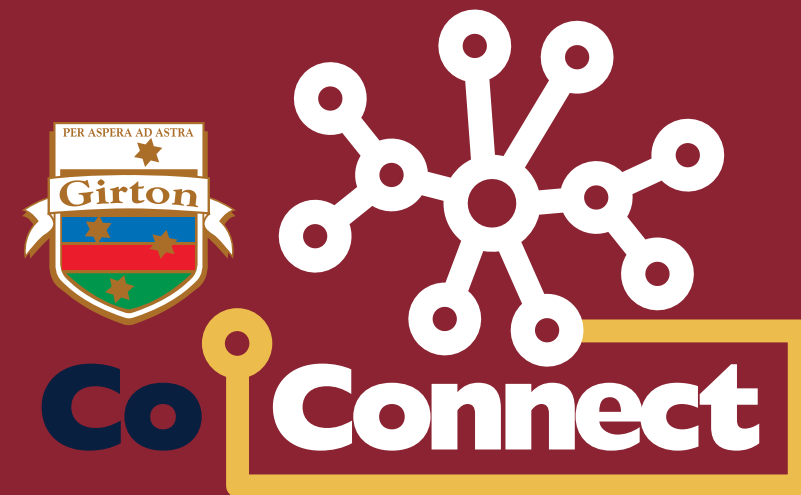




an *alternative*
co-curriculum
programme

Co-curriculum goes co-vert...

INTRODUCING



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 2 we are proposing to offer an alternative co-curriculum programme for students, their families and the Girton staff, all at home, accommodated online.

Introducing the Girton Co-connect programme.

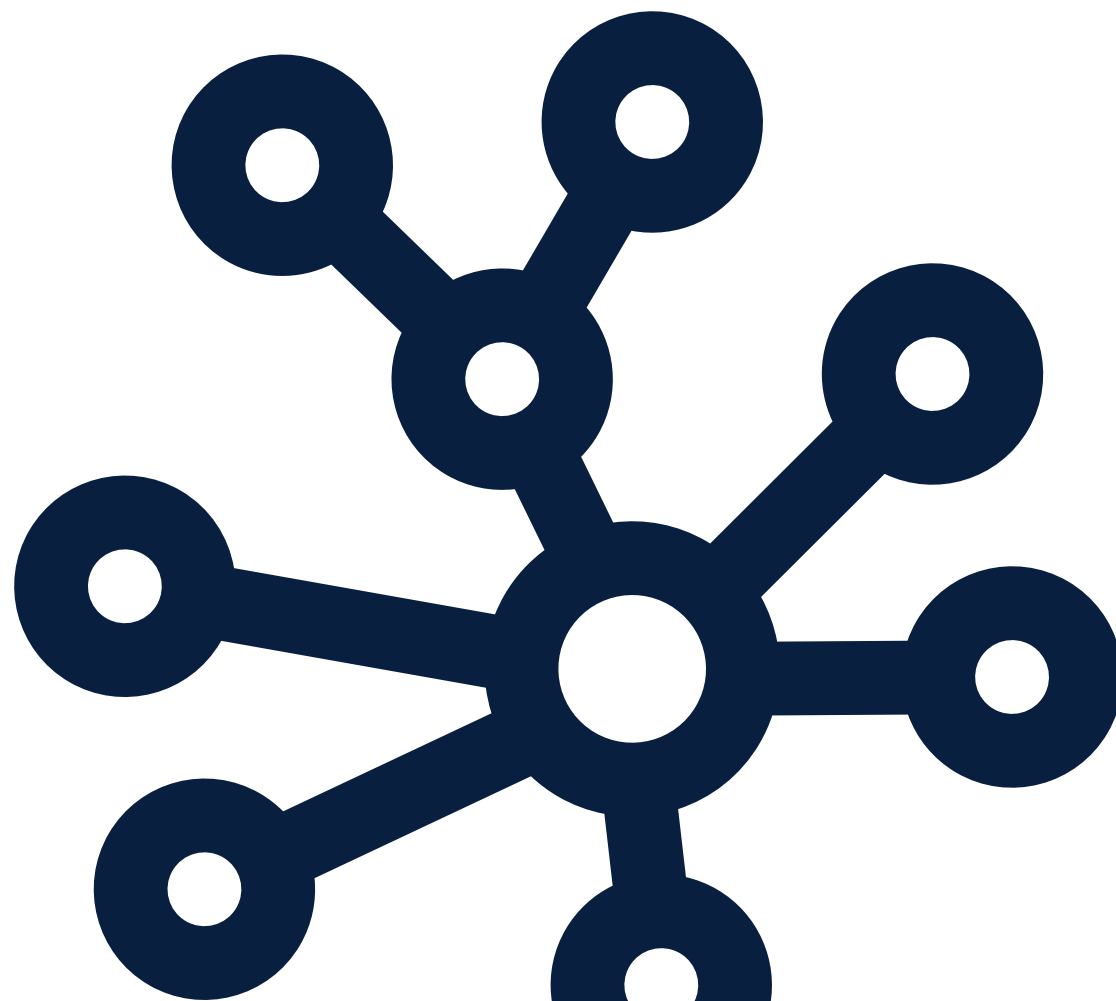
We have developed some fun initiatives for students from different year levels to interact, connect and learn new skills. On the following table/pages, you will find some activities that we invite you to consider.

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. The proposed GTV (Girton Television) Co-connect activity, in particular, will be reliant on the submission of content and interviews with participants.

We aim for Girton Co-connect to commence in the week of Monday the 11th of May and to run for the last six weeks of Term 2. Generally, each activity entails one session/lesson per week. There is no cost for being involved.

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. Tunzi, Mr D. Norris
Co-Connect Running	JS/SS	Mr J. Giudice
Code Camp	JS	External Provider
Colouring In	JS/SS	Mrs J. Canobie
Digital Photography	JS/SS	Mr. T. Parry
Football	JS/SS	Mr D. Norris, Mr C. Whitsed
Forever Young Friends	JS/SS	Mrs L. Dusseljee, Mrs L. Tobias, Mrs J. Canobie
Girton Short Film Festival	JS/SS	Mr M. Beaver
Girton TV (Gtv)	JS/SS	Mr D. Williams
Mad Science	JS/SS	Mrs P. Beckwith, Mrs K. Hogan
Mindfulness	JS/SS	Mrs C. Stagg
Netball	JS/SS	Ms H. Speed
Red Shield Appeal	JS/SS	Mrs J. Canobie
Spaghetti/Rube Goldberg Machine	JS/SS	Mr R. Smith
Starlight - Virtual Music Performance	SS	Mrs C. Bartlett
Student2Student Mentor	SS	Mrs. W. Wastell
Tournament of Minds (TOM)	JS/SS	Mrs V. Bath
Yoga	JS/SS	Ms T. Dempster



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 your 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 isolation! We certainly miss seeing you all and fingers crossed that we can all return to school and sport very soon. By now, we imagine there would be many of you eager to get back into basketball and to be training and playing with your friends. Whilst we can't rush this process, we have something that might help!

We have been working hard behind the scenes to provide you with some training videos that will help you in developing and maintaining your basketball skills. 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.

We would love to see some pictures/videos of you all completing the Ball Handling Drills as performed by a familiar face in Tanner Rayner from the Bendigo Braves. We would like to thank Tanner for devoting his time into support the Girton Basketball Club and hope that you enjoy the challenges he has set. 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 hope you enjoy getting involved!



Co-Connect Running

MiC – Mr Jacob Giudice

Junior School	Senior School
✓	✓

Get fit, achieve some challenges and have fun with Co-Connect Running. Get out with your family (making sure you obey social isolation rules) and take part in the weekly challenges which could include:

- Sunrise run – take a photo/video of the sunrise while out running
- Hills run – run to a high place, take a photo/video
- Run a marathon (in a week) – log 42.2km for the week (alternate challenge: run a half marathon in a week)
- Silly outfit – go for a run, wear something silly, take a photo/video
- 5k virtual race



Code Camp

<https://codecampworld.com>

Junior School	Senior School
✓	

Code Camp unfortunately has had to cancel all camps for this season as a precautionary measure however they have been working hard to create an online program which will allow students to be creative digital storytellers, problem solvers, and coders during their school holidays and throughout any school closure periods thereafter.

They have a fantastic team of around 50 experienced staff members who teach our students at our camps every school holiday. They'll be ready to teach your students how to code via our online webinar classrooms to ensure they continue learning should we all end up spending a lot more time at home over the next few weeks. Topics which our lesson plans cover include: loops, sequencing, iteration and animation.

While this is usually a paid program Code Camp will be giving the program to students for free as a thank you for Girton's continued support of the program and to keep keen coders coding!

Code Camp has created the following link to give parents more information: <https://codecampworld.com>



Colouring In Competition

MiC – Mrs Janelle Canobie

Junior School	Senior School
✓	✓

We are excited to announce a weekly coloring competition for both Junior School and Senior School. 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.

The weekly prize winners for both Junior and Senior School will be recognised in the eLink and on Girton TV. The weekly winners will go into a draw at the end of the term, with the over all winner for Junior and Senior School winning a cool prize! (All prizes have been kindly donated!)

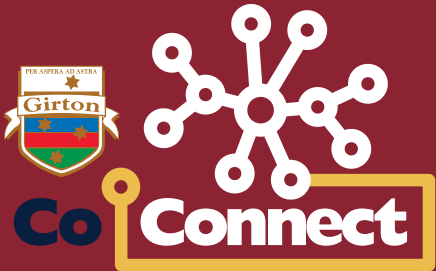


Digital Photography Contest

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 which will be announced in eLink. There will be a final prize awarded at the end of Term 2 for the photo judged to be the best.





Football

MiC – Mr Dean Norris, Mr Clint Whitsed

Junior School	Senior School
✓	✓

Welcome to Co-connect Football, if you are anything like us you are missing football like crazy. To fill the void, we will be sharing some Auskick Videos and Footyfit workouts to do at home.

We would love you to post a photo of you and/or your family doing a football work out or a photo of you wearing your favourite footy colours in the social stream on the Astra page.

Each week we will also be encouraging you to share a video doing a fun footy trickshot, or of you kicking a goal down at the local football oval or in your backyard to the Astra page. Seeing you at home still loving the great game will help us all get through this challenging time with no Football.



Forever Young Friends

MiC - Mrs L Dusseljee, Mrs L. Tobias, Mrs J. 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

Junior School	Senior School
✓	✓

Girton TV or Gtv is Girton's own Co-Connect TV show. Each week a 15 - 20 minute programme will be produced to share all the highlights of Girton life during the Covid-19 Pandemic.

Hosted by House Captains 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.

Segments will include: Girton's Got Talent, Trick Shots, Call of the Wild (Your pets), Covid Acts of Kindness, and Essential Hero Shout Outs.

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.

Also, if you've got video editing skills and would like to be involved in producing Gtv, email Mr Williams to become part of the Gtv team.



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 Friday June 12.

The film judged to be the best will win an Osmo Mobile 3 Phone Gimbal.



Mad Science

MiC – Mrs Prue Beckwith, Mrs Kim Hogan

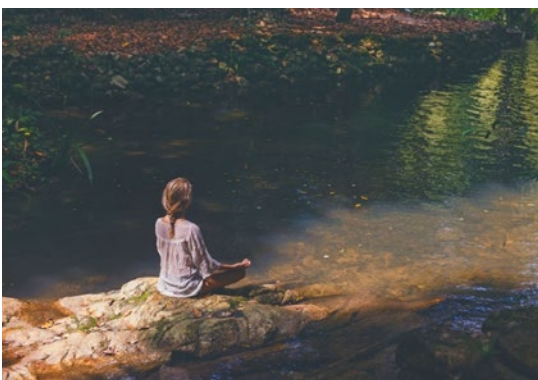
Junior School	Senior School
✓	✓

Welcome to the Mad Science Co-Connect.

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)



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 H Speed

Junior School	Senior School
✓	✓

During these challenging times, it's so important that we stick together and keep communicating with our team-mates and friends.

We've decided to introduce a weekly challenge, where you can work together with some friends, show off your skills and stay involved in netball!

For example, we're asking you to throw on a uniform, and make a video with your friends, virtually throwing passes to each other. We want you to work together and get creative, with prizes to be won when we get back to school for the best entries. You will have until Sunday each week to submit your entries in the social stream above or use the one drive link on the Astra page.

Get a group together, you do not all have to play for Girton or play netball at all! Add music, add a trick shot, add some original ideas, or check out our video on the Astra page if you're stuck!

We can't wait to see your entries

Mila and Serryn xx
(Netball Captains)



Red Shield Appeal

MiC – Mrs Janelle Canobie

Junior School	Senior School
✓	✓

We can't knock on doors this Red Shield Appeal, but our services are in greater need than ever before. Join us for the Digital Doorknock and raise funds for those in need - it only takes a few clicks!

There is a link on the Astra page to take to the Red Shield Appeal Digital Doorknock website where you can register your involvement.





Starlight - Music Performance

MiC - Ms Cally Bartlett

Junior School	Senior School
	✓

If you're a Senior School musician or vocalist, we'd love you to become involved in creating a special virtual performance video of the song, "Starlight" (originally written and performed by the band, Muse).

Family members who can play an instrument or sing are also welcome to participate as are Girton staff from all faculties and departments.

Mrs Bartlett is producing a new arrangement of the song which will involve all instruments including strings, woodwind and brass, as well as rock band and vocals.

Sign up on the Astra page and you'll be sent your part to learn, along with an mp3 file with guide tracks and instructions on how to film yourself playing your part.

Mrs Bartlett will also be available for some Zoom sessions to help you with any aspect of your individual part.

All the individual videos will be edited together to create a spectacular group performance!



Student2Student Mentor

MiC – Mrs Winsome Wastell

Junior School	Senior School
	✓

Students in Years Eight and Nine apply directly to Mrs Wastell to be involved in the Reading Mentor Program. Our students need to be excellent readers and achieving well in their English studies. They must be good communicators and well organised. The Smith Family matches primary school-aged students who are struggling with their reading with a GGS mentor who, over the course of Terms Two and Three, makes at least twice-weekly contact with them via an iPad app. It is during these contacts that the young reading buddy reads to their mentor, who provides assistance and support. A rewarding program for all involved.

Please note: This program is fully subscribed for 2020.



Spaghetti (Rube Goldberg) Machine

MiC – Mr Rod Smith

Junior School	Senior School
✓	✓

There isn't anyone on the planet who can deny the pleasure of watching a good Rube Goldberg machine. For those of you who don't know, Rube Goldberg was an American cartoonist, often referred to as the "father of invention" for his series of comics depicting what we call Rube Goldberg machines: Complicated, deliberately overengineered contraptions that ultimately perform a very simple task. Ironically, they're rarely (if ever) built by rubes. One step triggers the next in a chain reaction until the final task is complete. Once it starts, it's practically impossible to peel yourself away from the anticipation of what's coming next.

These can be great fun to create using household objects. We'd like you (other family members can help) to create your own Rube Goldberg Machine and film it in action. The videos need to be under a minute long.

Post your video on the Astra before June 12 and the machine judged to be the best will win a prize. Consideration will be given to:

- Successfully performing the chosen task
- Creativity
- Range of materials/objects used
- Entertainment value



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.



Yoga

MiC – Ms Terrie Dempster

Junior School	Senior School
✓	✓

Yoga is comprised of postures, breathing and relaxation techniques which are designed to promote greater health and well-being. Students learn a form of the traditional ‘Salute to the Sun’, and various other postures which are alternated each week depending on the focus. These postures build strength, improve flexibility, stretch muscles that are impacted by other sport and assist with finding balance in our busy and stressful lives.

When practising Yoga at home, all you really need is comfortable clothing (shorts, track pants, pyjamas!), you just need to be able to move freely.

A note on t-shirts. While a big loose t-shirt sounds like a great idea, it can be a bit of a problem when you are doing standing forward folds or downward facing dog. Often the neck of the shirt will fall over your mouth or nose, making breathing less easy. Also, they tend to fall up and leave your back and belly cold. So a more fitted top can be better. Otherwise, make sure your big t-shirt is long enough to really tuck in, or perhaps tie up at the side.

If you have a mat, that’s great but if not, you might try a towel, or simply practice on the floor.

It would be good if you had a couple of pillows or cushions with you, to prop under your tail-bone and to assist with some of the postures.

Lastly, if you have blanket, or throw rug that you like, or even a big towel, have it out ready so that you can use it to be warm during relaxation.

See you on the mat!

