



JUNIOR & SENIOR SCHOOL

Co-curricular  
Activities Handbook

2021



CANBERRA GIRLS  
GRAMMAR SCHOOL

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CANBERRA  
GIRLS  
GRAMMAR  
SCHOOL

## Junior and Senior School Co-curricular Activities Handbook

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## CGGS Philosophy for Co-curriculum

The co-curricular program is an integral part of the educational experience at Canberra Girls Grammar School (CGGS) and includes all activities that support, enhance or complement the formal academic curriculum. It is based on the philosophy that personal growth occurs when students and staff can access a broad range of experiences. Success in future studies, employment and life itself can result for those who have a balanced approach to work and broader social commitments and who have developed their capacity to work effectively with others.

Our program offers each student the opportunity to explore and cultivate their passions and interests, to be inspired to discover their own potential, to showcase their talents and develop leadership, self-esteem and pride.

Our program offers teachers, parents and volunteers the opportunity to build relationships, to enhance connectedness with our students and to further develop their own personal and professional journey.

The Philosophy is based on these principles:

- A range of co-curricular activities that provide opportunities for students to explore their passions and interests, to find new pastimes and to develop leadership skills
- Activities that are designed to complement and balance the curriculum and at the same time encourage participation by all students regardless of their skill level
- The program offers a variety of competitive and non-competitive activities and promotes the importance of physical and intellectual activities as a means of enhancing a student's general well-being
- The importance of social interaction across year groups promoting a connectedness with a range of students within the School
- The importance of being a member of the School community, promoting a sense of belonging, and a commitment to other students and staff participating in that activity

\*All activities offered in the co-curricular program give attention to the value of active participation in the School, the local community and the global community.

# CGGS Co-curricular Policy

**Students are not able to participate in the CGGS programs unless they are enrolled at CGGS. As soon as a student's enrolment at CGGS ceases, so does any participation as a player in the CGGS program.**

Participation in a co-curricular activity is not compulsory, however, students are strongly encouraged to undertake an activity during the year.

If a student is going to be absent from a training or practice session or match/competition, parents (Junior School) or students (Senior School) are to notify, in advance where possible, the coach/instructor or Teacher in Charge of the activity.

## Representing the School

Canberra Girls Grammar School participates in many local, interstate and, at times, international competitions.

## Celebrating achievements

We encourage parents to notify the school of their child's results in all co-curricular endeavours and to provide, where possible a photograph. We love to hear about all of the students' achievements. Please send details of student achievements to [DeputyPrincipal@cggs.act.edu.au](mailto:DeputyPrincipal@cggs.act.edu.au)

## Students requiring leave for competitions

Parents of students participating in co-curricular activities that are not on the School Calendar must write a letter to the Head of Junior/Senior School to request leave for the required time.

# Co-curricular Programs

Junior School	Senior School
<b>CREATIVE</b>	
Art Appreciation Art Club Cooking Around the World Creative Writing Dance Company iPad Photography Maker Time Mini Artists Movie Making Musical Beginner Cornet	Ceramics Creative Writing Group Dance Company Drama Productions Melbourne Avenue Media Photography Club
<b>FITNESS</b>	
Bats, Balls and Baskets Bike Riding Boxing for Fitness Fighting Fit Mini Hoops Orienteering Rugby Run, Jump, Throw Swim Fit Tennis Yoga	Athletics Badminton Boot Camp Mountain Biking Rugby Run Fit Self Defence/Taekwondo Swim Fit Tennis
<b>LANGUAGES/ACADEMIC</b>	
Chinese Languages Cafe	World Scholar's Cup
<b>MUSIC ACADEMY</b>	
Bandicoot Concert Band Jazz Band (Grey Street) Glanville-Hicks Symphony Orchestra	Concert Bands (Sapphire, Holst, Empire) Jazz Bands (Grey Street, Adelaide Avenue) Glanville-Hicks Symphony Orchestra

<p>String Orchestras (Stringy Bachs, Alma, Holland)</p> <p>Choirs (Minisingers, Les Petites Chantuers, Cantantes, Coro da Camera)</p> <p>Kavanagh String Quartet</p> <p>Percussion Ensembles (Crash 'n' Boom, Hit It!)</p> <p>Schaupp Guitar Ensemble</p> <p>Handbells/Chimes Ensemble</p> <p>Audio Production</p> <p>Composition</p> <p>Theory</p> <p>Aural and Musicianship</p> <p>Conducting</p> <p>Beginner Instrumental Program (BIP)</p>	<p>String Orchestras (Stringy Bachs, Alma, Holland, Sutherland)</p> <p>Choirs (Chorale, Bella Voce, Gabriel Singers, Vox Co-Op)</p> <p>String Quartets (Emily, Gabriel)</p> <p>Brass/Woodwind Ensembles (Flute, Clarinet, Brass)</p> <p>Handbells (Strike, Ring Out, Canto, Resound)</p> <p>Chamber Vocal Ensemble</p> <p>KT Percussion Ensemble</p> <p>Guitar Ensembles (Kain, Williams)</p> <p>Contemporary (Rock and Pop Bands, Decibelles)</p> <p>Keyboard Ensembles and Performers</p> <p>Jazz Ensemble</p> <p>Audio Production</p> <p>Composition</p> <p>Theory</p> <p>Aural and Musicianship</p> <p>Conducting</p>
<b>STEM</b>	
<p>Code Club</p> <p>EV3 Robotics</p> <p>Junior Robotics</p> <p>Mini Coders</p> <p>RoboCup Junior</p> <p>She Flies a Drone</p>	<p>Innovation Club</p> <p>Science Club</p>
<b>WELLBEING</b>	
<p>Be Present</p> <p>Mini Mindfulness</p>	<p>Safe Schools Committee</p>
<b>OTHERS</b>	
<p>Chess</p> <p>Debating 101</p> <p>Grammar Green Thumbs</p>	<p>Amnesty International</p> <p>Book Club</p> <p>Chess and Board Games</p> <p>Debating and Public Speaking</p> <p>Duke of Edinburgh</p> <p>Environmental Group</p>

	Indigenous Focus Group NEXUS Club
<b>SPORT</b>	
AFL	AFL
Basketball	Basketball
Cricket	Cricket
Equestrian	Dragon Boating
Football/Soccer	Equestrian
Hockey	Football/Soccer
Netball	Hockey
Sailing	Netball
Snow Sports	Rowing
Touch Football	Sailing
	Snow Sports
	Touch Football

## Activity Details – Junior School

CREATIVE	
Art Appreciation	<p>Students will delve into the world of art appreciation using visual thinking strategies. On occasions, students will visit the National Gallery of Australia and the National Portrait Gallery to view artwork for group discussion followed by a creative response.</p> <p><b>Eligibility: Years 4–6</b></p>
Art Club	<p>Students will be engaged in a variety of art and craft projects for display around the school.</p> <p><b>Eligibility: Years 3–6</b></p>
Cooking Around the World With Kids Pantry	<p>Food Science for students who would like to learn more about the art of cooking healthy food with the aim to teach individuals the joy of cooking their own food in a fun and interactive environment.</p> <p><b>Eligibility: Prep–Year 6</b></p>
Creative Writing	<p>Writing is a way to show the world who you are, and this co-curricular will provide participants with the time, guidance and opportunity to develop and showcase their identities. Writers will work across genres and design an individualised work plan regarding the type(s) of writing they would like to produce over the term. Students who enrol are encouraged to be open to creating, editing and sharing their work with small groups.</p>
Dance Company	<p>Dance Company offers students dance lessons in Jazz and Contemporary dance styles with a focus on technique and creative expression. School performances will be held at the end of each Semester. Auditioned company groups are entered in eisteddfods and festivals.</p> <p><b>Eligibility: Prep–Year 3, Years 5–6 (audition only)</b></p>
iPad Photography	<p>Students will enjoy experimenting with the elements of photography to improve the overall quality and composition of their pictures. They will learn how to use photo-editing software to gain the best results from their photographs.</p> <p><b>Eligibility: Years 3–6</b></p>

<b>Maker Time</b>	<p>Apply skills of critical and creative thinking to build innovative solutions to uncommon problems. Opportunity to develop your design technology skills as you build and test a variety of solutions that respond to unique challenges.</p> <p><b>Eligibility: Prep–Year 2</b></p>
<b>Mini Artists</b>	<p>The students will have the opportunity to explore different elements of art with activities reflecting the interests of the group.</p> <p><b>Eligibility: Prep–Year 2</b></p>
<b>Movie Making</b>	<p>Turn your creative ideas into short movies! In this club, you will learn some film-making and video editing techniques and tips, before you plan, script, storyboard, film and edit your own short film. The term will end with a short film festival, where all your short movies will be screened.</p> <p><b>Eligibility: Years 3–6</b></p>
<b>Musical</b>	<p>The Musical will culminate in a production at the end of Term 2. The production will include singing, dancing and acting. All students who attend will be given a role.</p> <p><b>Eligibility: Years 4–6</b></p>
<b>Beginner Cornet</b>	<p>Students will be able to learn cornet in a small group and have the option to move onto other brass instruments from Year 4.</p> <p><b>Eligibility: Years 2–3</b></p>
<b>FITNESS</b>	
<b>Bats, Balls and Baskets</b>	<p>The club will focus on developing skills in a variety of sports.</p> <p><b>Eligibility: Prep–Year 4</b></p>
<b>Bike Riding</b>	<p>This exciting club will take place at Yhuuramulum on the banks of Lake Burley Griffin. Students will learn aspects of bike safety and maintenance as well as using their bike skills to enjoy short trips around the lake. Bikes will be provided. Don't forget to bring your bike helmet!</p> <p><b>Eligibility: Years 4–6</b></p>
<b>Boxing for Fitness</b>	<p>A fun and structured way to learn authentic boxing skills. Incorporating fitness and technique these sessions will build strength, stamina and confidence.</p> <p><b>Eligibility: Years 5–6</b></p>

<b>Fighting Fit</b>	<p>Delivered by trainers from Phoenix Gym, Fighting Fit is an exciting and highly active blend of Muay Thai, cross fit and streetwise self-defence and assertiveness training.</p> <p><b>Eligibility: Years 5–6</b></p>
<b>Mini Hoops</b>	<p>This co-curricular is designed to develop an understanding of basketball and developing ball skills, all while having fun!</p> <p><b>Eligibility: Years 1–3</b></p>
<b>Orienteering</b>	<p>Orienteering is an adventure sport that promotes problem solving, creative and independent thinking and fitness.</p> <p><b>Eligibility: Years 4–6</b></p>
<b>Rugby</b>	<p>Come and learn the skills and techniques of the game of rugby!</p> <p><b>Eligibility: Years 5–6</b></p>
<b>Run, Jump Throw</b>	<p>The club will focus on developing skills in a variety of track and field sports.</p> <p><b>Eligibility: Prep–Year 4</b></p>
<b>Tennis</b>	<p>Non-competitive lessons covering all abilities from novice to experienced tennis players.</p> <p><b>Eligibility: Prep–Year 6</b></p>
<b>Yoga</b>	<p>Students will participate in a combination of Tai Chi, yoga and relaxation poses.</p> <p><b>Eligibility: Years 2–6</b></p>
<b>LANGUAGES</b>	
<b>Chinese (Mandarin)</b>	<p>The program aims to provide Mandarin studies, regardless of previous experience, knowledge or age. It will develop language awareness and listening, speaking, reading and writing in Mandarin.</p> <p><b>Eligibility: Prep–Year 6</b></p>
<b>Languages Cafe</b>	<p>Covering different languages each term. The club will give students an opportunity to learn a language through conversations, songs, stories and games.</p> <p><b>Eligibility: Years 3–6</b></p>

THE MUSIC ACADEMY	
<b>Bands, Orchestras, Choirs, Chamber, Small and Chamber Ensembles and Specialisation</b>	<p>The Music Academy provides a broad musical experience through which we can challenge our skills, knowledge and understanding, celebrating the very thing that can bring communities together. A diverse range of ensembles and classes are offered through The Music Academy. Throughout the year, ensembles participate in school concerts, eisteddfods, music festivals and tours.</p> <p>For full information please visit <a href="http://www.themusicacademy.cggs.act.edu.au">www.themusicacademy.cggs.act.edu.au</a></p> <p><b>Eligibility:</b> Prep–Year 12 and the broader community</p>
STEM	
<b>Code Club</b>	<p>Learning coding skills to solve challenges and problems.</p> <p><b>Eligibility:</b> Years 3–6</p>
<b>EV3 Robotics</b>	<p>An introduction to Robotics facilitated by building and coding using Lego Mindstorm EV3 kits. Once built students will bring their robots alive.</p> <p><b>Eligibility:</b> Years 3–6</p>
<b>Junior Robotics</b>	<p>Students will develop a working understanding of key engineering principles, and will be introduced to how coding can be applied to control and direct their own robot creations, using drag-and-drop icon based software.</p> <p><b>Eligibility:</b> Years 2–4</p>
<b>Mini Coders</b>	<p>Tinker, experiment and play. Be an engineer, a mechanic, a coder. Have fun while learning to program using Beebots, Probots, Osmo and Scratch Junior.</p> <p><b>Eligibility:</b> Prep–Year 2</p>
<b>RoboCup Junior</b>	<p>Designed to prepare students for participation in the ACT RoboCup Junior events.</p> <p><b>Eligibility:</b> Years 4–6</p>
<b>She Flies a Drone</b>	<p>Explore a range of activities that use drones to build STEM skills in a fun and engaging way.</p> <p><b>Eligibility:</b> Years 3–6</p>

WELLBEING	
Be Present	<p>An opportunity to learn and practise the skills of mindfulness. To train your attention and be aware of your thoughts and feelings.</p> <p><b>Eligibility: Years 3–6</b></p>
Mini Mindfulness	<p>Students will learn how to pay attention to their thoughts and feelings. It will help them focus on the present and not to worry about the past.</p> <p><b>Eligibility: Prep–Year 2</b></p>
OTHERS	
Chess	<p>Chess is a valuable activity for students, developing their logical thinking skills, concentration and discipline as well as being fun!</p> <p><b>Eligibility: Years 2–6</b></p>
Debating 101	<p>A beginners debating club that will teach the skills of debating in a fun and entertaining way</p> <p><b>Eligibility: Years 4–6</b></p>
Grammar Green Thumbs	<p>A gardening club offering students the opportunity to learn basic organic gardening practices in addition to the enjoyment of sampling their own school grown produce.</p> <p><b>Eligibility: Years 3–6</b></p>
SPORT	
AFL	<p>CGGS partners with the Eastlake AFL Club to deliver this program. As skills develop, placement by grading may occur.</p> <p><b>Eligibility: Prep–Year 6</b></p>
Basketball	<p>All students are encouraged to participate. Team selection is based initially on the numbers and age of participating students. As skill develops, placement by grading may occur. Skill levels and experience will be taken into consideration. The School will determine the final placement of students. Parents will be notified as team placements are finalised.</p> <p><b>Eligibility: Years 2–6</b></p>
Cricket	<p>CGGS partners with the Eastlake Cricket Club to deliver this program. As skills develop placement by grading may occur.</p> <p><b>Eligibility: Prep–Year 6</b></p>

<b>Equestrian</b>	<p>Any student who owns their own horse and is able to compete and travel to and from events.</p> <p><b>Eligibility: Years 2–6</b></p>
<b>Football</b>	<p>All students are encouraged to participate. Team selection is based initially on the numbers and age of participating students. As skill develops, placement by grading may occur. Skill levels and experience will be taken into consideration. The School will determine the final placement of students. Parents will be notified as team placements are finalised.</p> <p><b>Eligibility:</b>  <b>U6–U9</b> – Woden Valley  <b>U10–U12</b> – Canberra Girls Grammar School</p>
<b>Hockey</b>	<p>All students are encouraged to participate. Team selection is based initially on the numbers and age of participating students. As skill develops, placement by grading may occur.</p> <p>Skill levels and experience will be taken into consideration. The School will determine the final placement of students. Parents will be notified as team placements are finalised.</p> <p><b>Eligibility:</b>  <b>Prep–Year 6</b> (winter)  <b>Years 3–6</b> (summer)</p>
<b>Netball</b>	<p>All students are encouraged to participate. Team selection is based initially on the numbers and Year level of participating students. As skill develops, placement by grading may occur in Years 5 and 6. Skill levels and experience will be taken into consideration. The School will determine the final placement of students. Parents will be notified as team placements are finalised.</p> <p><b>Eligibility:</b>  <b>NetSetGo</b> Years 2–3  Year 1 (skills program)  Prep (Summer only)  <b>Junior Go</b> Year 4  <b>Junior Netball</b> Years 5–6</p>
<b>Sailing</b>	<p>Students are able to complete a learn to sail program at the Canberra Yacht Club. Competent sailors can then progress to Team Racing in the Senior School program.</p> <p><b>Eligibility: Year 6</b></p>

<b>Snow Sports</b>	<p>Any student who is a competent skier or boarder is able to compete. Team selection will be based on previous performances and experience. Includes Alpine, Skier X, Moguls, Cross Country Skiing and Snowboarding.</p> <p><b>Eligibility: Prep–Year 6</b></p>
<b>Touch Football</b>	<p>Players are trialled and place in teams according to age and skill level. Touch Football teams compete in the ACT Touch Football Association winter competition.</p> <p><b>Eligibility: Years 4–6</b></p>

## Activity Details – Senior School

CREATIVE	
<b>Ceramics</b>	Students get to experience a range of different ceramic techniques including hand building and wheel work to produce a collection of finished pieces. The instructor is normally a practicing ceramicist who lends his knowledge to the students on how to make and finish successful ceramic products and artworks.
<b>Creative Writing Group</b>	The Creative Writing Group meets once each week during lunch time. Students have the opportunity to share their creative pieces and to explore new techniques and genres for writing. Each year, this group participates in the 'Write a Book in a Day' event, which combines the skills of group work, creativity and persistence. This activity is also used as a charity fund-raising event. There may be the opportunity to submit creative pieces in to the school magazine, Burrawi or to enter other writing competitions.
<b>Dance Company</b>	Students may participate in the Ausdance Youth Dance Festival, which is held annually at the Canberra Theatre Centre in September. It is not a requirement that students study dance as a subject at CGGS in order to be involved. Dance opportunities also exist in school plays and musicals.  <b>Eligibility Years 7–11</b>
<b>Drama Productions</b>	Co-curricular Drama productions are available to all students, whether or not they study Drama as a subject at CGGS. Each year our School presents several productions in conjunction with the Drama Department.  <b>Eligibility: Years 7 to 12 (usually by audition)</b>
<b>Melbourne Avenue Media</b>	Information: Melbourne Avenue Media is the school's student-led production group. Combining Technical Production and Film Crews with a Studio Recording stream the team is tasked with the goal of 'capturing' the life and activities of the school. Technical Production: This activity is for students who have an interest in the technical aspects of performances. The students are introduced to the use of sound and lighting boards, interfacing AV equipment, intercom systems, design and planning for performances and OHandS issues. The students have the opportunity to use their skills by working on the Technical Crew for assemblies, concerts, plays, musicals and other public performances.  <b>Eligibility: Years 7–12</b>

<p><b>The Music Academy</b></p>	<p>A diverse range of ensembles and classes are offered through The Music Academy at Canberra Girls Grammar School. Throughout the year, ensembles participate in school concerts, eisteddfods, music festivals and tours. Ensembles also regularly provide musical support for community events, school functions and services. The Music Academy ensembles and classes are divided into six main categories: Bands, Orchestras, Choirs, Chamber, Specialisation and Small Ensembles. Please visit <a href="http://www.themusicacademy.cggs.act.edu.au">www.themusicacademy.cggs.act.edu.au</a> for details of the variety of options available to students in the Senior School.</p>
<p><b>Photography Club</b></p>	<p>Students participate in a range of photographic activities to learn new skills and enhance their knowledge of photography. There is the option to do both digital and traditional photography with the option to enter competitions with the work they produce.</p>
<p><b>FITNESS</b></p>	
<p><b>Athletics</b></p>	<p>Covering the basics of all track and field disciplines, this group enjoys skill development and fitness improvement through games and skill sessions.</p> <p><b>Eligibility: Years 7–12</b></p>
<p><b>Badminton</b></p>	<p>This fun, social activity is held regularly with players forming their own ‘teams’ for social games in the CGGS Gym.</p> <p><b>Eligibility: Years 7–12</b></p>
<p><b>Boot Camp</b></p>	<p>Students will be taken through a series of challenging physical strength and conditioning exercises using their own body weight as resistance.</p> <p><b>Eligibility: Years 7–12</b></p>
<p><b>Mountain Biking</b></p>	<p>The CGGS mountain bike group provides an opportunity for students to enjoy mountain biking and develop their skills in a fun, social environment. The emphasis is on inclusivity and enjoyment of this exciting sport.</p> <p><b>Eligibility: Years 7–12</b>  <b>No previous mountain bike experience is necessary, but students should be competent riders. Students must provide their own bikes and riding gear.</b></p>
<p><b>Rugby</b></p>	<p>The Brumbies coaches work with this group to develop core skills and fitness, preparing the players to join in Gala Day competitions.</p> <p><b>Eligibility: Years 7–12</b></p>

<b>Run Fit</b>	<p>This friendly group take on the local tracks to build their fitness and enter local fun runs to track their progress.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>Self Defence/Tae Kwon Do</b>	<p>A fun way to increase coordination, fitness, flexibility and strength – all with the aim of learning self-defence.</p> <p><b>Eligibility: Years 6–12</b></p>
<b>Swim Fit</b>	<p>Swim Fit is a fitness program which focuses on participation, physical fitness and well-being using a variety of swimming and stroke activities. Students must be able to swim 50 metres.</p> <p><b>Eligibility: Years 6–12</b></p>
<b>Tennis</b>	<p>Skill development sessions are conducted by outside providers on CGGS courts.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>LANGUAGES/ACADEMIC</b>	
<b>World Scholar's Cup</b>	<p>The World Scholar's Cup is a local, national and international competition which is designed to motivate students of all backgrounds to discover new strengths and practice new skills as well as to inspire a global community of future scholars and leaders.</p>
<b>STEM</b>	
<b>Innovation Club</b>	<p>The Innovation Club is based in the IT centre with the aim to support the interests of students and work with them on projects and technologies that most engage them. The space is home to a number of technologies, from drones and robotics through to 3D printers and circuitry. A mentor is available to facilitate a range of coding, 3D printing and robotics projects.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>Science Club</b>	<p>Students use the time to discuss Science topics of interest to them, design and carry out experiments, build models and attend field excursions when possible. This provides enrichment in Science for interested students. The aim is to present Science in a fun and interesting way, through demonstration and hands-on activities. The group decides upon the topics to be investigated at the beginning of the semester.</p> <p><b>Eligibility: There are no prerequisites for entry into the Science Club, any interested student can join.</b></p>

WELLBEING	
<b>Safe Schools Committee</b>	<p>The Safe School Committee comprises four staff members and 18 student volunteers. The approach used by this committee is one of creating connections in social relationships and ensuring a safe and supportive environment for students across the whole school. Student focused activities using proactive strategies include poster and essay competitions, drama skits, Assembly presentations, Newsletter items and raising awareness through videos. An annual Father/daughter/son breakfast is held to promote the Safe School message ‘speak up’. Harmony Day is also celebrated to promote cultural diversity.</p> <p><b>Eligibility: Students from Years 6–12 may apply to join the Committee each year.</b></p>
OTHERS	
<b>Amnesty International</b>	<p>This co-curricular group is for students who are passionate about human rights, social justice and being actively involved in the community. Following the Amnesty in Schools program, and forging connections with other social justice and philanthropic organisations, the CGGS Amnesty group welcomes students who are keen to be part of a global movement to improve the lives of the world’s most vulnerable. Amnesty campaigns include the plight of refugees, persecuted peoples and child labour. Meeting weekly to explore, plan and act on issues of human rights and social justice, the CGGS Amnesty group relies on the committed involvement of students in both senior and junior years.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>Book Club</b>	<p>The Library Book Club is a student-driven activity. Under the direction of a nominated staff member and led by an elected Captain the group meets fortnightly to discuss books. Activities include swapping favourite books, reading in a particular genre, sharing a poem and discussing books that have been read. Members are also kept up to date with author and reading events outside of school. The group maintains a blog for sharing book ratings. The aim of the group is to foster a lifelong love of reading and community opportunity to discuss books with other interested students.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>Chess and Board Games</b>	<p>The Chess and Board Games Club meets each week during a lunch break. Students have the opportunity to learn about a variety of strategy games or chess, to compete in competitions or simply enjoy improving their game.</p>

<p><b>Debating and Public Speaking</b></p>	<p>The ability of students to express themselves clearly is encouraged through debating and public speaking. Participation in debating equips students with skills useful in their studies as well as day-to-day communication. Selection: As there is a limit on the number of teams in some inter-school competitions, students may be required to participate in selection trials or to be selected on the basis of their ongoing performance and participation in debating and public speaking events. Generally, however, we field as many teams as there are interested students.</p> <p><b>Eligibility: Years 7 to 12</b></p>
<p><b>Duke of Edinburgh</b></p>	<p>As a non-formal education framework, the DoE Award can play a vital role in providing opportunities for young people to develop essential life skills, increase their employability and foster their creativity and innovation. CGGS is a Duke of Edinburgh Award Scheme unit, offering its students the chance to participate in this program of cultural, practical and adventurous activities embracing the four sections of Service, Adventurous Journeys, Skills and Physical Recreation. Each participant, in conjunction with adult helpers, devises a program which is flexible enough to meet her aptitude, background and available resources. The Scheme is voluntary and non-competitive. On completion of a program, participants qualify for an Award at the Bronze, Silver or Gold level. They may complete one or several Awards during their time at CGGS. For more information visit: <a href="http://www.dukeofed.com.au">www.dukeofed.com.au</a></p> <p><b>Eligibility: Students from Years 10–12 can participate in the CGGS Duke of Edinburgh program. A Bronze Award option is offered through Year 9 Camp.</b></p>
<p><b>Environmental Group</b></p>	<p>The group is designed to engage the imagination of students and involve them in considering their future. The group raises environmental awareness within the School together with the school's environmental profile by engaging in organised events such as Clean Up Australia Day and Earth Hour.</p> <p><b>Eligibility: Years 7–12</b></p>

<p><b>Indigenous Focus Group</b></p>	<p>The Indigenous Focus Group is largely a student-led activity, in which interested students meet weekly during lunchtime to examine indigenous issues. Students discuss issues raised in newspaper or magazine articles, radio or television news bulletins or from awareness in the community. The group also arranges some excursions to galleries that display indigenous art, promote the Central Australia tour, or research current information.</p> <p><b>Eligibility: Years 10–12</b></p>
<p><b>NEXUS Club</b></p>	<p>The NEXUS club is for students who have an interest in books, movies or television shows in the genres of fantasy and/or science fiction. The students participate in regular weekly meetings to compare readings, discuss new movie releases, play games and complete a variety of organised activities. Occasional sleepovers are held at school for movie marathons (e.g. Lord of the Rings trilogy or Doctor Who series), as well as trivia nights, movie premieres and other activities. Some creative pursuits include writing original fantasy or sci-fi material, or even making short films.</p> <p><b>Eligibility: Years 7 to 12</b></p>
<p><b>School Newspaper</b></p>	<p>Linked to the annual production of <i>Burrawi</i>, the newly formed School Newspaper group will provide stories and commentary on life at CGGS.</p>
<p><b>SPORT</b></p>	
<p><b>AFL</b></p>	<p>Eastlake AFL Club supports CGGS players with all trials and team selections undertaken by the club. Players join the winter season competition for this sport.</p> <p><b>Eligibility: Years 7–12</b></p>
<p><b>Basketball</b></p>	<p>Teams play in the Basketball ACT Junior Competition in the summer and winter season competitions. Ideal in winter as all games are held at indoor stadiums.</p> <p><b>Eligibility: Years 7–12</b></p>
<p><b>Cricket</b></p>	<p>CGGS partners with the Eastlake Cricket Club to deliver this program. As skills develop placement by grading may occur. Summer twilight competitions are entered.</p> <p><b>Eligibility: Years 7–12</b></p>

<b>Dragon Boating</b>	<p>This summer aquatic sport is supported by local Dragon Boat clubs. Regattas may be local or interstate.</p> <p><b>Eligibility: Years 8–12</b></p>
<b>Equestrian</b>	<p>Any student who owns their own horse and is able to compete and travel to and from events. The highlight event in the competition calendar is the Snowy Mountains Interschools Equestrian Competition held in Jindabyne each year.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>Football/Soccer</b>	<p>Players will be selected on ability and age. Teams are entered in the Capital Football junior competition each winter season.</p> <p><b>Age groups: U13, U14, U16, U18</b></p>
<b>Hockey</b>	<p>Players will be selected on ability and age. Games in the winter competition are held at either Tuggeranong or Lyneham synthetic fields. Indoor summer competitions may also be entered.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>Netball</b>	<p>All students are required to attend a trial session. Players will be selected in to teams based on ability and age. Teams are entered in the local SCNA winter competition played at the courts in Deakin. Team entry to the short summer social competition is also coordinated.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>Rowing</b>	<p>During Term 3, students from all year groups can nominate to join the rowing program. Novice rowers must attend a 5 week Learn 2 Row program during Term 3. Places in the program may be limited. During Term 4, the Shed trains in semi-graded crews, some of the Intermediate Senior Shed are taught how to sweep row. Major crew selection will take place during January Boat Camp with crews being finalised during the first few weeks of Term 1. Selection consists of a combination of ergometer tests, rowing ability, some seat racing, general fitness (including running), demonstrated commitment and subjective assessment by coaches. Crews are graded and compete in these grades.</p> <p><b>Eligibility: Years 7–12 (Year 7 in Terms 3 and 4 only)</b></p>
<b>Sailing</b>	<p>Any student is eligible to participate. Beginners will complete the 8 week Yachting Australia Start Sailing training course, through the Canberra Yacht Club. Experienced sailors may compete in Team Sailing events in Term 4 and Term 1.</p> <p><b>Eligibility: Years 6–12</b></p>

<b>Snow Sports</b>	<p>Any student who is a competent skier is able to compete. It is advisable that student have their own skis and helmets. Teams will be selected upon previous performances. Experience in racing is advisable.</p> <p><b>Eligibility: Years 7–12</b></p>
<b>Touch Football</b>	<p>Players are trialled and placed in teams according to age and skill level. Touch Football teams compete in the ACT Touch Football Association winter competition held during the week.</p> <p><b>Eligibility: Years 7–12</b></p>





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