investigate the logic of coding and program Sphero Robots.
Da Vinci Competition

Held annually at Knox Grammar School. Gifted and Talented students from Years 7 to 10 are selected and coached in teams of eight to represent Mount St Benedict College in general knowledge, art and poetry, logic, mathematics, engineering, creative producers, philosophy, word games and chess.
Debating

Debating is open to any students in Years 7 - 12 who are interested in refining their oratory skills, want to challenge themselves or simply have fun in a team setting. The College competes in the Catholic Schools’ Debating Competition. The competition takes place during Term Two on Friday afternoon/ evenings.
The Duke of Edinburgh Award is an “International Leadership in Action” program, available to all young people aged between fourteen and twenty-five.
Future Problem Solving

In this international program students learn to address complex scientific and social problems of the future through the use of a creative and comprehensive thinking process. The process challenges students to apply information they have acquired by research, to some of the most complex issues facing society. They are asked to think, to make decisions and, in some instances, to carry out their solutions.
Maths Workshop

The Mathematics Department runs regular study/revision sessions for small groups. Students from all years in any course, who would like some assistance with their Mathematics, are most welcome to attend.
There are a number of opportunities for girls in all years to demonstrate their ‘gift of the gab’ and represent the College in public speaking competitions such as the Catholic Schools’ Public Speaking Competition, the Rostrum Voice of Youth Public Speaking Competition and the AHIGS Festival of Speech Competition. These competitions typically take place during Term One.
Science Enrichment

There are many opportunities to get more involved in Science. Year 7 can join Science Club assisted by older junior students. Gifted Science students in Year 8 are offered the opportunity to attend the Forensic Science Camp in Armidale during the July holidays.
STEM Club

Offered in 2018 to students in Years 7 – 10, this co-curricular activity encourages students to put their design process skills to work while integrating skills and understanding form Mathematics and Science.
Representative and Co-curricular - SPORT
Karen Grant and Madeline Bergfield
Co-Curricular Sports

- **Touch Football (Term 1 and Term 3-4)**
  - Barker College/Pymble Ladies College and Doyle Ground, Parramatta

- **Basketball (Term 2-3 and Term 4-1)**
  - Hills Basketball Stadium, Castle Hill

- **Netball (Term 2-3)**
  - Pennant Hills Park

- **Soccer (Term 2-3)**
  - Various locations: Meadowbank, Putney, Pennant Hills, Thornleigh

- **Tennis (Term 1, 2 and 3)**
  - Pennant Hills Park
School Carnivals

• **Swimming Carnival**  
  (Monday March 4)  
  Sydney Olympic Park Aquatic Centre

• **Athletics Carnival**  
  (Wednesday June 5)  
  Sydney Olympic Park Athletics Centre
What’s on in Term 1?

• Barker Touch Football Week 2
• Term 1 Tennis Challenge Week 8
• MSB Swimming Carnival Week 6
• Registrations for:
  • Soccer Week 1
  • Winter Basketball Week 3
REPRESENTATIVE SPORT

REPRESENTATIVE SPORTING PATHWAYS

NSW ALL SCHOOLS

NSW CCC
(NSW COMBINED CATHOLIC COLLEGES)

BBSSSA
(BROKEN BAY SECONDARY SCHOOLS SPORTS ASSOCIATION)

MSB REPRESENTATIVE TEAM
REPRESENTATIVE SPORTS AT MSB

- AFL
- ATHLETICS
- BASEBALL
- BASKETBALL
- CANOEING
- CRICKET
- CROSS COUNTRY
- DIVING
- FOOTBALL
- GOLF
- HOCKEY

- NETBALL
- ROWING
- SAILING
- SOFTBALL
- SWIMMING
- TENNIS
- TOUCH
- TRIATHLON
- VOLLEYBALL
- WATER POLO
• **Triathlon (Week 1)**  
  NSW All Schools Teams Event

• **Touch (Week 1)**  
  BBSSSA Championships  
  - one U13 MSB team selected

• **Diving (Self nominate via NSWCCC website)**

• **Swimming (Week 8)**  
  BBSSSA Championships  
  - MSB team selected

• **Soccer**  
  BBSSSA Championships  
  - one U13 MSB team selected

• **Cross Country Carnival**  
  - Second last week of Term 1
Representative and Co-curricular DANCE
Mrs Prue Haithwaite and Ms Jacqueline Saunders
Dance – What We Offer

Dance at Mount St Benedict College is divided into two areas:

1. **Co-curricular Dance** – offered to all students who wish to learn and/or improve their dance skills

2. **Representative Dance** – entry is via audition. This is for students in Years 8-12 who wish to dance at representative level in eisteddfods and other community events

**NOTE:** Representative Dance is only available for students in Years 8-12. Year 7 participate in Co-curricular Dance up until Term 3 where they can then audition to be in Representative Level
Dance – Who? What? When?

The ensembles are taught by industry professionals.

They rehearse before school, from 7am, and cater for a wide range of abilities.

Prominent styles include Contemporary and Jazz. Other styles may include, Lyrical, Hip Hop and Musical Theatre.
Dance – Performance Opportunities

Students in **Co-curricular Dance** have the opportunity to perform their repertoire at College events including assemblies and the Festival of Arts, Food and Design.

Students in **Representative Dance** perform at College events including Assemblies and the Festival of Arts, Food and Design. In addition, they will also represent the College at competitions and events in the community including the Independent Dance Festival and at least two Eisteddfods throughout the year.
Dance – How do I get involved?

All students can participate in the Dance Program and MSB. Year 7 students participate in Co-curricular Dance only. Students in years 8-12 need to decide which is best for them - either Co-curricular or Representative Dance.

Note: If students are unsuccessful at the Representative level audition, they may still participate at Co-curricular level. They can re-audition again the following year for Representative level.

All ensembles (including Co-curricular Dance) are graded based on ability and stylistic preference.
Dance – How do I get involved?

An annual fee to cover the cost of teaching staff, costuming and competition registration applies.
Co-curricular Dance - $180
Representative Dance - $350

Registration for Year 7 Co-curricular Dance will take place late Term 1. Information will be delivered at an assembly and in the College newsletter mid Term 1.
Co-curricular and Peripatetic MUSIC
Ms Laura Sheehan and Mrs Susan Webber
Music Ensembles – What We Offer

The Music Ensembles at Mount St Benedict College are divided into two areas:

1. **College Ensembles** – larger ensembles offered to all students

2. **Specialist-led Ensembles** – smaller ensembles run by specialist staff

Note: Some ensembles require entry via successful audition
Music Ensembles – What We Offer

The following Ensembles are offered as part of the Co-curricular Music Program:

<table>
<thead>
<tr>
<th>College Ensemble</th>
<th>Specialist-led Ensemble</th>
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<tbody>
<tr>
<td>College Choir</td>
<td>Chamber Choir (audition only)</td>
</tr>
<tr>
<td>College Concert Band</td>
<td>String Ensemble</td>
</tr>
<tr>
<td>College Orchestra</td>
<td>Flute Ensemble (audition only)</td>
</tr>
<tr>
<td>College Musical Orchestra (audition only)</td>
<td>Flute Choir</td>
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<td></td>
<td>Clarinet Choir</td>
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<td>Guitar Ensemble</td>
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<td>Saxophone Ensemble</td>
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<td>Brass Ensemble</td>
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Participation in a Specialist-led ensemble requires an annual fee of $180 payable by Term 1, Week 4.
Music Ensembles – Registration

Expressions of interest are required to be submitted online for all students who wish to be part of an ensemble.

You will find further information regarding the program and how to submit your Expression of Interest in the Handbook.
Peripatetic Tuition Program – What We Offer

Instrumental tutors who are proficient and experienced teachers and performers conduct these lessons.

Individual lessons occur during class time for half an hour, once a week, on a rotating schedule, in the Hildegard Centre’s peripatetic rooms.
Peripatetic Tuition Program – What We Offer

Students can progress at their level of ability on an instrument of their choice

Tuition is offered in the following areas, dependent upon student interest:

Vocal Studies                Flute                        Guitar/Bass
Piano                          Clarinet/Sax            Violin/Viola
Percussion/Drumkit           Musicianship
Cello/D.Bass                  Trumpet/Trombone/Euphonium/Tuba

Students who are enrolled in the program should participate in a College Ensemble
Peripatetic Tuition Program – Registration

Tuition fees are $39 per lesson. Tuition fees are paid to the instrumental tutor who will invoice you at the commencement of each term.

Expressions of interest are required to be submitted online for all students who wish to take a lesson.

You will find further information regarding the program and how to submit your Expression of Interest in the Handbook.
Musical
College Musical

The College produces a Musical every second year. The productions are open to all students from Years 7 to 12.

The 2019 College Musical is Beauty and the Beast and will be held late in Term Two. Students in Year 7 will receive information on how to audition early in Term One.

Thank you