



St Vincent's College
Potts Point

Welcome to Year 7
Co-Curricular Activities

2023





Dear Parents, Carers and Students

St Vincent's College offers numerous opportunities for students to participate in Co-Curricular activities. Choir, Circus, Dance, Debating, Drama and Music Ensembles are held before school, during lunchtimes and after school. Ensembles are a wonderful opportunity for students to learn something new, improve existing skills or simply make new friends with similar interests.

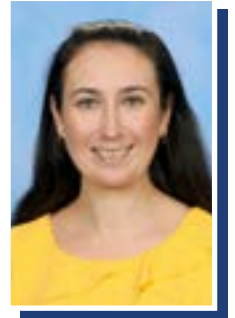
In 2023, all year 7 students will participate in at least one Performing Arts co-curricular activity. I encourage you to discuss with your daughter which activity would most benefit her learning and enjoyment and support her engagement in the early years of secondary school.

The College also offers tuition for individuals or small groups in Dance, Drama and Music. Classes are scheduled throughout the day in the Garcia building giving students the opportunity to learn from experienced tutors while offering the convenience of being located at the College.

Our tutors are dedicated industry professionals who encourage students to develop their talents and love of performing arts and debating.

I look forward to welcoming your daughter to the College Community and supporting her co-curricular endeavours during her years at the College.

Ms Belinda Peoples
Co-Curricular Co-ordinator



Year 7 Performing Arts Program

In Year 7, all students participate in a minimum of one Performing Arts Co-Curricular Activity from the list below. Classes are structured for beginners through to advanced levels and are taught by dedicated tutors who are supportive and encouraging of all students. Students are welcome to participate in as many activities as they wish however it is important to consider that all ensembles, with the exception of debating, run for the full academic year and a commitment is required to ensure all students are learning and achieving their best.

This booklet also contains information about additional activities, and these along with the Year 7 program and individual tuition can all be enrolled in via the College website. Links to each enrolment form are located on page 6 of this booklet.

Co-Curricular Activities 2023

Choir	Classical Ballet	Public Speaking	Drama Ensemble
Music Ensemble	Jazz Dance	Circus Skills	Theatresports



Theatresports and Drama Ensemble

Theatresports encourages students to learn how to improvise and grown confidence on stage. The activities and games challenge students to improvise short creative stories and work with each other to create scenes about various topics. Selected students have the opportunity to represent the College at the All Girls Shield and the Theatresports Challenge. In 2021, our talented team were the NSW Intermediate Theatresports Challenge Champions and runners up in the Senior division in 2022.



Drama Ensemble is an opportunity to workshop different styles of drama performance including monologue preparation, audition techniques, commedia dell'arte and film workshops. Teams also have the opportunity to compete in the Shakespeare Carnival as well as school based events.

Jazz Dance and Ballet Ensemble

The College offers dance ensembles in Ballet and Jazz. Each ensemble rehearses once per week and prepares a routine for the annual dance concert held at the Seymour Centre in November.

The Ballet Ensemble aims to foster students who have a passion and talent for Classical Ballet. Our weekly classes provide a complete training program offering a variety of open class work, classical conditioning and choreography. Ballet ensembles are held before school from 7:30 am to 8:30 am.

The Jazz Dance Ensembles provide opportunities for students to develop their technique and learn choreography in Jazz Dance, Musical Theatre and Hip Hop. Jazz Dance Ensembles are held after school from 3:15 pm to 4:15 pm.

Jazz Dance Ensembles are available for beginners through to advanced abilities.





Year 7 Music Ensembles

Our Year 7 Music Ensembles include Choir and the Music Ensemble which focus on group performance. Students prepare for a variety of College performances including Music Night and the annual Spring Fair. No experience is required so these groups are the perfect opportunity to learn an important skill and have fun.



Choir students learn and perform a variety of styles ranging from choral arrangements to pop songs. The Choir performs at numerous College events including Music Night, Speech Night, Year 12 Graduation and College Mass to name a few. The Choir rehearses before school from 7:30 am to 8:30 am.

Music ensemble is exclusively for year 7 and the style is "taylor made" based on the skills and instruments played by the incoming cohort. Having an ensemble that is reflective of the skills and individual needs of the students creates and supports a positive and welcoming learning environment for new musicians.

Additional Music Ensembles

Music students have the opportunity to join Orchestra and Rock Band. We also run small ensembles to cater for individual music styles depending on the skills and interests of our students. These groups are additional options and are not part of the Year 7 Performing Arts program, however year 7's with some music experience are encouraged to join.

Orchestra plays a wide repertoire from both classical and modern-day popular music genres to keep students engaged and motivated to learn new pieces. The Orchestra includes all percussion, strings, woodwind and brass instruments and is suitable for students from Grade 2 to the highly advanced players.

Rock Band play a wide variety of Rock Classics and modern-day pop hits. The Rock Band is an exciting way for students to enhance their skills in an ensemble environment.

St Vincent's College Rock Bands have won a number of Band Competitions and caters for students who have limited musical experience to highly skilled musicians.





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Welcome to Public Speaking and Circus Skills

"Just A Minute" - Public Speaking

St Vincent's offers opportunities for both public speaking and debating throughout the year. As a taster for these activities and to invite students to build both confidence and skills there will be a lunch time club to promote all the skills that these activities provide. Working with others, thinking on your feet,



engaging your mind to think about new ideas, building strategies and confidence to take an active role in class activities, finding new people to work with, listening to others and above all speaking itself are valuable skills that are taught and learnt in this activity. If you like talking or if you wished you had more confidence when speaking in front of others this activity would welcome your involvement.

Introductory Circus Skills

Designed just for Year 7, our new Circus Skills class gives students the opportunity to participate in basic circus skills activities. Some of these will include balancing, strength, stretch and juggling. Activities are aimed at beginners and are a "just for fun" activity. There are no performances for this group making it a perfect option for those students who might suffer from a little stage fright.



Year 7 Ensembles - Proposed Times

Ballet Ensemble - Before school

Circus Skills - Lunch

Choir - Before school

Drama Ensemble - Lunch

Jazz Dance Ensemble - After school

Music Ensemble - Lunch

Public Speaking - Lunch

Theatresports - Before school

* Times are a guide based on previous years.



The College debating team competes in the Archdale Competition on Tuesday evenings in Terms 2 and 3. Each team participates in a coaching session with specialist debating coaches followed by the debate. Debates are held at the College campus or the opposing school's campus on a rotating basis. The College has eight debating teams, 7A, 7B, 8A, 8B, Year 9, Year 10, Junior and Senior.



In 2023 the College will be offering a separate informal coaching session during Term 1 for Year 7 students who wish to participate in the Archdale competition. Term 1 coaching is not compulsory but is a great opportunity for students to improve their skills, get to know their team and build confidence prior to the season commencing. An Inter-House debating competition will take place during lunch time in Term 4.

Fees and Registration Information

Performing Arts Ensemble Fees

All Ensemble groups cost \$220* each per year, except Choir which is free of charge. This will be charged to your fee invoice in Term 2. Any changes to enrolment **must be made in writing to Ms Peoples by week eight of Term 1, or you will be billed for the annual amount and no refunds will be given.**

It is expected that all students enrolling in an Ensemble make a **full year commitment** to this group. Students are required to be punctual and attend their weekly rehearsals. Ensembles are a group effort and can only perform to their full potential when all students are giving their best.

Registration

Registration for ensembles will open on Friday 2 December 2022. Ensemble groups fill quickly so early registration is encourage to avoid dissapointment. A timetable will be supplied as soon as possible.

Please register for the Year 7 ensembles [HERE](#) or on the College website.

Registration for other ensembles is [via the College website](#).

Debating Fees

The fee for Archdale debating is \$220*. There is no additional fee for term 1 coaching. "Expressions of interest" for debating will be [via the College website](#). A meeting will be held during lunchtime early Term 1 to give students more information.

* Fees are correct at the time of printing and may be subject to change over time

If you have any questions or require further information please contact
Ms Belinda Peoples, peoplesb@stvincents.nsw.edu.au



The College Co-curricular Private Tuition Program allows students to elect to have lessons with a specialised tutor in Dance, Drama and Music, either individually or in small groups. Co-curricular tuition runs within the school day, meaning students will be withdrawn from an academic class once per week to attend.

Co-Curricular tuition is extremely popular at the College, supporting and extending the talents and skills of individual students. This program also assists in continuing to build the level of skills for the College Ensembles.

Students may learn Contemporary Dance, Speech and Drama, Voice, Music Technology, Music Composition and a variety of musical instruments.

All classes are taught by qualified and experienced tutors. Students are offered



classes for basic technique and enjoyment as well as the opportunity for exams and competitions in many of the subjects. The College has designated classrooms and rehearsal rooms available for lessons, including a recording studio in the Garcia building. There is also a storeroom where students can leave their musical instruments safely throughout the day.

Co-Curricular Tuition Fees*

These vary depending on lesson length and if you select a group lesson or individual lesson.

Individual Tuition Fees

Length of Lesson	Fee per Lesson	Fee per Term (8 lessons)
30 minutes	\$41.25	\$330
45 minutes	\$62	\$496

Group Tuition Fees (Maximum of four students per group.)

Subject	Length	Fee per Lesson	Fee Per Term
Drama	30 minutes	\$22	\$176
Contemporary Dance	45 minutes	\$30	\$240
Music Technology	45 minutes	\$25	\$200



How to Enrol

To enrol in co-curricular tuition please complete the online form [HERE](#)

Contact Belinda Peoples via email at peoplesb@stvincents.nsw.edu.au



COVID Safety Policy

St Vincent's College follows COVID-safe practices as outlined by Government policy. In 2023, the College will continue to follow COVID-safe planning including audience participation as directed.

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