

Co

Connect

Term 3 2020

*an alternative
co-curriculum
programme*

Co-curriculum goes co-vert...

IT'S BACK FOR TE

The Girton Co-curriculum programme is the stuff of legend, and that legend, for now, is on hiatus. We know this is a shocking blow for many of you.

That is why during Term 3 we are continuing to offer an alternative co-curriculum programme for students, their families and the Girton staff, all at home, accommodated online.

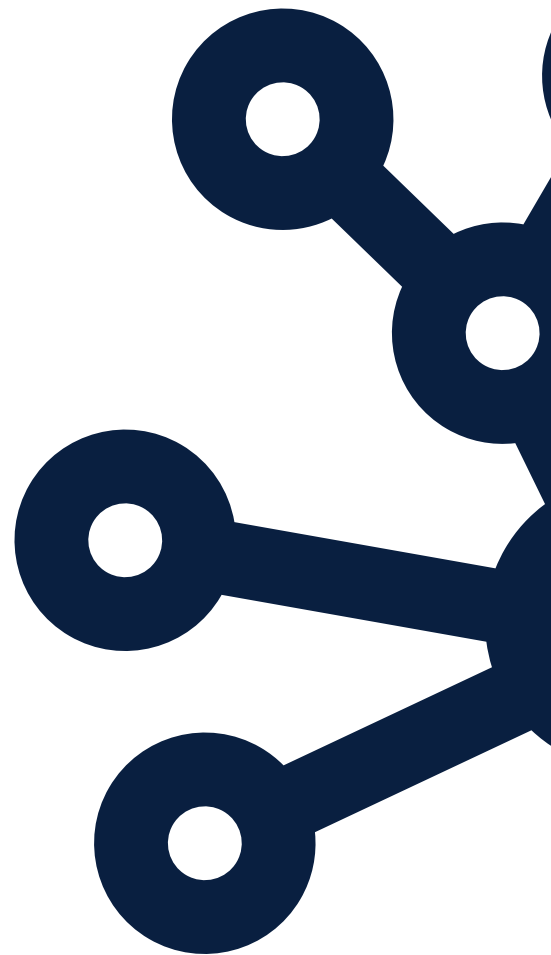
The Girton Co-Connect programme.

Taking on board feedback from last term we have evolved the program from Term 2, removing some less popular activities and bringing in lots of new ones. The activities are all designed to allow students from different year levels to interact, connect and learn new skills. On the following table/pages, you will find information for you to consider.

The Girton Co-Connect program is entirely voluntary, and there is no expectation that you become involved. However, if you feel the need to do something different, have a laugh and connect as a school community, then Co-Connect might be for you.

Apart from the activities themselves, we hope that the Co-Connect programme will help generate content, images, and video to share with the whole Girton community, furthering a sense of belonging for all students, parents and staff. GTV (Girton Television) is reliant on the submission of content and interviews with participants.

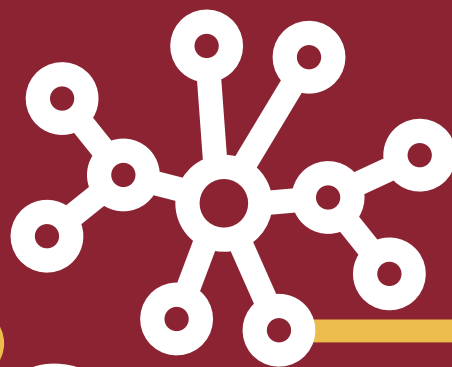
We aim for Girton Co-Connect to commence in the week of Monday the 10th of August and to run for the last six weeks of Term 3. Generally, each activity entails one session/lesson per week. There is no cost for being involved.



RM 3



Co



Connect

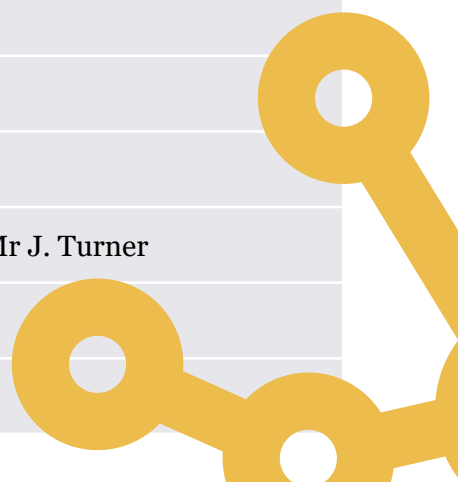
To sign up for an activity go to the relevant Co-Connect activity page on Astra.

CO-CONNECT
AND HAVE A

GO!

ACTIVITY LIST

ACTIVITY:	JS/SS	MIC's
Aerobic Gymnastics	JS/SS	Mrs B. Vernon
Basketball	JS/SS	Mrs D. Deirdre Tunzi, Mr D.Norris
Colouring In	JS/SS	Mrs J. Canobie
Football	JS/SS	Mr D. Norris
Forever Young Friends	JS/SS	Mrs L. Dusseljee, Mrs J. Canobie
Girton TV (Gtv)	JS/SS	Mr D. Williams, Mrs J. Canobie
Mindfulness	JS/SS	Mrs C. Stagg
Songwriting	SS	Mrs C. Bartlett
Netball	JS/SS	Ms H. Speed
Digital Photography	JS/SS	Mr T. Parry
Girton Runners Club	JS/SS	Mr J. Giudice
Mad Science	JS/SS	Mrs P. Beckwith, Mrs K. Hogan
Lego Legends	JS/SS	Mrs J. Canobie
Les Petits Chefs (French Cooking)	JS/SS	Mrs F. Tonkin
Writing & Acting for Television	SS	Ms J. Jackson
ISO Ideas	JS/SS	Mrs J. Canobie
Wellbeing with 65 Wattle	JS/SS	Mrs A. Williams
ISO Art	JS/SS	Ms K. Mitchell
Girton Short Film	JS/SS	Mr M. Beever
Short Stories - 500 words	JS/SS	Ms C. Phillips, Mr J. Turner
Spaghetti and Marshmallow Towers	JS/SS	Mr R. Smith
Tournament of Minds	JS/SS	Mrs V. Bath





Aerobic Gymnastics

MiC - Mrs Belinda Vernon

Junior School	Senior School
✓	✓

We would love to see what you have been up to at home with your Aerobic Gymnastic Routines! Go to the Astra Page, choose the routine, learn it and then post it to the link provided! Easy!

Remember if you're using a phone to record your video always record on landscape for the best footage.

We are also using your videos to make a collaboration video to present at our end of year concert and on e-Link.

As we missed our competition season, we will submit your videos to a panel of judges. We will have some prizes for the following categories:

- The neatest execution
- The most artistic
- The best homemade aerobic outfit
- The best 80's style aerobic outfit
- The most improved
- Best Skills
- Biggest "Wow" factor

We can't wait to see you in action!



Basketball

MiC - Mrs Deirdre Tunzi, Mr Dean Norris

Junior School	Senior School
✓	✓

We hope you are staying safe and managing well in our second round of isolation! We certainly miss seeing you all and fingers crossed that we can all return to school and sport very soon. This time around we have a couple of ways you can keep active and work on your Basketball skills during Term 3.

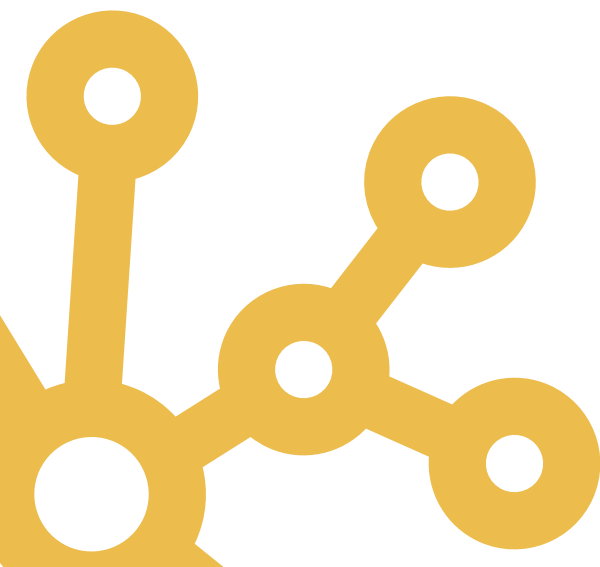
The first is the collection of training videos on the Astra Co-Connect pages. Whether you have just started playing basketball or you have been playing for years, these videos should provide you with a wide variety of skills at different levels to accommodate for everyone in our basketball club. Hopefully, you can watch, learn and practice using these videos to keep you going until our anticipated return.

The second is the HomeCourt Basketball app. HomeCourt is an interactive mobile app with training programs and drills that uses the camera on your device (phone, tablet etc.) to analyse your movements and track your progress. The app is free for 7 days with a monthly subscription thereafter. Please get your parents permission before downloading the app and taking on a subscription.

We would love to see some pictures/videos of you all completing the Ball Handling Drills etc. as performed by a familiar face in Tanner Rayner from the Bendigo Braves or of you using the Home Court app. If you would like to share a photo or video of you completing these drills, please post them to the Social Stream on our homepage.

We will include some of your videos and photos in eLink and Girton TV.

We hope you enjoy getting involved!





Football

MiC – Mr Dean Norris

Junior School	Senior School
✓	✓

Are you missing Footy?

Why not try some sessions at home. New videos will be uploaded weekly.

NAB AFL Auskick is perfect for those who are new to the game.

Or

FootyFit for students who want to challenge themselves, improve fitness and keep those skills on point.



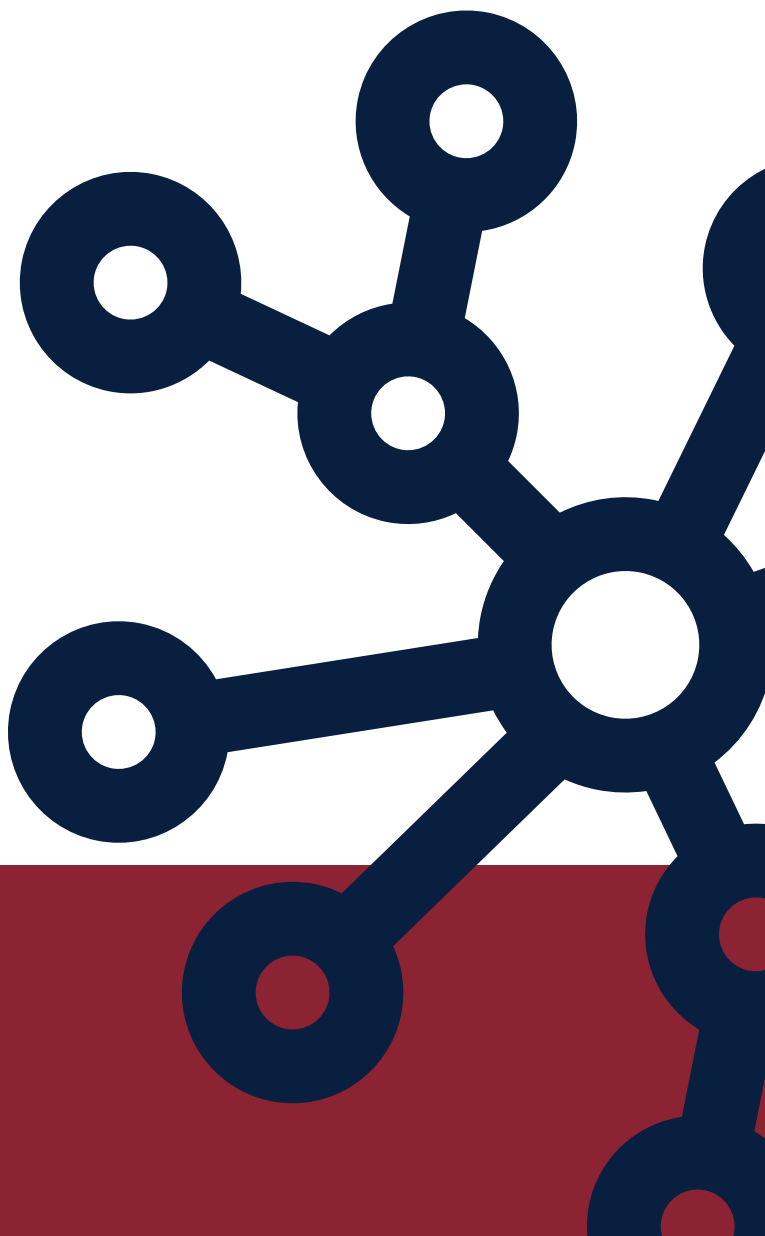
Colouring In Competition

MiC – Mrs Janelle Canobie

Junior School	Senior School
✓	✓

The colouring in competition was incredibly popular during the last lockdown so it's back for Term 3. We understand in the current environment we are all having more screen time than usual, so grab some textas, pencils or crayons and find a quiet corner to color in! You can enter as many times as you like each week.

There will be weekly prizes for both Junior and Senior School, with all winners going in a draw to win a \$30 cash card! (All prizes have been kindly donated)





Forever Young Friends

MiC - Mrs Laura Dusseljee, Mrs Janelle Canobie

Junior School	Senior School
✓	✓

Forever Young was established in 2011, it is made up of approx. 80 local community members aged 65 to 93 years young who sing rock songs!

Forever Young Rock Choir is Founded and Directed by Girton Grammar's very talented Mrs Laura Dusseljee. Many of Girton Grammar's students and staff also support the Forever Young choir by playing in the rock band and string orchestra. Mrs Cally Bartlett arranges all the music for this wonderful endeavour.

2020 was supposed to be Forever Young's Big 10 Year Celebration Rock Concert however with the current pandemic we have had to cancel the concert. With this in mind, we would like to support our Forever Young members by 'adopting' them to help them through what can be a tough and lonely time for some. That is where we need YOU! We would like you to volunteer to 'adopt' a Forever Young member and be penpals in this pandemic and you can continue for as long as you like!

When you sign up to Adopt a Forever Young Friend, we will email you your adopted friends' name and their address. If you can write them a letter and/or draw them a picture and mail it the good old fashion way via post! Don't forget to put your return address on the back of the envelope so they too can reply to you. In a pandemic, it is a small act of kindness that can cheer up someone's day!



Girton TV (Gtv)

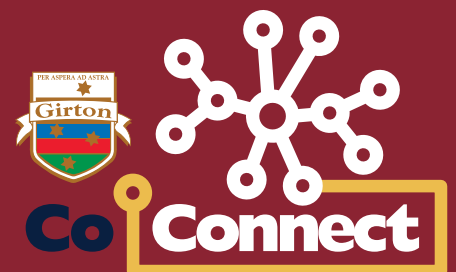
MiC – Mr Dan Williams, Mrs Janelle Canobie

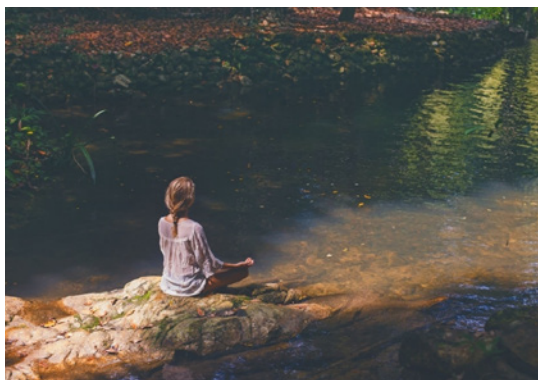
Junior School	Senior School
✓	✓

Girton TV or Gtv is Girton's own Co-Connect TV show. Each week a 10 - 15 minute programme will be produced to share all the highlights of Girton life during the Covid-19 Pandemic.

Hosted by students, we'll be showing videos from the various Co-Connect activities, Zoom classes, music performances, fun stuff that students, families and Girton staff are getting up to while in isolation and much more.

We'd love to include your videos and photos in Gtv so please upload them to a special One Drive folder which you can access via the Gtv Astra page.





Mindfulness

MiC – Mrs Catherine Stagg

Junior School	Senior School
✓	✓

The ISO Calm Mindfulness Program at Girton features a strong emphasis on students' mental wellbeing and the development of mindful practise. Students explore what Mindfulness is and how they can use it in their everyday lives to relax, focus, and concentrate on what they are doing. The program provides evidence-based mindfulness classes that are fun and engaging for kids. Students will practice breathing exercises, visualisations, and even try some focus-based meditation. There will be a balance between hands-on activities and mindfulness meditations. These online classes are designed with Prep-Year 6 students in mind – AND please know that students and adults of all ages are welcome to participate. We are aware that many families are away from school and work, and we hope this is a resource that families can enjoy together.



Netball

MiC – Ms Holly Speed

Junior School	Senior School
✓	✓

To keep your Netball skills up, the Netfit girls are giving you free access to their NetFit App. You can access free home workouts, skills, nutrition and wellbeing classes for the 6 weeks remote learning period. It's awesome so get on and give them a go, great way to keep active and keep the positive energy going.

We would love to see some pictures/videos of you all completing the drills etc. If you would like to share a photo or video of you completing these drills, please post them to the Social Stream on our homepage.

We will include some of your videos and photos in eLink and Girton TV.





Digital Photography Contest

MiC – Mr Trevor Parry

Junior School	Senior School
✓	✓

Using phones and/or digital cameras students, family members and Girton staff take photos to meet a different brief that will be set weekly. Photos will be posted on the Astra Page as well as eLink. A judging panel will award weekly winners and all winners will go into the draw to win a gift voucher prize.



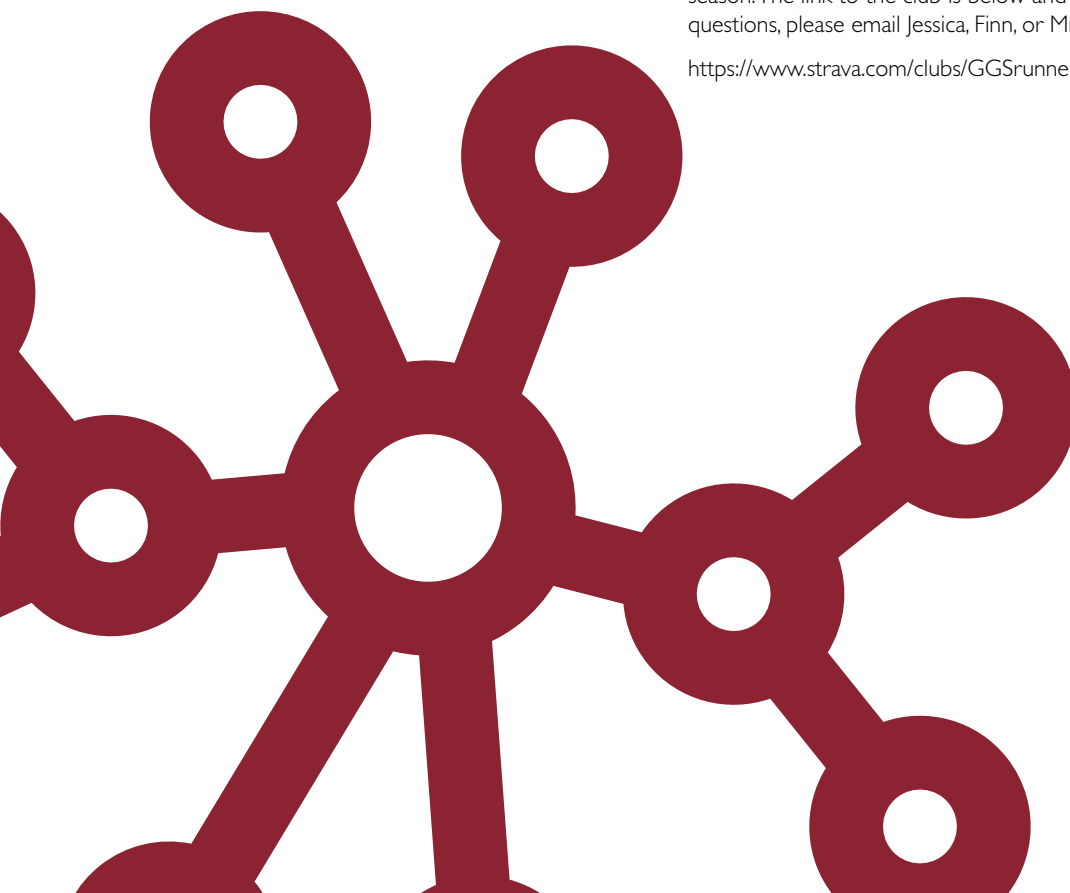
Girton Runners Club

MiC – Mr Jacob Giudice

Junior School	Senior School
✓	✓

With the return of remote learning and Co-connect, the Girton Runners Club Captains, Jessica Iuliano and Finn McGregor, and MiC Mr Jacob Giudice, have created a Girton Runners Club group on the Strava app. Do not feel pressured to get Strava if you do not have it. There is a cost involved so please seek permission from your parents. If you do have the app or are able to obtain it, please join the group if you would like to do so. For those unfamiliar with Strava, it's basically the Instagram of running and cycling, and a simple way to track your training and check out the rides or runs your mates/teammates have been doing. It's an easy and fun way to keep motivated to get fit and ready for next year's season. The link to the club is below and if you have any questions, please email Jessica, Finn, or Mr Giudice.

<https://www.strava.com/clubs/GGRunnersclub>





Mad Science

MiC – Mrs Prue Beckwith, Mrs Kim Hogan

Junior School	Senior School
✓	✓

Mad Science is back!

Each week Mrs Hogan and Mrs Beckwith will be posting fun Science activities, based on a different area of science. We will post video clips of experiments that you can follow along with at home and we will post links to cool websites all based on the different science of the week.

We would absolutely love to see you participating, so if you do something, please take a photo or video and upload it into the social stream.

If you or your parents have any questions about any of the activities or content, you can email either Mrs Beckwith (pruebeckwith@girton.vic.edu.au) or Mrs Hogan (kymberleyhogan@girton.vic.edu.au)



Lego Legends

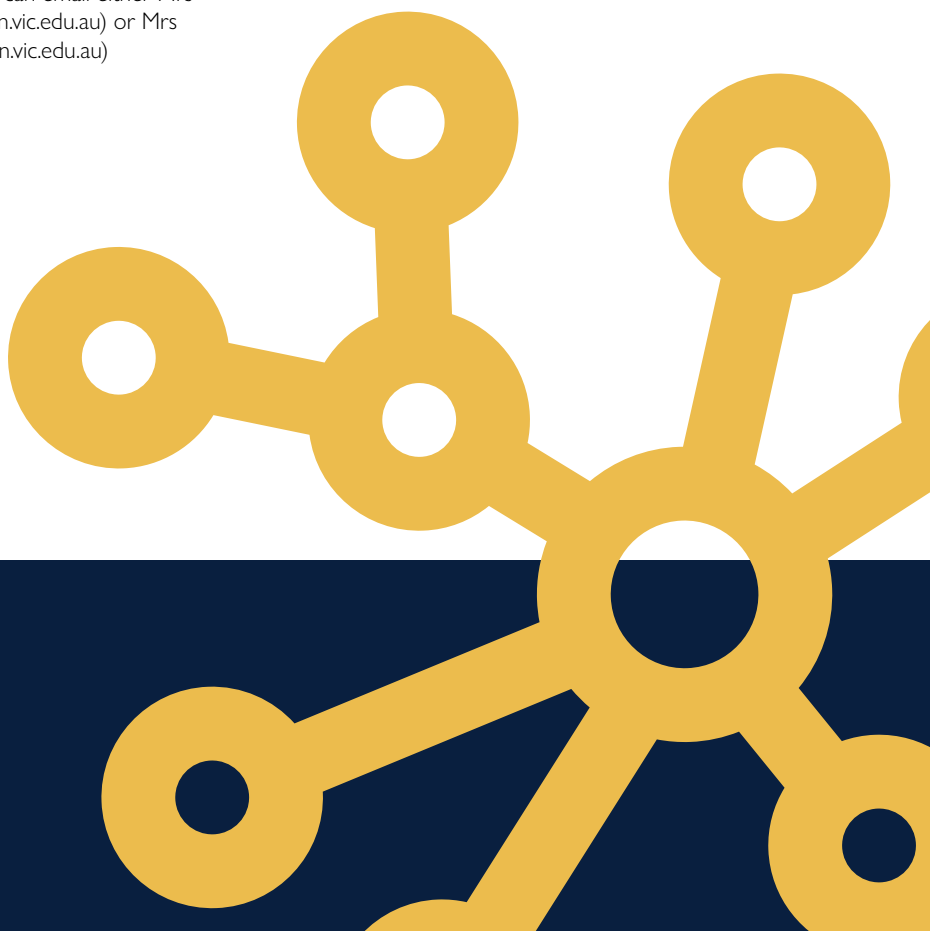
MiC – Mrs Janelle Canobie

Junior School	Senior School
✓	✓

Lego is a great way to be creative and have fun! It is also good way to have a break from the increased screen time during online learning.

Each week Mrs Canobie will post a new theme for you to get creative with. Make sure you take a photo and submit your creation to the Lego Legends Astra page under Co-Connect. Each week we will post the most creative on eLink and GTV.

There will be a prize for both Junior and Senior School of the most creative submission at the end of the six weeks.





Les Petits Chefs

MiC – Mrs Frederique Tonkin

Junior School	Senior School
✓	✓

Who doesn't love French food?

Each week a short video will be uploaded by Mrs Tonkin featuring a French recipe that she will create at home with Mathilde (Mrs Tonkin's French boarder - her young sous-chef!)

In each video they will demonstrate how to cook/bake a simple French dish.

Verbal instructions will be both in English and in French.

The written instructions/steps and ingredients will be both in English and French

Participants can share pictures and videos of their dishes on the Astra page and add comments and suggestions in the social stream or forum.

The recipes will be very simple, with simple French commentary in the video.

The activity is open to everyone with parental supervision required for younger students.



ISO Ideas

MiC – Mrs Janelle Canobie

Junior School	Senior School
✓	✓

This Co-Connect programme features lots of fun activities for our students and their siblings to undertake whilst at home, many of them 'screen free.'

Activities include origami, building indoor forts, living room or back yard camping, planting an indoor garden, scavenger hunts, sidewalk chalk and more. Click on the ISO Ideas tile on Astra Co-connect page so see the full range.

We would love to see what you chose to create during this time at home so please, post a photo or video on our Astra page.



ISO Art

MiC – Ms Kristi Mitchell

Junior School	Senior School
✓	✓

Drawing and painting are fantastic ways to relax and be creative.

We would love to see what you create during this time at home. There is no criteria, just, draw or paint what you like and upload photos of your work onto the Astra page.

For Junior School students, each week on the ISO Art Astra page, we'll post a link to a video from the Kids Art Hub YouTube channel. Each video will give you a step by step guide to drawing a specific item, or person from real life or popular culture. Again, please upload a photo of your drawing onto the Astra page.

There isn't any judging in this activity, it isn't a contest, but all students who upload a photo of their artwork will go into the end of Term draw to win a gift voucher from Riot Art and Craft.

Short Stories - 500 words

MiC – Mr Jamie Turner; Mrs Christine Phillips

Junior School	Senior School
✓	✓

Based on the BBC's phenomenally successful "500 Words" short story contest (which received over 134,000 entries last year!), the Girton version is open to all students both Junior and Senior School.

It's super simple. All entrants must pen an original story, no more than 500 words in length, and submit it via Astra. It can be about ANYTHING you want – space-ships, grannies, insects, time travel. The list is endless!

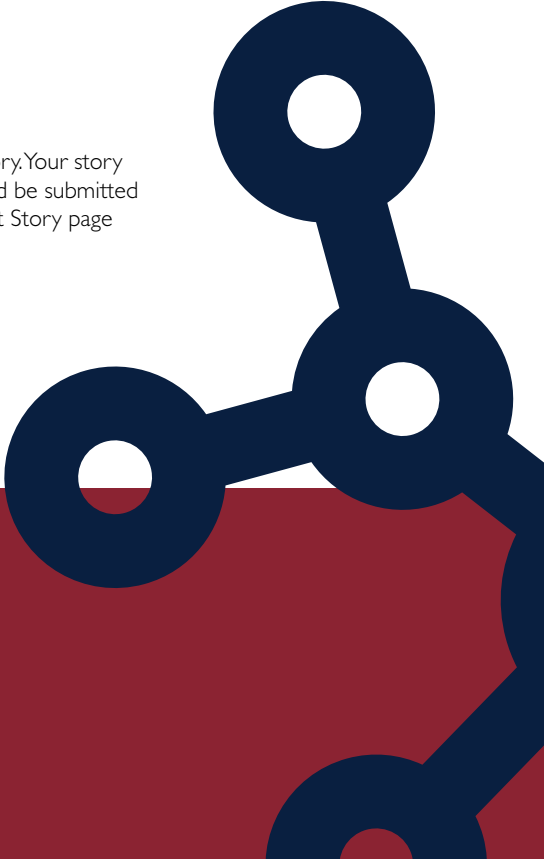
The age categories are:

- Prep - Year 2
- Year 3 - Year 6
- Year 7 - Year 9
- Year 10 - Year 12

Stories will be judged on

- Originality
- Plot
- Characterisation
- Language
- Enjoyment

Prizes will be awarded to each age category. Your story must be 500 words or under in length and be submitted by Wednesday, September 9, via the Short Story page on Astra.





Girton Short Film Festival

MiC - Mr Mark Beever

Junior School	Senior School
✓	✓

We would love you to get creative and create a short film up to 5 minutes in length. You can do it yourself or involve family members in and around your home and friends remotely.

Your film could explore any genre, be it comedy, documentary, animation, horror, musical – whatever you want to make!

The judges are on the lookout for innovation, good storytelling and the ability to move an audience within the 5 minute time limit.

There's some advice to help you with your film making process on the Astra Page and you need to have submitted your film by Wednesday September 9.



Songwriting

MiC - Ms Cally Bartlett

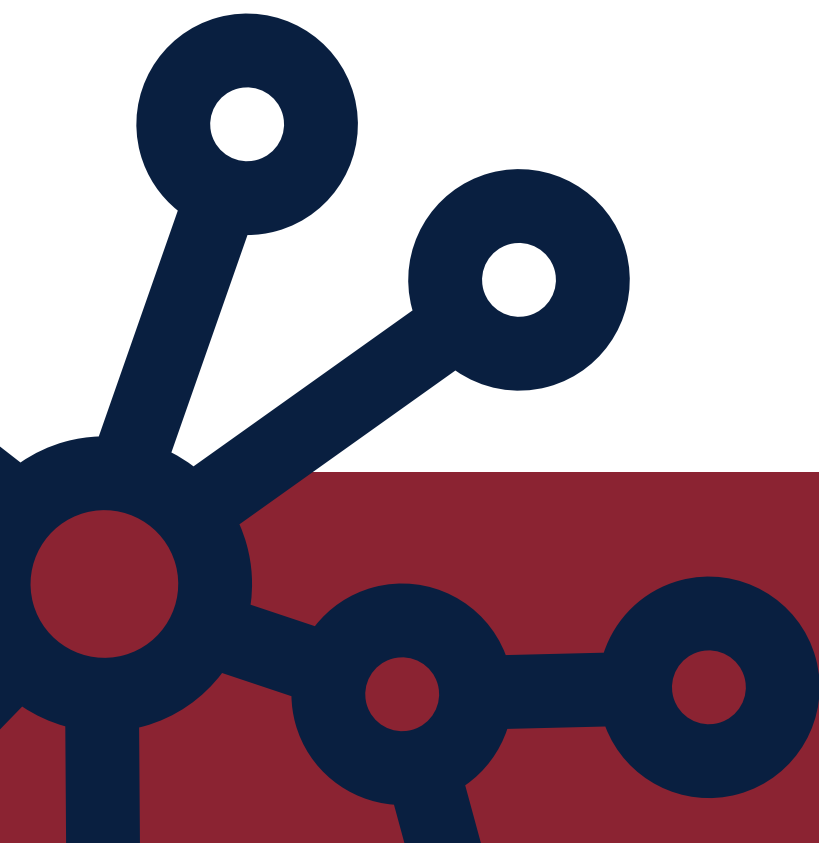
Junior School	Senior School
	✓

Each week we challenge you to write a short song, up to 1 minute 30 seconds long, to the theme provided. You can create a song in any style you choose, using any tools you choose. You could create an acoustic vocal song, a rap, a soundscape, a classical composition, a looping track... anything you like!

Feel free to present your song in video format, or just audio format. You could use tools such as Garageband, Audacity, iMovie, Loopy, or just record yourself performing your song on your phone or tablet.

You have a week to work on your song and all entries will be judged by our expert panel. Please make sure that all material is original. Anyone can enter and winning entries will be featured in the eLink and on Astra.

Have fun creating and we look forward to seeing your entries!





Wellbeing with 65 Wattle

MiC – Mrs Alli Williams

Junior School	Senior School
✓	✓

Self-isolating and social distancing is challenging (we hear you). However, the little things we do every day to take care of ourselves will not only make it a whole lot easier to get through this time, but when it's all over, we could come out feeling healthier and happier than when it all began!

New information will be uploaded weekly; your job is to:

- Check out the theme of the week.
- Implement something into each day, even if it is just for 5 minutes each day (5 minutes is so much better than none)
- Complete the 'See, I did it! Challenge by Friday each week, so we can see you and are gladly reminded we are in this together!
- Have Fun!

We also have a daily 10 minute morning meditation to get you focused and ready to take on whatever the day may bring... enjoy.



Spaghetti & Marshmallow Tower

MiC – Mr Rod Smith

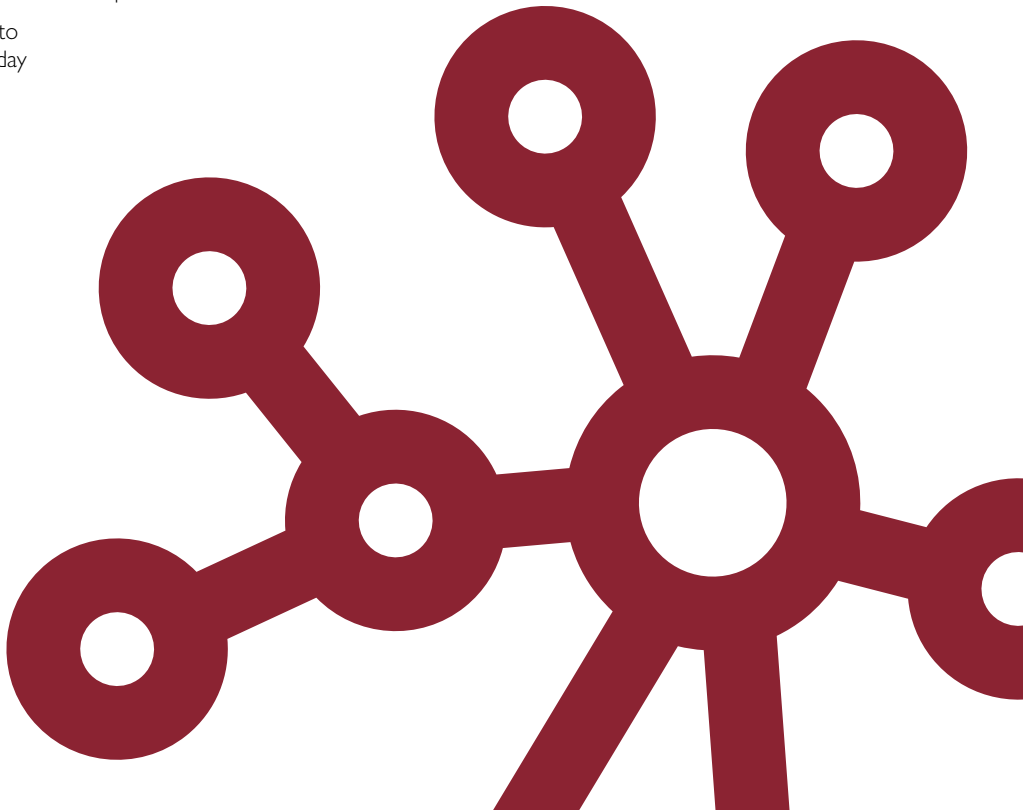
Junior School	Senior School
✓	✓

Spaghetti & Marshmallow Towers were started years ago at TED. Not only is it lots of fun it is also very technical.

The object is to construct the tallest tower with only spaghetti and marshmallows. Note the tower has to stand unassisted to win. You will need to take a photo or video proving the height of a tower measured by a tape measure making sure we can see that no one is holding it up.

The judges are looking for creativity and technical aspects. Please join the Spaghetti and marshmallow tower Astra Co-Connect page to be part of this fun challenge.

Please submit your photos before Wednesday September 8.





Tournament of Minds (TOM)

MiC – Mrs Viv Bath

Junior School	Senior School
✓	

Tournament of Minds is a tournament normally open to Years 4-10 students. It aims to give students the experience of participating in creative problem solving activities through role play and team work. You do not have to be an Einstein to be involved! In Term Two students are asked to apply to be a member of the TOM team. They then undergo three weeks of rehearsals before the final teams are selected.

This year we are giving everyone the opportunity to get some TOM in their life! Parents and students can all be a part of this fun programme and we look forward to hearing and seeing the results.

Each week students and their families will be encouraged to solve problems. There will be little work involved and we assure you that you will have a lot of fun in the process.

An example of some spontaneous problems could be:

A new letter has been added to the alphabet. How do you write it, and why was it needed?

Pose this question to all or some of your family members and come up with your best answer.

Given five pieces of an A3 newspaper, 2 metres of sticky tape and 5 straws build the tallest freestanding tower you can.

Give it a name, tell us where it is and what role it performs.



Writing & Acting for Television

MiC – Ms Jacinta Jackson

Junior School	Senior School
	✓

Have you ever thought about writing or acting for Television? Would you like to hone your writing skills or become more comfortable in front of the camera? (Perfect for our Zoom oriented times!)

During one session per week, Senior School Students in any year level will participate in writing and acting short sketches for camera. VCA Screen Writing student, Nikki James (Girton, Jenkin 2017) will be the guest Tutor for this exciting Co-connect activity.

To join, see the Writing and Acting for TV section on the Co-Connect Astra page.

