

# On offer

JUNIOR  
SCHOOL  
TERM 1  
2018



Our wide offering outside the classroom provides extensive opportunities for each girl to develop the personal qualities essential to her adult life. Whatever her tastes and talents, there should be an arena in which she can forge resilience, perseverance, commitment, focus, tolerance and generosity.

ELIZABETH STONE, PRINCIPAL

The aim of this booklet is to provide information about all extra-curricular activities on offer for students in Kindergarten to Year 6.

Some activities have participant number restrictions; a minimum and maximum enrolment number may be applied in order to make the activity a viable option. Where appropriate, a 'wait list' will be established to allow participation in a subsequent term. Please note that information contained within this booklet is subject to change. Any updates will be advised in weekly communications to parents.

TO SEE ALL REGISTRATION OPTIONS  
THE LINK TO CANVAS IS AS FOLLOWS:  
[WWW.CANVAS.QUEENWOOD.NSW.EDU.AU](http://WWW.CANVAS.QUEENWOOD.NSW.EDU.AU)

\*ACTIVITIES ARE SUBJECT TO CHANGE.

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# Additional activities



## Chess Club

YEARS K-6

This club enables students to develop logical thinking skills and concentration, as well as enjoying learning about the game of chess. Teachers from the Sydney Academy of Chess instruct the girls during the chess sessions and Queenwood staff are on hand to supervise. Chess sets are provided for each student during the club instruction.

ELIGIBILITY:	Years 1-6, Terms 1-4. K are able to join this club from Term 2.
INSTRUCTORS:	Sydney Academy of Chess
WHEN:	Lunchtime Friday
TIME:	1:00 – 1:45pm
VENUE:	Junior School classrooms
COST:	\$10 per student/lesson. There will be no refund for missed lessons.
REGISTRATION:	<a href="http://www.trybooking.com/52749">www.trybooking.com/52749</a>
Bookings open November, 2017	

## Christian Connect

YEARS K-6

Rebecca Baines, Youth Minister at St Clements Church Mosman, This club aims to provide an opportunity for interested girls to learn more about the Bible. The teaching focus is on discovering a relationship with God and exploring the concept that God made everything.

ELIGIBILITY:	Years K-2, Years 3-6
INSTRUCTOR:	Rebecca Baines
WHEN:	6 weeks in each term, 2018 days TBC
TIME:	1:05 – 1:40pm
VENUE:	Junior School classroom, Level 2
COST:	Nil
REGISTRATION:	Parent permission required

**Da Vinci Decathlon**

YEARS 5-6

The da Vinci Decathlon is an academic interschool gala day run in the spirit of an Olympic Decathlon, with events of an academic nature. The tasks are exciting and challenging with a particular emphasis placed on higher order thinking, creativity and problem solving. Students compete across ten disciplines: English, Mathematics & Chess, Science, Engineering, Code Breaking, Ideation, Art & Poetry, Creative Producers, Cartography and General Knowledge. Two teams of eight students will be selected to participate in this event.

ELIGIBILITY:	Years 5-6, via performance in try-outs, teacher recommendation, academic excellence
COACH:	Mrs Lisa Allum
TRAINING:	Weekly workshop Terms 1 & 2, day, time and place to be confirmed
EVENT:	May 2018 During the school day, 8:00am – 3:30pm at Knox Grammar School
REGISTRATION:	Permission note given to selected students

**Debating**

YEARS 5-6

This challenging and highly rewarding extra-curricular activity involves the art of constructing and presenting a formal argument to an opposing team, adjudicator and audience. The students are required to use their general knowledge, skills of reasoning and higher order thinking processes to consider contemporary issues relevant to modern society. A specialist debating coach works with the debating teams each week providing insight and expertise to support the students in developing their debating skills. In 2018, Queenwood aims to enter two debating competitions as outlined below.

**ISDA Competition**

YEARS 5-6

Queenwood has the option to enter up to two teams of six students in the prestigious Independent Schools Debating Competition held during Terms 1 and 2. Topics include current political, social and environmental issues. Debaters have one hour before the debate to deliberate on a previously unseen topic and prepare a case. Teams are challenged to brainstorm and critically examine various aspects of the topic before preparing arguments with a view from either an affirmative or negative perspective.

The commitment required to participate in this competition both from students and parents is significant. Debates are held every Friday evening from approximately 5-7pm at various independent schools in Sydney. Students are required to make their way to the Senior School by 4:45pm for home debates, and will be transported to away debates by bus.

ELIGIBILITY:	Year 5 and 6 (previous debating experience preferred) following a successful audition Details to be provided nearer the time
COACH:	Staff member and an external coach to be advised
WORKSHOP:	Terms 1 and 2 Day Time and place to be advised
COMPETITION:	Most Friday evenings from 5-7pm in Terms 1 and 2 at various independent schools in Sydney
COST:	To be advised – bus transport to various venues
REGISTRATION:	Permission note given to selected students

## Debating cont...

### IPSHA Competition

YEARS 4-6

Queenwood has the option to enter up to four teams of students in the IPSHA debating competition held in Terms 2 and 3. Topics covered include current political, social and environmental issues. In this debating forum, the topic is issued a fortnight prior to the debate with teams having time to prepare their cases and critically analyse the possible arguments that opposing teams might present. The debates are held every second Friday after lunch and during school hours at various independent schools in Sydney. Transport will be by bus.

ELIGIBILITY:	Year 4-6 following a successful audition Details to be provided nearer the time
COACH:	External coach to be advised
WORKSHOP:	3:15 – 4:30pm Terms 1, 2 and 3 Day, time and place to be confirmed
COMPETITION:	Every second Friday during school hours Terms 2 and 3 from 12– 2:15pm At various independent schools in Sydney
COST:	To be advised
REGISTRATION:	Permission note given to selected students

## French Club

This club caters for students who are interested in further exposure to the French language. Students will expand their vocabulary and develop their listening, speaking and reading skills through songs, role-plays and stories.

ELIGIBILITY:	Years 4-6
TEACHER:	Junior School French teacher
WHEN:	Day to be confirmed
VENUE:	Language classroom
TIME:	12:50 – 1:20pm
COST:	Nil
REGISTRATION:	Nil

## French Catch-Up-Club

French Catch-Up-Club offers students with little or no previous study in French the opportunity to catch up. Basic vocabulary, expressions and sentence structures are learnt through speaking, listening, reading and writing activities.

ELIGIBILITY:	Years 3-6
TEACHER:	Junior School French teacher
WHEN:	Day to be confirmed
VENUE:	Language classroom
TIME:	7:45-8:15am or lunch 1:15-1:45pm
COST:	Nil
REGISTRATION:	By invitation only





# Dance

## “Comets” - Jazz

KINDY

Focusing on the vibrant energy of Jazz dance that allows the young dancer to explore movement through current, themed and appropriate music. This non-examination class is a fantastic introduction to co-ordination, musicality and physical awareness. Every class concludes with a creative section to allow the dancer to express themselves through different genres of dance using props, colour and music as stimulus. Offering the structure and learning ground of jazz and the freedom and joy of creativity. Performance opportunities within the school and at the End of Year Dance Concert will be available for the dancers.

### TYPICAL CLASS SNAPSHOT

*10 minutes is dedicated to warming up the body and encouraging the dancer to understand safe dance practice. 25 minutes is dedicated to the jazz class format focusing on the dancers' poise, co-ordination, natural strengths, musicality and muscle memory. This includes fun combinations, travelling progressions and dance sequences to aid the learning. The final 15 minutes is structured creativity using music, props and colour as stimulus to explore a variety of different dance styles including Jazz, Bollywood, Musical Theatre, Irish and Contemporary.*

ELIGIBILITY:	Kindy, 30 students maximum
TEACHERS:	Raw Energy Dance Education (REDED)
WHEN:	Mondays Enrolment is for a semester (Terms 1 & 2)
Term 1 dates:	February 5, 12, 19, 26 March 5, 12, 19, 26 April 9
Term 2 dates:	May 7, 14, 21, 28 June 4, 18 (not 11 June, Long weekend)
TIME:	3:00-4:00pm K class
VENUE:	Galaxy Theatre
COST:	To be advised
WEAR:	Dance top, shorts or tights and tan jazz shoes, Ballet skirt (optional)
REGISTRATION:	<a href="http://www.trybooking.com/111702">www.trybooking.com/111702</a>
Semester 1 bookings open 20 November, 2017 and close 9 February 2018	

**“Rockets” - Jazz**

YEAR 1

Focusing on the vibrant energy of Jazz dance that allows the young dancer to explore movement through current, themed and appropriate music. This non-examination class is a fantastic continuation of co-ordination, musicality and physical awareness. Every class concludes with a creative section to allow the dancer to express themselves through different genres of dance using props, colour and music as stimulus. Offering the structure and learning ground of jazz and the freedom and joy of creativity. Jazz 2 also prepares the dancer for the potential progression from the K-2 Jazz program into the Junior Dance Ensemble program open for Year 3 and above. Performance opportunities within the school and at the End of Year Dance Concert will be available for the Rockets.

**TYPICAL CLASS SNAPSHOT**

*10 minutes is dedicated to warming up the body and encouraging the dancer to understand safe dance practice. 25 minutes is dedicated to the jazz class format focusing on the dancers' poise, co-ordination, natural strengths, musicality and muscle memory. This includes fun combinations, travelling progressions and dance sequences to aid the learning. The final 15 minutes is structured creativity using music, props and colour as stimulus to explore a variety of different dance styles including Jazz, Bollywood, Musical Theatre, Irish, Contemporary etc.*

ELIGIBILITY:	Year 1
TEACHERS:	Raw Energy Dance Education (REDed)
WHEN:	Thursdays.
	Enrolment is for a semester (Terms 1 & 2)
TERM 1 DATES:	February 8, 15, 22
	March 1, 8, 15, 22, 29
	April 5, 12
TERM 2 DATES:	May 3, 10, 17, 24, 31
	June 7, 14, 21, 28
TIME:	3:00-4:00pm
VENUE:	Galaxy Theatre or Multi-purpose hall
COST:	To be advised
WEAR:	Dance top, shorts or tights and tan jazz shoes
REGISTRATION:	<a href="http://www.trybooking.com/111702">www.trybooking.com/111702</a>
Semester 1 bookings open 20 November, 2017 and close 9 February 2018	

**“Meteors” - Jazz**

YEAR 2

Focusing on the vibrant energy of Jazz dance that allows the young dancer to explore movement through current, themed and appropriate music. This non-examination class is a fantastic introduction to co-ordination, musicality and physical awareness. Every class concludes with a creative section to allow the dancer to express themselves through different genres of dance using props, colour and music as stimulus. Offering the structure and learning ground of jazz and the freedom and joy of creativity. Performance opportunities within the school and at the End of Year Dance Concert will be available for the dancers.

**TYPICAL CLASS SNAPSHOT**

*10 minutes is dedicated to warming up the body and encouraging the dancer to understand safe dance practice. 25 minutes is dedicated to the jazz class format focusing on the dancers' poise, co-ordination, natural strengths, musicality and muscle memory. This includes fun combinations, travelling progressions and dance sequences to aid the learning. The final 15 minutes is structured creativity using music, props and colour as stimulus to explore a variety of different dance styles including Jazz, Bollywood, Musical Theatre, Irish and Contemporary.*

ELIGIBILITY:	Year 2, 30 students maximum
TEACHERS:	Raw Energy Dance Education (REDed)
WHEN:	Mondays
	Enrolment is for a semester (Terms 1 & 2)
TERM 1 DATES:	February 5, 12, 19, 26
	March 5, 12, 19, 26
	April 9
TERM 2 DATES:	May 7, 14, 21, 28
	June 4, 18 (not 11 June, Long weekend)
TIME:	3:15-4:15pm
VENUE:	Galaxy Theatre
COST:	To be advised
WEAR:	Dance top, shorts or tights and tan jazz shoes
REGISTRATION:	<a href="http://www.trybooking.com/111702">www.trybooking.com/111702</a>
Semester 1 bookings open 20 November, 2017 and close 9 February 2018	



**“Nova” & “Saturn” - Jazz**

YEARS 3 &amp; 4

These classes focus on strengthening dance technique, performance skills and confidence. A variety of styles will be explored, such as Jazz, Lyrical/Contemporary, Hip Hop and Musical Theatre. The emphasis will be on allowing the dancers to access these styles in a fun, inclusive way and to develop a strong sense of rhythm, coordination and body awareness. Performance opportunities within the school and at the End of Year Dance Concert will be available to these participants.

ELIGIBILITY:	Years 3-4, dance experience not necessary for this class, Two groups: Year 3 “Nova” and Year 4 “Saturn”		
TEACHERS:	Raw Energy Dance Education (REDed)		
WHEN:	Thursdays. Enrolment is for a semester (Terms 1 & 2)		
TERM 1 DATES:	February 8, 15, 22 March 1 (Year 3 only, Years 4-6 at camp), 8, 15, 22, 29 (Years 4-6 only, Year 3 at camp) April 5, 12		
TERM 2 DATES:	May 3, 10, 17, 24, 31 June 7, 14, 21, 28		
TIME:	Year 3	3:15-4:15pm	
	Year 4	4:15-5:15pm	
VENUE:	Galaxy Theatre or Multi-purpose hall		
COST:	Cost to be advised		
WEAR:	Dance top, shorts or tights and tan jazz shoes		
REGISTRATION:	<a href="http://www.trybooking.com/111702">www.trybooking.com/111702</a>		
Semester 1 bookings open 20 November, 2017 and close 9 February 2018			

**“Capella” - Jazz**

YEARS 5 &amp; 6

These classes focus on strengthening dance technique, performance skills and confidence. A variety of styles will be explored, such as Jazz, Lyrical/Contemporary, Hip Hop and Musical Theatre. The emphasis will be on allowing the dancers to access these styles in a fun, inclusive way and to develop a strong sense of rhythm, coordination and body awareness. Performance opportunities within the school, the IPSHA Showcase and at the End of Year Dance Concert will be available to these participants.

ELIGIBILITY:	Years 5-6, dance experience not necessary for this class,
TEACHERS:	Raw Energy Dance Education (REDed)
WHEN:	Thursdays; enrolment is for a semester (Terms 1 & 2)
TERM 1 DATES:	February 8, 15, 22
	March 1, 8, 15, 22, 29
	April 5, 12
TERM 2 DATES:	May 3, 10, 17, 24, 31
	June 7 (Year 5 only, Year 6 in Canberra) 14, 21, 28
TIME:	4:15-5:15pm Years 5/6
VENUE:	Galaxy Theatre or Multi-purpose hall
COST:	\$17 per student/lesson + costume hire \$45 TBC
	Year 5 – (17 x 18) + 45 = \$351
	Year 6 – (17 x 17) + 45 + \$334
WEAR:	Dance top, shorts or tights and tan jazz shoes
REGISTRATION:	<a href="http://www.trybooking.com/111702">www.trybooking.com/111702</a>
Semester 1 bookings open 20 November, 2017 and close 9 February 2018	

**“Stella” Junior Company**

YEARS 4-6

This class aims to progress and challenge the experienced dancer. Whilst having a performance and competition focus, the dancers will continue to strengthen their existing technical skills through the learning of more complex choreography and enhancing their repertoire. Performance opportunities will include the School End of Year Dance Presentation and suitable external competitions.

ELIGIBILITY:	Years 4-6, via audition, dance experience essential
TEACHERS:	Raw Energy Dance Education (REDED)
WHEN:	Fridays, enrolment is for a Year (31 sessions in total)
TERM 1:	February 16, 23, 25 (Intensive Workshop 8am-12pm) March 9, 16, 23 (not 2 March, Y4-6 at Camp, not 30th Easter) April 6, 13
TERM 2:	May 4, 11, 18, 25 June 1, 8, 15, 22, 29 (not Y6 on 8th Canberra)
TERM 3:	July 27 August 3, 10, 17, 24, 31 September 7, 14* (*class at Senior School then School's Birthday)
TERM 4:	October 12, 19, 26 November 2, 9, 16, 23
TIME:	7:15 – 8:15am Girls to change into school uniform before attending roll call.
VENUE:	Multi-purpose Hall at Junior School
COST:	\$17 per student/lesson (35 x 17 = \$525 + costume hire of \$45 applicable for end of year performance costume, and an additional costume purchase price of \$120 for major competition performances (kept by students). Dance Intensive workshop \$45. Suggested Total cost is \$735 for the year TBC
WEAR:	Black singlet, black leggings, jazz shoes optional
CONCERTS:	SUNDAY 30 JUNE TBC City of Sydney Eisteddfod SUNDAY 29 JULY TBC Dancespec Challenge at Riverview FRIDAY 3 AUGUST TBC IPSHA Showcase at Ravenwood SATURDAY 17 NOVEMBER End of Year Concert, Astra Theatre, Senior School
REGISTRATION:	<a href="http://www.trybooking.com/68877">www.trybooking.com/68877</a> By invitation only



## Private Tuition

YEARS K-6

Junior School has a very talented and dedicated staff of instrumental teachers offering private tuition in piano, traditional orchestra and band instruments, voice and musicianship. Lessons are on a rotational system throughout the school day with a fixed, out of school lesson time available only to students learning two instruments. Parents may choose to sign up for 15 semester lessons or 30 lessons for a full year.

There are some considerations you must be aware of when choosing an instrument for your daughter. These include height, hand/finger size and shape, mouth and/or lip shape etc. The specialist music teachers are more than happy to do a short assessment in order to provide expert advice to assist with this decision.

ELIGIBILITY:	Years K-6 with appropriate physical attributes for specific instruments
DIRECTORS:	Music tutors
WHEN:	Rotated timetable during school terms
VENUE:	Junior School music studios
TIME:	Rotated lessons throughout the school day
COST:	See Trybooking link below for options
REGISTRATION:	<a href="http://www.trybooking.com/5434">www.trybooking.com/5434</a>
ENQUIRIES:	<a href="mailto:music@queenwood.nsw.edu.au">music@queenwood.nsw.edu.au</a>

## Music Group

The Music Department offers regular Music Group experiences with a qualified early learning, music specialist teacher in the 12 months prior to Kindergarten. During the 45min session, the child and one parent/ carer will participate in singing, action songs, rhythmic and improvised movement, and playing percussion instruments. These classes are designed to cater specifically for children aged 4-5 years only.

ELIGIBILITY:	Children who are scheduled to attend Kindergarten in the following year.
DIRECTOR:	Mrs Jodie Winton
WHEN:	Wednesday and Friday mornings TBC
VENUE:	Junior School Music Classroom
TIME:	8:30-9:15am
WEAR:	Comfortable casual clothes
COST:	\$12 x 8 sessions (\$96 per term) If your child has a confirmed place for Kindergarten and an acceptance fee has been paid, these sessions are free of charge. Please contact Emma Macey, Director of Admissions on 8968 7714 for a promotional code.
REGISTRATION:	<a href="http://www.trybooking.com/255570">www.trybooking.com/255570</a>
ENQUIRIES:	<a href="mailto:music@queenwood.nsw.edu.au">music@queenwood.nsw.edu.au</a>

*"From our beginning with five pupils  
our objects have been the same –  
to give our girls a happy school life,  
with opportunities for each to learn,  
to win and to accept defeat gracefully,  
to do her best work, to play, to develop  
her manifold and varying interests,  
to accept responsibility and to find  
eventually an adult life that is  
satisfying."*

MISS MEDWAY, 1960 REPORT

### Medway Singers YEARS 4-6

Medway Singers is an auditioned choir for students in Years 4-6 and provides extension singing for students who are committed to improving their vocal technique. Auditions for this group are held at the commencement of Term 1. With numerous performance opportunities throughout the year, it is expected girls commit to this activity from Term 1 through to Term 4. Exceptions are made for students who arrive part way through the year.

The challenging repertoire requires students to possess an extended vocal range and be able to sustain good intonation when singing a second or third vocal line (part singing). These skills often develop later when voices and listening skills have matured; hence, there are times when girls do not make it through the audition process on their first attempt.

**ELIGIBILITY:**  
Students in Y4-6 with extended vocal range and highly developed aural skills

**DIRECTOR:** Miss Melinda Bryant

**WHEN:** Thursday morning

**VENUE:** Galaxy Theatre

**TIME:** 7:30 – 8:15am

**WEAR:** School uniform

**COST:** Nil

**REGISTRATION:**  
Please see School Newsletter at the beginning of the year for audition times

**ENQUIRIES:**  
[music@queenwood.nsw.edu.au](mailto:music@queenwood.nsw.edu.au)

### Queen Street Singers YEARS 2-3

Queen Street Singers is a choir for students in Years 2-3 which provides further singing opportunities for younger girls. Auditions for this group are held at the commencement of Term 1. Similar to the melodies chosen for the classroom program, this ensemble mostly performs songs in unison but the repertoire does explore the higher register of the voice more extensively. Students will be required to possess well developed aural skills and a broader vocal range in the upper register to be able to attempt this repertoire.

**ELIGIBILITY:**  
Students in Years 2-3 with a wide vocal range and good aural skills

**DIRECTOR:** Mrs Jodie Winton

**WHEN:** Wednesday lunch

**VENUE:** Galaxy Theatre

**TIME:** 1:10 – 1:40pm

**WEAR:** School uniform

**COST:** Nil

**REGISTRATION:**  
Please see School Newsletter at the beginning of the year for audition times

### Concert Band 1 CO-CURRICULAR

Concert Band 1 is the most advanced large band at Junior School. It is part of the differentiated, compulsory Instrumental Music Program in the primary years. Girls promoted to the band have demonstrated the required level of technique, playing ability, sight reading and ensemble performance skills to be able to participate in this ensemble. Most students have acquired these skills through their participation in the level group classes and Concert Band 2.

**ELIGIBILITY:**  
Students in Years 3-6 who have achieved the level of technique, playing ability, sight reading and ensemble performance skills for this band.

**DIRECTOR:** Mr Tim Crow

**WHEN:** Tuesday Period 5

**VENUE:** MPH

**TIME:** 1:45-2:45pm

**COST:** Nil

### Concert Band 2 CO-CURRICULAR

Concert Band 2 is the Junior School training band. It is part of the differentiated, compulsory Instrumental Music Program in the primary years. Girls promoted to the band have demonstrated the required level of technique, playing ability and sight reading skills to be able to perform in this ensemble. Most students have acquired these skills through their participation in the Level 1 and 2 group classes.

**ELIGIBILITY:**  
Students in Years 3-6 who have achieved the level of technique, playing ability and sight reading skills for this band.

**DIRECTOR:** Miss Melinda Bryant

**WHEN:** Wednesday Period 5

**VENUE:** MPH

**TIME:** 1:45-2:45pm

**COST:** Nil



## Senior School Concert Band

### EXTRA-CURRICULAR

To extend our most advanced Junior School musicians, selected students are invited to participate in the Senior School Concert Band.

**ELIGIBILITY:**  
Students who have achieved the high level of technique, playing ability and sight reading skills required for this band.

**DIRECTOR:**  
Mr Damien Mathieson

**WHEN:** Wednesday morning  
before school

**VENUE:** Senior School MG07  
Rehearsal Room

**TIME:** 7:15-8:15am

**TRAVEL:**  
Students will be dismissed from the Senior School campus at 8:00am for parents to drive girls to Junior School for roll call at 8:20am.

**WEAR:** School uniform

**COST:** Nil

## Swing Band

### YEARS 4-6

Swing Band is an extension group for the most advanced saxophone, trumpet, trombone, drum, keyboard and bass players at Junior School. Students in Concert Band 1 who have demonstrated a proficient level of technique, performance and sight reading are invited by music staff to audition for this ensemble. Repertoire chosen for this group includes styles from jazz through to rock.

**ELIGIBILITY:**  
Advanced saxophone, trumpet, trombone, drum, keyboard and bass players

**DIRECTOR:** Mr Tim Crow

**WHEN:** Thursday lunch

**VENUE:** Junior Music  
Classroom

**Time:** 12:50-1:45pm  
Girls may take their lunch with them.

**WEAR:** School uniform

**COST:** Nil

**REGISTRATION:** By audition

## Clarinet/Saxophone Ensemble

### YEARS 3-6

Clarinet and Saxophone Ensemble is an extension performance group for the most advanced players in the school. Students in Concert Band 1 who have demonstrated an advanced level of technique, performance and sight reading are invited by music staff to audition for this ensemble.

**ELIGIBILITY:**  
Advanced Clarinet or Saxophone in Concert Band 1

**DIRECTOR:**  
Mr Damien Mathieson

**WHEN:** Either Tuesday or  
Wednesday lunch TBC

**VENUE:** Multi-Purpose Hall

**TIME:** 1:15 – 1:45pm

**WEAR:** School uniform

**COST:** Nil

**REGISTRATION:** By audition

## Flute Ensemble

### YEARS 2-6

Flute Ensemble is an extension performance group for the most advanced players in the school. Students in Concert Band 1 who have demonstrated an advanced level of technique, performance and sight reading are invited by music staff to audition for this ensemble.

**ELIGIBILITY:**  
Advanced flautists in Concert Band 1

**DIRECTOR:** Ms Tina Marsden

**WHEN:** Either Tuesday or  
Wednesday lunch TBC

**VENUE:** Multi-Purpose Hall

**TIME:** 1:15 – 1:45pm

**WEAR:** School uniform

**COST:** Nil

**REGISTRATION:** By audition

### Stalley Strings

CO-CURRICULAR

Stalley Strings is the most advanced string orchestra at Junior School. It is part of the differentiated, compulsory Instrumental Music Program in the primary years. Girls promoted to the orchestra have demonstrated the required level of technique, playing ability, sight reading and ensemble performance skills to be able to participate in this ensemble. Most students have acquired these skills through their participation in the level group classes and the Training String Orchestra.

**ELIGIBILITY:**  
Students in Years 3-6 who have achieved the level of technique, playing ability, sight reading and ensemble performance skills for this orchestra.

**DIRECTOR:** Ms Wendy Ireland  
**WHEN:** Wednesday Period 5  
**VENUE:** Music Classroom  
**TIME:** 1:45-2:45pm  
**COST:** Nil

### Training Strings

CO-CURRICULAR

Training Strings, as the name suggests, is the training string orchestra at Junior School. It is part of the differentiated, compulsory Instrumental Music Program in the primary years. Girls promoted to the orchestra have demonstrated the required level of technique, playing ability and sight reading skills to be able to perform in this ensemble. Most students have acquired these skills through their participation in the Level 1 and 2 group classes.

**ELIGIBILITY:**  
Students in Years 3-6 who have achieved the level of technique, playing ability and sight reading skills for this orchestra.

**DIRECTOR:** Ms Wendy Ireland  
**WHEN:** Tuesday Period 5  
**VENUE:** Music Classroom  
**TIME:** 1:45-2:45pm  
**COST:** Nil

### Senior School String Orchestra

EXTRA-CURRICULAR

To extend our most advanced Junior School musicians, selected students are invited to perform in the Senior School String Orchestra.

**ELIGIBILITY:**  
Students who have achieved the high level of technique, playing ability and sight reading skills required for this band.

**DIRECTOR:** Ms Wendy Ireland  
**WHEN:** Thursday afternoon  
**VENUE:** Senior School MG07 Rehearsal Room  
**TIME:** 3:30-4:30pm  
**TRAVEL:**  
Students will travel to Senior School on the Q Bus in the afternoon to arrive in time for rehearsal. Parents can collect girls from Senior School at 4:30pm.  
**COST:** Nil

### Cello Boccherini Ensemble

Boccherini Ensemble is an extension performance group for the most advanced cello players in the school. Students in Stalley Strings who have demonstrated an advanced level of technique, performance and sight reading skills are invited to audition for this ensemble.

**ELIGIBILITY:**  
Advanced Cello students in Stalley Strings

**DIRECTOR:** Ms Vicki Parkin  
**WHEN:** Either Tuesday or Wednesday lunch TBC  
**VENUE:** Music Studios  
**TIME:** 1:15 – 1:45pm  
**WEAR:** School uniform  
**COST:** Nil  
**REGISTRATION:** By audition

### Violin Paganini Ensemble

Paganini Ensemble is an extension performance group for the most advanced violinists in the school. Students in Stalley Strings who have demonstrated an advanced level of technique, performance and sight reading skills are invited to audition for this ensemble.

<b>ELIGIBILITY:</b>	Advanced violinists in Stalley Strings
<b>DIRECTOR:</b>	Mrs Tracy Lynch
<b>WHEN:</b>	TBA
<b>VENUE:</b>	MPH
<b>TIME:</b>	1:15-1:45pm
<b>WEAR:</b>	School uniform
<b>COST:</b>	Nil
<b>REGISTRATION:</b>	By audition

### Violin Vivaldi Ensemble

Vivaldi Ensemble is a performance group for violin students who are of an intermediate to advanced playing level. This group provides further performance opportunities and develops technique, aural and sight reading skills through additional repertoire.

<b>ELIGIBILITY:</b>	Students who have moved beyond the level of performance for Twinklers
<b>DIRECTOR:</b>	Mrs Tracy Lynch
<b>WHEN:</b>	To be advised
<b>VENUE:</b>	Music rehearsal space
<b>TIME:</b>	1:15-1:45pm
<b>WEAR:</b>	School uniform
<b>COST:</b>	Nil
<b>REGISTRATION:</b>	By audition

### Year 1 String Program

Year 1 students are able to participate in 15 X 30min violin or viola group classes in Semester 1. These lessons are designed to give the girls a taster for learning a musical instrument with the option to book individual private violin/viola lessons in Semester 2.

The 30 min classes will be delivered to a small group of 3-4 students. Like private instrument lessons, the group lessons can be purchased through Trybooking. You will be able to buy 15 group lessons at \$19 per lesson and they will be timetabled on a rotation during the school day.

<b>ELIGIBILITY:</b>	Year 1 students (only)
<b>DIRECTOR:</b>	Specialist violin and viola tutors
<b>WHEN:</b>	Rotated timetable during school terms
<b>VENUE:</b>	Junior School music studios
<b>TIME:</b>	Rotated lessons throughout the school day
<b>WEAR:</b>	School uniform
<b>COST:</b>	15 x 30min lessons @ \$19 (\$285) This includes complimentary instrument hire for Semester 1. The only extra cost will be for a tutor book, shoulder rest and rosin, which is available for purchase at the uniform shop.
<b>Registration:</b>	<a href="http://www.trybooking.com/280861">www.trybooking.com/280861</a>
<b>Enquiries:</b>	<a href="mailto:music@queenwood.nsw.edu.au">music@queenwood.nsw.edu.au</a>



# Sport

## Athletics Club

YEARS 2 - 6

### QUEENWOOD JUNIOR SCHOOL ATHLETICS CARNIVAL

Tuesday 31 July, 2018

(Venue to be confirmed).

### IPSHA ATHLETICS CARNIVAL

4 September, 2018 (Date to be confirmed)

at Sydney Olympic Park, Homebush

Training is offered for interested girls in track and field events, with the emphasis on having fun and improving technique.

ELIGIBILITY:	Years 2-6
COACHES:	Queenwood athletics coaches
WHEN:	Tuesday and Thursday mornings
	Start date – Thursday 1 May (Week 1, Term 2)
VENUE:	Tuesday at Balmoral Oval, Mosman
	Thursday at Rawson Oval, Mosman
TIME:	7:15am – 8:00am
	Parents to collect from Balmoral Oval and take to school. Walking bus from Rawson Oval, parents to drop school bags in car park
WEAR:	Queenwood sports uniform with tracksuit pants and fleece as needed. Girls are expected to change into school uniform unless they have PE or Class Sport on that day in which case they may stay in their sports uniform.
BRING:	Water bottle, asthma puffer as necessary
COST:	Nil
REGISTRATION:	Bookings open February 2018



**Cross Country Club**

YEARS 2-6

**QUEENWOOD JUNIOR SCHOOL CROSS COUNTRY**

Tuesday 20 February, 2018  
at Rawson Oval

**IPSHA CROSS COUNTRY CARNIVAL**

Saturday 7 April, 2018  
at The King's School, Parramatta

A fun activity that unites girls across the year groups, participants will improve their fitness and endurance with regular attendance. Girls of all running abilities are welcome to attend cross country training sessions, but they must be prepared to run. Activities will consist of warm-up games, individual and team running. To help prepare the girls for off-road courses, their training will include running in the surrounds of Rawson Oval and Georges Heights accompanied by Queenwood athletics coaches. Following the Cross Country Carnival, a Queenwood squad will be named. Members of the squad are expected to attend at least one training session each week in preparation for Queenwood Team selection and the subsequent IPSHA carnival.

<b>ELIGIBILITY:</b>	Years 2-6
<b>WHEN:</b>	Tuesday and Thursday mornings, starting Tuesday 6 February, 2018
	Term 1 Only
<b>VENUE:</b>	Rawson Oval, Mosman
<b>TIME:</b>	7:15am – 8:00am Walking bus from Rawson Oval with coach supervision, parents to drop school bags in car park
<b>WEAR:</b>	Queenwood sports uniform with tracksuit pants and fleece as needed. Girls are expected to change into school uniform unless they have PE on that day in which case they can stay in their sports uniform
<b>BRING:</b>	Water bottle, asthma puffer as necessary
<b>COST:</b>	Nil
<b>REGISTRATION:</b>	Bookings open February 2018

**Double Dutch Skipping**

YEARS 1-6

This activity promotes fitness, agility and general conditioning for all participants. The girls are taught a variety of skipping skills that can be individual, worked with a partner or group.

<b>ELIGIBILITY:</b>	Years 1-6, Year 1 are invited to join this activity in Term 4.
<b>INSTRUCTOR:</b>	Mr Mark Saunders A personal trainer who specialises in children's fitness
<b>WHEN:</b>	Monday or Wednesday after school (girls attend one session only)
<b>TIME:</b>	3:15pm to 4:05pm Girls will be supervised at the end of the day until the session starts
<b>VENUE:</b>	Junior School
<b>COST:</b>	\$15 per session, Monday 9 sessions @\$15 = \$135 Start Monday 5 February, 2018
	Wednesday 9 sessions @ \$15 = \$135 Start Wednesday 7 February, 2018
<b>REGISTRATION:</b>	<a href="http://www.trybooking.com/52096">www.trybooking.com/52096</a>
Bookings open 20 November, 2017 and close 9 February 2018	

**Equestrian Club**

YEARS 2-6

A popular activity with our horse loving students, whilst perceived as an individual activity there is a strong sense of camaraderie amongst the participants from across the year groups. Girls are taken by bus to the riding school accompanied by a member of staff. They have a one hour riding lesson and get to spend time in and around the stables under the supervision of Shellby riding instructors. There is a minimum of 10 riders and maximum of 16 required for this activity to proceed. If the rider is in Year 2 or a complete beginner, please contact the Sports Office on 0423 463 877 for more information before booking.

To view the excellent facilities at Shellby Equestrian Centre visit [www.shellbyec.com.au](http://www.shellbyec.com.au)

ELIGIBILITY:	Years 2-6, Beginners through to advanced riders
INSTRUCTORS:	Shellby Equestrian Centre Staff
	Saddle Club – for beginners, groups of 3 riders with an instructor and assistant 30 minute riding and 30 minute rider education
	Advanced Riders will be grouped according to ability and will include some horsemanship
WHEN:	
Term 1 dates:	Feb 8, 15, 22 (not 29 – camp)
	Mar 1, 8, 15, 22, 29 (Years 4-6 only, Year 3 at camp)
	April 5, 12
TIME:	3:15pm – 6:20pm Time includes travel to and from the centre. The riding lesson is 4:30-5:30pm. Girls can be collected from the riding school or from school upon their return
VENUE:	Shellby Equestrian Centre, Booralie Road, Terry Hills
COST:	To be advised. This includes a riding lesson, transport and hire of equipment as needed (riding hat and/or boots).
WEAR:	Jodhpurs or pants equivalent, riding boots, shirt, jumper, jacket appropriate for the weather (it can get very cold in the late afternoon) and a riding helmet
BRING:	Afternoon snack; the girls have time to change and eat before boarding the bus
WET WEATHER:	With the new indoor arena, all lessons will proceed regardless of weather.
REGISTRATION:	Contact Mrs Johnston directly to express interest, minimum numbers apply for this activity to proceed.

**Fencing Club**

YEARS 2-6

This activity introduces students to the dynamics of movement and fencing skills. They will have the opportunity to compete in Sabre competitions where they can apply their skills in a bout.

ELIGIBILITY:	Years 2-6, Beginner and Intermediate students catered for. After two terms in the beginner group students' skills will be assessed for suitability to move to the intermediate group.
COACH:	Ms Alexandra André, Australian and NSW coach and player
WHEN:	
Intermediate group:	Tuesday after school 3:15 – 4:30pm, 10 weeks in Term 1
	Feb 6, 13, 20, 27
	Mar 6, 13, 20, 27
	Apr 3 & 10
Beginner group:	Wednesday before school 7:15-8:15am, 9 weeks in Term 1
	Feb 7, 14, 21 (not 28 – camp)
	Mar 7, 14, 21, 28,
	Apr 4 & 11
VENUE:	Junior School – Galaxy Theatre & Hall
TIME:	3.15 – 4.20pm, collection from the Car Park
WEAR:	Sports shirt, tracksuit pants, socks and trainers
COST:	\$18 per student/session, which includes coaching and equipment hire
	Term 1 Tuesday has 10 sessions, total \$180
	Term 1 Wednesday has 9 sessions \$162
REGISTRATION:	<a href="http://www.trybooking.com/52205">www.trybooking.com/52205</a>
Term 1 bookings open 20 November, 2017 and close 28 February, 2018	

**Gymnastics Club**

YEARS K-6

A popular activity for infants, the girls develop self-confidence, spatial awareness and greater strength and body control. Stretching and strength work develop flexibility and agility.

<b>ELIGIBILITY:</b>	Years K-6
<b>Coaches:</b>	Manly Warringah Gymnastic Club (MWGC) Accredited with Gymnastics Australia
<b>WHEN/TIME:</b>	Enrolment is for a semester (Terms 1 & 2) Start Monday 5 February, 2018
	Monday 3pm – 4pm Recreational (K- 2)
	Mondays 4pm – 6pm Recreational & Level 1-3 in National Levels Scheme (Years 3-6)
	Wednesdays 3pm – 4pm Recreational Beginners (K-2)
	Wednesdays 4pm-5pm Recreational (K-2) Supervision is provided at school for girls in the group starting at 4pm
<b>Venue:</b>	Multi-Purpose Hall
<b>Wear:</b>	Sports uniform or Queenwood leotard
<b>Cost:</b>	Annual MWGC registration, \$100.00
	\$20 per student/one hour session/week
	Semester One – one hour class, ~ \$480 TBC
	Semester One – two hour class, ~ \$825 TBC
	It is imperative that girls are collected on time after the completion of the classes. MWGC have a late pick up fee policy. Late fees are charged: 5-15 minutes late \$10. Each 15 minutes increment after that is \$15. This will be invoiced, with immediate payment required.

**REGISTRATION:**

[www.mwgyclub.com/?product\\_cat=queenwood-gymnastics](http://www.mwgyclub.com/?product_cat=queenwood-gymnastics)

Bookings will be open 20 November, 2017

Direct all class enquiries to MWGC office on +61 2 9972 9222

**Indoor Hockey**

YEARS 5-6

Indoor hockey uses many of the skills used in field hockey but with some modifications; the ball must be kept on the floor except for a deliberate shot at goal, push passing is used – no hitting, the side lines are boards which are used to keep the ball in play, six players on the court and unlimited interchange for team members. There is no additional training for this activity.

<b>ELIGIBILITY:</b>	Years 5-6, beginners to advanced players
<b>COACHES:</b>	Mrs Sharon Johnston, Queenwood coaches
<b>WHEN:</b>	Wednesday evenings
<b>Term 1, 2018</b>	February 7, 14, 21
	March 7, 14, 21, 28
	April 4
<b>Term 4, 2018</b>	Dates to be advised
<b>VENUE:</b>	Marie Bashir Indoor Centre Cross Street, Mosman
<b>TIME:</b>	5pm-8pm Games are 50 minutes and played on the hour
<b>WEAR:</b>	Sports uniform, including long red socks
<b>EQUIPMENT:</b>	Compulsory mouth-guard and shin-pads Indoor hockey stick, can be borrowed from the centre
<b>COST:</b>	\$100 per term Covers competition entry, umpires and coaches
<b>REGISTRATION:</b>	<a href="http://www.trybooking.com/59833">www.trybooking.com/59833</a>
Term 1 bookings open 20 November, 2017 close February 2018	

**Sailing Activity**

YEARS 2-6

Sailing introduces students to important concepts of discipline, self-confidence, problem solving, working as part of a team and an awareness of water safety in the marine environment.

This activity is offered in conjunction with Middle Harbour Yacht Club (MHYC). The girls work towards the different levels of skill acquisition in the Tackers program. MHYC provide the equipment and skilled teaching staff.

This activity can only be offered if we have a minimum of 15 participants. There is a maximum of 35 in the class and places will be allocated on a first come first served basis. Girls who miss the opportunity in Term 1 can be placed on a wait list and offered a place in Term 4 of 2018.

ELIGIBILITY:	Years 2-6, able to swim 50m wearing a life jacket.
INSTRUCTORS:	Middle Harbour Yacht Club Staff
WHEN:	Tuesdays, 9 weeks
	Term 1, 2018 (10 sessions)
	Feb 6, 13, 20, 27
	Mar 6, 13, 20, 27
	Apr 3 & 10
VENUE:	Middle Harbour Yacht Club
TIME:	4:00pm – 6:00pm, bus to MHYC (Parents to collect their daughter from MHYC at 6:00pm) Girls will have time to change and eat a small snack before starting the activity
WEAR:	Whole piece swimmers, board shorts and rash vest (or equivalent), water shoes (reef shoes) and hat. All items to be named. (Expect to get wet, bring change of clothes)
COST:	New to MHYC, \$700 per student (\$70 per session), Includes coaching, equipment hire, transport to MHYC and 12 months membership at MHYC (August 2017– July 2018) MHYC member, \$670 per student Includes coaching, equipment hire and transport to MHYC
REGISTRATION:	<a href="http://www.trybooking/59835">www.trybooking/59835</a>
Bookings open 20 November, 2017 and close 28 February 2018	

**Snowsports Ski Trip**

YEARS 5-6

This trip is available to all levels of skiing proficiency; from absolute beginners to the most advanced skiers in the school.

Notes are sent home to all interested students early in Term 2 and, as there is a limit of 40 places available for this trip, positions will be allocated on a first come first served basis.

ELIGIBILITY:	Any Year 5 or 6 student
SUPERVISORS:	Queenwood Staff
WHEN:	Thursday 30 August-Sunday 2 September 2018
VENUE:	Perisher
TIME:	Leaving 7:30am Thursday, returning 7:30pm Sunday.
COST:	The cost will not be finalised until the 2018 ski season prices are made available. The cost for 2016 was \$1335.
REGISTRATION:	to be advised



## Snowsports

YEARS K-6

The Interschools Snowsports Championships are a series of Snowsport competitions where students compete for their school as part of a team or individual in any of the seven discipline events. The emphasis is on fun and participation in the initial Regional Championships with the degree of difficulty increasing through to the State and Australian events.

The Queenwood Snowsports program has grown with participants joining the team from Kindergarten through to Year 12. As a school, Queenwood seeks to engage and offer this unique experience to all ability levels with an emphasis on enjoyment, improvement, self-development and the realisation of potential.

Mr Daniel Kozey (Senior School Sport) is the teacher in charge of Snowsports. Contact details:

[Snow.sports@queenwood.nsw.edu.au](mailto:Snow.sports@queenwood.nsw.edu.au)

### Available Disciplines include:

#### Alpine

Skiers are timed on a modified giant slalom course

#### Skiercross

Skiers are timed on a slope-style course

#### Freestyle Moguls

Skiers are scored on a bumps course finishing with a jump

#### Snowboard Giant Slalom

Boarders are timed on a modified giant slalom course

#### Snowboard Cross

Boarders are timed on a slope-style course

#### Cross Country Freestyle

Raced with skate or classic cross country skis with a mass start

#### Cross Country Relay

3 person relay event

## Snowsports Events Calendar 2018

### 1. Pymble Cup

DATE: To be advised  
VENUE: To be advised  
DISCIPLINES: Alpine & Snowboard GS

### 2. The Scots College Snowsports Championships

DATE: To be advised  
VENUE: To be advised  
DISCIPLINES: Alpine & Snowboard GS

### 3. Redlands Cup

DATE: To be advised  
VENUE: To be advised  
DISCIPLINES: Alpine & Snowboard GS

### 4. Travelplan Ski Sydney Interschools Championships

DATE: Tuesday 17 July – Saturday 21 July  
VENUE: Perisher  
DISCIPLINES: Alpine, Skier X, Moguls, Snowboard GS & X (All Divisions)

### 5. Amelia McGuinness Memorial Time Trial

DATE: To be advised  
VENUE: To be advised  
DISCIPLINES: Junior Sprint Time Trails and Team Sprints, Cross Country for all

### 6. Subaru NSW State Interschools Championships

DATE: Tuesday 21 August – Sunday 26 August  
VENUE: Thredbo  
DISCIPLINES: Alpine, Skier X, Moguls, Snowboard GS & X (All Divisions)

### 7. Subaru Australian Interschools Championships

DATE: Wednesday 5 September – Sunday 9 September  
VENUE: Perisher  
DISCIPLINES: Alpine, Skier X, Moguls, Snowboard GS & X (All Divisions) XC Freestyle, Classic & Relay

EVENT SCHEDULE: [www.ausinterschools.com.au/](http://www.ausinterschools.com.au/)

## Swimming

YEARS K-6

Details for 2018 Term 1 swimming enrolments are as follows;

1. Please call on 8968 7772 or email [Aquatics@queenwood.new.edu.au](mailto:Aquatics@queenwood.new.edu.au) to organize a time for your daughter to be assessed. If she is a beginner, assessment is not required and the swim school will let you know about the availability
2. Use this link to open a profile <https://queenwood.intrac.com.au/swim/>
3. Check the availability with swim school and inform them about your preferred day/time
4. Contact [aquatics@queenwood.nsw.edu.au](mailto:aquatics@queenwood.nsw.edu.au) for registration details.

Maral Babashahi, Learn to Swim Coordinator

[Aquatics@queenwood.nsw.edu.au](mailto:Aquatics@queenwood.nsw.edu.au)

OFFICE: +61 2 89687772

Please contact for information on: Learn to Swim, all Assessments

## Tennis - Lessons

A popular sport for young and old, Tennis Australia has taken a new approach to developing skills in beginner and developing players. An emphasis is placed on hand-eye and racquet skills to promote participation in modified games using lower compression balls and smaller courts. The Hot Shots program promotes learning in a group environment where games can be played and participants have fun. Private lessons are recommended to compliment skills learnt from Hot Shots or for players who have transitioned through the program. Both options are available in 2018. Lessons are offered at Junior School as below.

Programs and competitions are also offered for children and adults at the

### QUEENWOOD TENNIS AND SPORTS CENTRE (QTSC)

1110 Oxford Falls Road, Oxford Falls.

See 'Enquiries' on next page for contact details.

ELIGIBILITY	Years K-6
WHEN/TIME:	Group lessons are offered for the following times: Red/Orange Ball 45min, Orange/Green Ball 1hour, Green/Yellow Ball 1.5hours
Monday:	7:15 – 8am Red/Orange group lessons
Tuesday:	7-8am private lessons 1-1:30pm lunch lessons 3-3:45pm Red/Orange group lessons 3:45-4:45pm Orange/Green group lessons 3:45 – 5pm private lessons
Wednesday:	12:50 -1:45pm private lessons 3-3:45pm Red/Orange group lessons
Thursday:	7-8am private lessons 12:50 -1:45pm private lessons 3:15 – 4:45pm Green/Yellow Year 5 & 6 only 4:45 – 6pm private lessons
Friday:	7:15-8am private & Red/Orange group lessons 1-1:30pm private lessons 3:15-6pm private lessons

### For private lessons please contact the tennis coach to arrange.

VENUE:	Junior School tennis courts
WEAR:	School uniform or Sports Uniform depending on the day, trainers (bring school shoes to change into at the conclusion of morning lessons)
COST:	Red/Orange Ball per Term (8 weeks) @\$220 Orange/Green Ball per Term (8 weeks) @ \$240 Green/Yellow Ball per Term (8 weeks) @ \$280 Private lessons cost per hour = \$80 per person Semi-private lessons cost per hour = \$40 per person Private half hour lessons cost \$40 per person Semi-private half hour lessons cost \$27 per person Private Lessons and Semi-Private Lessons are available mornings and afternoons
REGISTRATION:	Please see the following link to register and make payment online (be sure to scroll all the way down the page): <a href="http://www.queenwood.nsw.edu.au/event-registration-page/">www.queenwood.nsw.edu.au/event-registration-page/</a>
ENQUIRIES:	Chris Horsley, Head Coach, Tennis K – 12 <a href="mailto:tennis@queenwood.nsw.edu.au">tennis@queenwood.nsw.edu.au</a> M 0421 813 940 T +61 2 9452 2298

**Yoga**

YEARS 1-6

A children's Yoga class looks very different to a typical adult class, it is dynamic, creative, and often involves a lot more noise!

Some of the benefits for children doing yoga include:

- Development of a strong, flexible and healthy body
- Building confidence and self-esteem
- Enhancing concentration and decision making skills
- Improving posture, alignment and coordination
- Providing a positive framework for self-reliance and nurturing their innate sense of joy
- Teaching tools for stress management and emotional balance
- Encouraging discipline, responsibility and respect for themselves and others
- Relaxing the body, promoting better sleep

This program has been developed by Alethea White, a certified yoga and fitness trainer for children. Alethea offers inspiring and nurturing health and wellbeing programs for children, having worked in the health and fitness industry for over 12 years in Australia and overseas. She holds a Bachelor degree in Psychology, a diploma of Exercise Science and Advanced Children's yoga teacher certification. She is passionate about leading children through the fun, creative and essential process of achieving lifelong health and wellbeing.

ELIGIBILITY:	Years 1-6
CLASS SIZE:	Minimum of 6, maximum of 13
INSTRUCTOR:	Rachel Tamblyn Qualified Children's Yoga teacher
WHEN:	Tuesday (10 sessions)
	Feb 6, 13, 20, 27
	Mar 6, 13, 20, 27
	Apr 3, 10
TIME:	3:15-4:15pm, Years 1-6
	4:15-5:15pm (Second class included if numbers dictate)
VENUE:	Multi-purpose hall
WEAR:	Queenwood sports uniform (trainers and socks to wear home)
Cost:	10 weeks @ \$20 per session, \$200 total
REGISTRATION:	<a href="http://www.trybooking.com/128229">www.trybooking.com/128229</a>
Term 1 bookings open 20 November, 2017 close February 2018	

**Intra-School Sport Year 3 Saturday Sport**

Playing a team sport provides many development opportunities for every participant. There are specific skills and game knowledge that are applied to match situations, the social skills that are developed through belonging to a group allow for friendships to be discovered and enhanced. Learning core skills in a fun environment with a mix of drills and games is the essence of this program

With dedicated coaches we offer 6 week blocks:

<b>Term 1</b>	<b>Netball</b>
<b>Term 2</b>	<b>Minkey (Modified hockey)</b>
<b>Term 3</b>	<b>Football (Soccer)</b>

ELIGIBILITY:	Year 3
COACHES:	Queenwood Staff and coaches
WHEN:	Saturday mornings - 2018
Term 1:	Feb 17, 24
	March 3, 10, 17, 24
Term 2:	May 5, 12, 19, 26
	June 2, 16
Term 3:	Aug 4, 11, 18, 25
	Sept 1, 8
VENUE:	Junior School courts (or MPH if wet)
TIME:	8:30am-10am (Second session offered if numbers dictate)
WEAR:	Sports uniform, shin-pads under long red Q sports socks for minkey and football. Mouth-guard essential for minkey
COST:	Nil
REGISTRATION:	Link to be advised
Term 1 bookings open February 2018	

## Inter-School Sport IPSHA (Independent Primary Schools Heads Association)

Playing a team sport provides many development opportunities for every participant. There are specific skills and game knowledge that are applied to match situations, the social skills that are developed through belonging to a group and the need to be making a contribution both on and off the field. Learning about and demonstrating good sportsmanship is an essential component of IPSHA sport and this is reinforced with the end of game etiquette of thanking the opposition, the umpires and our team.

Matches are played on a Saturday morning, duration of 1 hour, played between 8am -12pm. Venues are sport and division based. Where possible, the same time and location are allocated each week.

Items of sports uniform are available from the Queenwood Uniform Shop.

Term 1	Football	YEARS 4-6
ELIGIBILITY:	Years 4-6	
COACHES:	Queenwood Staff and coaches	
WHEN:	Saturday matches 7 Rounds in Term 1, 2018	
Start date	February 10, 2018	
End date	March 24, 2018	
VENUE:	Venue(s) to be confirmed	
TIME:	8am-12pm Match duration 2 x 20 minute halves Arrive 30 minutes before start of match for warm-up	
TRAINING:		
Year 4:	Monday 3:15-4:45pm	
Years 5 & 6:	Wednesday 3:15-4:45pm	
WHERE:	Rawson Oval Students walk to venue under staff supervision, parents to collect from venue at 4:45pm.	
WEAR:	Sports uniform, shin-pads under long red Q sports socks	
COST:	Nil	
REGISTRATION:	Link to be advised	
Term 1 bookings open 20 November, 2017 and close February 2018		

Term 2	Minkey & Hockey	YEARS 4-6
ELIGIBILITY:	Years 4-6	
COACHES:	Queenwood Staff and coaches	
WHEN:	Saturday matches 7 Rounds in Term 2, 2018	
Start date	May 5, 2018 (No games Queen's Birthday Long Weekend, June 9)	
End date	June 16, 2018	
VENUE:	To be confirmed	
TIME:	8am-12pm Matches 2 x 20 minute halves Arrive 30 minutes before start of match for warm-up	
TRAINING:		
Year 4:	Monday 3:15-4:45pm at Rawson Oval, or Junior School	
Years 5 & 6:	Wednesdays 7:15-8am or 3:15-4:45pm on courts at Junior School Students walk to venue under staff supervision, parents to collect from venue at 4:45pm.	
WEAR:	Sports uniform, shin-pads under long red Q sports socks Mouth-guard is compulsory	
COST:	Nil	
REGISTRATION:	Link to be advised	

Term 3	Netball	YEARS 4-6
ELIGIBILITY:	Years 4-6	
COACHES:	Queenwood Staff and coaches	
WHEN:	Saturday matches 8 Rounds in Term 3, 2018 Start date July 18, 2018. End date September 15, 2018	
VENUE:	To be confirmed	
TIME:	8am-12pm, matches 2 x 20 minute halves Arrive 30 minutes before start of match for warm-up	
TRAINING:		
Year 4:	Monday 3:15-4:45pm	
Years 5 & 6:	3:15-4:45pm Training will be held at either senior or junior campus. Students will be taken by bus to Senior School as needed. Parents to collect from venue at 4:45pm.	
WEAR:	Sports uniform	
COST:	Nil	
REGISTRATION:	Link to be advised	

Term 4	Cricket T20 Blast	YEARS 4-6
ELIGIBILITY:	Years 4-6 Cricket T20 Blast accommodates all ability levels	
COACHES:	Queenwood Staff and coaches	
WHEN:	Saturday matches Start 13 October and end 24 November	
VENUE:	To be advised	
TIME:	8am-12pm 1½ hour games	
TRAINING:	Year 4: Monday 3:15-4:45pm Years 5 & 6: Wednesday 3:15-4:45pm	
WHERE:	Rawson Oval Students walk to venue under staff supervision, parents to collect from venue at 4:45pm.	
WEAR:	Sports uniform including sports hat	
COST:	Nil	
REGISTRATION:	Link to be advised	

Term 4	Tennis	YEARS 4-6
ELIGIBILITY:	Years 4-6  Tennis Teams – there is a minimum skill requirement as well as playing with green or regular ball.  Orange-ball Northern Beaches Competition caters for those who miss team selection but provides match play in a positive and friendly environment	
COACHES:	Queenwood tennis coaches	
WHEN:	Saturday matches Start 14 October and end 25 November	
VENUE:	Tennis will be played at a different venue each week including Queenwood	
TIME:	8am-12pm  Tennis is a 2 hour time slot, 8-10am or 10am-2pm	
TRAINING:	Teams will be allocated a session, either Monday or Wednesday afternoons at Queenwood Tennis and Sports Centre at Oxford Falls or Junior School courts on a Wednesday morning.	
WEAR:	Sports uniform including sports hat	
COST:	Nil	
REGISTRATION:	Link to be advised	





# Activities by Year Group

## Key

Day followed by time.

Eg. MA = Monday After School

## Day

M Monday

T Tuesday

W Wednesday

TH Thursday

F Friday

## Time

A After school

B Before school

L Lunch time

## PLEASE NOTE

As venues, coaches, Trybooking links and other school activities are confirmed, this information will be updated regularly to reflect changes made.

Some activities have a minimum participant requirement so may not be able to be offered. Where necessary, a 'wait list' will be established to enable participation in a subsequent term.

YEAR	ACTIVITY	DAY & TIME	TERMS OFFERED			
			1	2	3	4
PRE-KINDY	Music Group	W,F	✓	✓	✓	✓
KINDY	Dance – 'Comets'	MA	✓	✓	✓	✓
	Chess Club	FL	✓	✓	✓	✓
	Gymnastics Club	MA WA	✓	✓	✓	✓
	Music - Tuition & Ensembles	Varied	✓	✓	✓	✓
	Snowsports	Holidays		✓	✓	
	Swimming	To be advised	✓	✓	✓	✓
	Tennis lessons, Group/private	M-F, B L A	✓	✓	✓	✓
YEAR 1	Dance – Jazz 'Rockets'	THA	✓	✓	✓	✓
	Chess Club	FL	✓	✓	✓	✓
	Double Dutch (Term 4 only)	MA WA				✓
	Gymnastics Club	MA WA	✓	✓	✓	✓
	Music - Tuition & Ensembles	Varied	✓	✓	✓	✓
	Snowsports	Holidays		✓	✓	
	Swimming	To be advised	✓	✓	✓	✓
	Tennis lessons, Group/private	M-F, B L A	✓	✓	✓	✓
	Yoga	TA	✓	✓	✓	✓

	Year 1 String Program	To be advised	✓	✓		
YEAR 2	Athletics Club	TB THB		✓	✓	
	Chess Club	FL	✓	✓	✓	✓
	Choir - Queen Street Singers	THL	✓	✓	✓	✓
	Cross Country Club	TB THB	✓			
	Dance – 'Meteors'	MA	✓	✓	✓	✓
	Double Dutch	MA WA	✓	✓	✓	✓
	Equestrian Club	THA	✓	✓	✓	✓
	Fencing Club	TB WA	✓	✓	✓	✓
	Gymnastics Club	MA WA	✓	✓	✓	✓
	Music - Tuition & Ensembles	Varied	✓	✓	✓	✓
	Sailing Club	TA	✓			✓
	Snowsports	Holidays		✓	✓	
	Swimming	To be advised	✓	✓	✓	✓
	Tennis lessons, Group/private	M-F, B L A	✓	✓	✓	✓
	Yoga	TA	✓	✓	✓	✓
YEAR 3	Athletics Club	TB THB		✓	✓	
	Chess Club	FL	✓	✓	✓	✓
	Choir - Queen Street Singers	THL	✓	✓	✓	✓
	Christian Club	Lunch	✓	✓	✓	✓
	Cross Country Club	TB THB	✓			
	Dance - Junior Dance Ensemble 'Nova'	THA	✓	✓	✓	✓
	Double Dutch	MA WA	✓	✓	✓	✓
	Equestrian Club	THA	✓	✓	✓	✓
	Fencing Club	TB WA	✓	✓	✓	✓
	French Catch-Up-Club	MB TB	✓	✓	✓	✓
	Gymnastics Club	MA	✓	✓	✓	✓
	Music - Tuition & Ensembles	Varied	✓	✓	✓	✓
	Sailing Club	TA	✓			✓
	Snowsports	Holidays		✓	✓	
	Sport - Intra School	Saturday	✓	✓	✓	
	Swimming	To be advised	✓	✓	✓	✓

	Tennis lessons, Group/private	M-F, B L A	✓	✓	✓	✓
	Yoga	TA	✓	✓	✓	✓
<b>YEAR 4</b>	Athletics Club	TB THB		✓	✓	
	Chess Club	FL	✓	✓	✓	✓
	Choir - Medway Singers	THB	✓	✓	✓	✓
	Christian Club	Lunch	✓	✓	✓	✓
	Cross Country Club	TB THB	✓			
	Dance - Junior Dance Ensemble 'Nova'	THA	✓	✓	✓	✓
	Dance - Junior Dance Company 'Stella'	FB	✓	✓	✓	✓
	Double Dutch	MA WA	✓	✓	✓	✓
	Equestrian Club	THA	✓	✓	✓	✓
	Fencing Club	TB WA	✓	✓	✓	✓
	French Catch-Up-Club	Before school	✓	✓	✓	✓
	Français Plus	Lunch	✓	✓	✓	✓
	Gymnastics Club	MA	✓	✓	✓	✓
	Music - Tuition & Ensembles	Varied	✓	✓	✓	✓
	Sailing Club	TA	✓			✓
	Sport - Interschool Football	MA	✓			
	Sport - Interschool Minkey	MA		✓		
	Sport - Interschool Netball	MA			✓	
	Sport - Interschool Cricket T20 Blast	MA				✓
	Sport - Interschool Tennis	WB MA THA				✓
	Snowsports	Holidays		✓	✓	
	Swimming	<i>To be advised</i>	✓	✓	✓	✓
	Tennis lessons, Group/private	M-F, B L A	✓	✓	✓	✓
	Yoga	TA	✓	✓	✓	✓
<b>YEAR 5</b>	Athletics Club	TB THB		✓	✓	
	Chess Club	FL	✓	✓	✓	✓
	Choir - Medway Singers	THB	✓	✓	✓	✓

	Christian Club	Lunch	✓	✓	✓	✓
	Cross Country Club	TB THB	✓			
	Dance - Junior Dance Ensemble 'Capella'	THA	✓	✓	✓	✓
	Dance - Junior Dance Company 'Stella'	FB	✓	✓	✓	✓
	Da Vinci Decathlon	<i>To be advised</i>	✓	✓		
	Debating - IPSHA	THA			✓	✓
	Double Dutch	MA WA	✓	✓	✓	✓
	Equestrian Club	THA	✓	✓	✓	✓
	Fencing Club	TB WA	✓	✓	✓	✓
	French Catch-Up-Club	Before school	✓	✓	✓	✓
	Français Plus	Lunch	✓	✓	✓	✓
	Gymnastics Club	MA	✓	✓	✓	✓
	Indoor Hockey	WA	✓			✓
	Music - Tuition & Ensembles	varied	✓	✓	✓	✓
	Sailing Club	TA	✓			✓
	Sport - Interschool Football	WA	✓			
	Sport - Interschool Minkey	WA		✓		
	Sport - Interschool Netball	WA			✓	
	Sport - Interschool Cricket T20 Blast	MA				✓
	Sport - Interschool Tennis	WB MA THA				✓
	Snow - Ski Trip (Y5 & 6)	Thurs - Sun			✓	
	Snowsports	Holidays		✓	✓	
	Swimming	<i>To be advised</i>	✓	✓	✓	✓
	Tennis lessons, Group/private	M-F, B L A	✓	✓	✓	✓
	Tournament of the Minds (TOM)		✓	✓	✓	
	Yoga	TA	✓	✓	✓	✓
<b>YEAR 6</b>	Athletics Club	TB THB		✓	✓	
	Chess Club	FL	✓	✓	✓	✓
	Choir: Medway Singers	THB	✓	✓	✓	✓

	Christian Club	Lunch	✓	✓	✓	✓
	Cross Country Club	TB THB	✓			
	Dance - Junior Dance Ensemble 'Capella'	THA	✓	✓	✓	✓
	Dance - Junior Dance Company 'Stella'	FB	✓	✓	✓	✓
	Da Vinci Decathlon	<i>To be advised</i>	✓	✓		
	Debating - ISDA	THA FA	✓	✓		
	Double Dutch	MA WA	✓	✓	✓	✓
	Fencing Club	TB WA	✓	✓	✓	✓
	French Catch-Up-Club	Before school	✓	✓	✓	✓
	Français Plus	Lunch	✓	✓	✓	✓
	Equestrian Club	THA	✓	✓	✓	✓
	Gymnastics Club	MA	✓	✓	✓	✓
	Indoor Hockey	WA	✓			✓
	Music - Tuition & Ensembles	Varied	✓	✓	✓	✓
	Sailing Club	TA	✓			✓
	Sport - Interschool Football	WA	✓			
	Sport - Interschool Hockey	WA		✓		
	Sport - Interschool Netball	WA			✓	
	Sport - Interschool Cricket	MA				✓
	Sport - Interschool Tennis	WB MA THA				✓
	Snow - Ski Trip (Y5&6)	Fri - Mon			✓	
	Snowsports	Holidays		✓	✓	
	Swimming	<i>To be advised</i>	✓	✓	✓	✓
	Tennis lessons, Group/private	M-F, B L A	✓	✓	✓	✓
	Tournament of the Minds (TOM)		✓	✓	✓	
	Yoga	TA	✓	✓	✓	✓

## Activities A-Z

### PLEASE NOTE

Some activities have a minimum participant requirement so may not be offered in that term

Where necessary, a wait list will be established to enable participation in a subsequent term.

	ACTIVITY	YEAR GROUP	TERMS OFFERED				PARTICIPANTS	REGISTRATION UPDATED EACH TERM
			1	2	3	4		
<b>A</b>	Athletics Club	Yrs 2 - 6		✓	✓		Open to all	To be advised
<b>C</b>	Chess Club	K - 6	✓	✓	✓	✓	limited numbers	To be advised
	CHOIR							
	Medway	Yrs 4 - 6	✓	✓	✓	✓	Audition & invitation	<i>Participants will be advised by email of letter</i>
	Queen Street Singers	Yrs 2 - 3	✓	✓	✓	✓	Audition & invitation	<i>Participants will be advised by email of letter</i>
	Christian Club	Yrs 3 - 6	✓	✓	✓	✓	Open to all	Permission note
	Cross Country Club	Yrs 2 - 6	✓				Open to all	To be advised
	Chess Club	Lunch	✓	✓	✓	✓		<a href="http://trybooking.com/52749">trybooking.com/52749</a>
<b>D</b>	DANCE							
	Jazz 'Comets'	K	✓	✓	✓	✓	20 students	<a href="http://trybooking.com/111702">trybooking.com/111702</a>
	Jazz 'Rockets'	Yr 1	✓	✓	✓	✓	20 students	<a href="http://trybooking.com/111702">trybooking.com/111702</a>
	Jazz 'Meteors'	Yr 2	✓	✓	✓	✓	20 students	<a href="http://trybooking.com/111702">trybooking.com/111702</a>
	JUNIOR DANCE ENSEMBLES							
	'Nova' (Y3 & 4)	Yrs 3 - 6	✓	✓	✓	✓	20 students	<a href="http://trybooking.com/111702">trybooking.com/111702</a>
	'Capella' (Y5 & 6)	Yrs 3 - 6	✓	✓	✓	✓	20 students	<a href="http://trybooking.com/111702">trybooking.com/111702</a>
	Junior Dance Company 'Stella'	Yrs 4 - 6	✓	✓	✓	✓	Audition & invitation	<a href="http://trybooking.com/68877">trybooking.com/68877</a>
	Da Vinci Decathlon	Yrs 5 - 6	✓	✓			Audition & invitation	<i>Participants will be advised by email of letter</i>
	Debating	Yrs 5 - 6	✓	✓	✓	✓	Audition & invitation	<i>Participants will be advised by email of letter</i>
	Double Dutch	Yrs 2 - 6	✓	✓	✓		Open to all	<a href="http://trybooking.com/52096">trybooking.com/52096</a>
<b>E</b>		Yrs 2 - 6	✓	✓	✓	✓	10-12 riders	Under review for 2017 <a href="http://trybooking.com/52099">trybooking.com/52099</a>

<b>F</b>	Fencing Club	Yrs 2 - 6	✓	✓	✓	✓	10-12 fencers	<a href="http://trybooking.com/52205">trybooking.com/52205</a>
	French Catch-Up-Club	Yrs 3 - 6	✓	✓	✓	✓	Open to all	<i>Participants will be advised</i>
	Français Plus	Yrs 4 - 6	✓	✓	✓	✓	8-10 for semester, invitation	<i>Participants will be advised</i>
<b>G</b>	Gymnastics Club	K - 6	✓	✓	✓	✓	Class sizes 20	Registration forms available from Mrs Johnston
<b>I</b>	Indoor Hockey	Yrs 5 - 6	✓			✓	8 per team, 4 teams MAX	<a href="http://trybooking.com/59833">trybooking.com/59833</a>
<b>M</b>	MUSIC: BAND/ENSEMBLES	K - 6	✓	✓	✓	✓	Open to all	<i>Participants will be advised by email of letter</i>
	Cello Ensemble	Yrs 3 - 6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Clarinet/Saxophone Ensemble	Yrs 3 - 6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Flute Ensemble	Yrs 2 - 6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Swing Band	Yrs 4 - 6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Training Strings	Yrs 3-6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Stalley Strings	Yrs 3-6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Concert Band 1	Yrs 3-6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Concert Band 2	Yrs 3-6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	MUSIC Private Tuition	K - 6	✓	✓	✓	✓	Open to all	To be advised
	VIOLIN ENSEMBLES							
	Twinklers & Allegros	K - 6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Prestos	K - 6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
	Violin Ensemble	Yrs 3 - 6	✓	✓	✓	✓	By invitation	<i>Participants will be advised by email of letter</i>
<b>S</b>	Sailing Club	Yrs 2 - 6	✓			✓	minimum	<a href="http://trybooking.com/59835">trybooking.com/59835</a>
	Saturday Sport – Intra School	Yr 3	✓	✓	✓		Open to all	To be advised

	SATURDAY SPORT IPSHA							
	Football or Teeball	Yr 4	✓				Open to all	To be advised
	Football	Yrs 5 - 6	✓				Open to all	To be advised
	Minkey	Yrs 4 - 6		✓			Open to all	To be advised
	Hockey	Yr 6		✓			Open to all	To be advised
	Netball	Yrs 4 - 6			✓		Open to all	To be advised
	Cricket T20 Blast	Yrs 4 - 6				✓	Open to all	To be advised
	Tennis	Yrs 4 - 6				✓	Minimum skill level required	To be advised
	Snow - Ski Trip (4 days)	Yrs 5 - 6			✓		35 students	To be advised
	Snowsports (Holidays)	K - 6		✓	✓		Open to all	To be advised
	Swimming	K - 6	✓	✓	✓	✓	Open to all	To be advised
<b>T</b>	Tennis lessons – Private & Group	K - 6	✓	✓	✓	✓	Limited numbers	To be advised
	Tournament of Minds	Yrs 5 - 6	✓	✓	✓		Audition & invitation	<i>Participants will be advised by email of letter</i>
<b>Y</b>	Yoga	Yrs 1-6	✓	✓	✓	✓	Open to all	<a href="http://trybooking.com/128229">trybooking.com/128229</a>

Handwriting practice lines consisting of 20 horizontal dotted lines on a white background.





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QUEENWOOD

*Per aspera ad astra*