

ACTIVITIES Add Value

Dear Parents and Caregivers

At St Benedict's Catholic Primary School (SBCPS), we seek to deliver a schooling experience that caters to the needs, abilities and interests of each student. Our staff work hard to ensure students receive a personalised, relevant and meaningful Catholic education.

There are many ways in which families can support their children to be prepared for learning at school. Making school attendance a high priority in your family would probably be the most important, but also by ensuring children get enough sleep, a good diet and regular exercise; by encouraging reading from an early age; by sharing the learning journey through an active involvement in our wonderful school, and in your child's hobbies and extra-curricular activities.

This brochure gives you a brief glimpse of our Specialist Lessons and supported Extra-curricular options.

Many other extra-curricular organisations regularly advertise in the back section of our school newsletter. You can find copies of the newsletter on the Parent Portal/*Newsletter*.

Please take the time to read this important information and also to consider why engaging in that little extra 'something' after school can help your children can be active and successful learners now and in the future.

Patrick Davis
Principal
St Benedict's Catholic Primary School

ACTIVITIES In Sport

Health & Physical Education

The Physical Education program at St. Benedict's has been designed to be inclusive of all students. Recognising the significant health benefits of physical activity, the program is designed to encourage maximum participation, enjoyment and progression of physical activity skills in an endeavour to inspire and enable lifelong participation in a variety of sporting and recreational activities. Physical Education lessons include team building and cooperative games; perceptual motor activities; fitness; athletics; ball skills and recreational games, as well as, swimming lessons (conducted by experienced professional coaches in Terms 1 or 4).

Our annual all-school *Swimming, Cross Country* and *Athletics Carnivals* are held throughout the year. Students who are selected, from these carnivals, for additional competitive teams (based on times) are provided with the opportunity to train in the lead up to the below events:

- *Catholic Zone 6 Carnivals*. 8 years +.
- *Pine Rivers District Sports*. 10 years +. We can also conduct school trials for students to attend District trials in a wide range of other sports including tennis, rugby union & league, touch football, soccer and netball, basketball, softball, AFL, hockey, cricket and triathlon.
- *Regionals, Metropolitan North or QLD Schools States*.

Students have many opportunities to be involved in the following age appropriate extra-curricular activities, all of which will incur additional costs:

- Privately run AFL, Oz Tag, NRL. @Oval.
- Tennis (private lesson, contact hampson.wayne@gmail.com). @Tennis courts.
- Tae Kwon Do (private lesson, contact [0438 860 967](tel:0438860967)). @Cafe Undercover area.

You should know...

ACTIVITIES MATTER

here @ SBCPS

**During and After School Extra-curricular
Activities Available for Students**



www.stbenedicts.qld.edu.au

pmangohill@bne.catholic.edu.au

3481 4600

Absentee 3481 4688



ACTIVITIES Available to You

Specialist Teachers here at St Benedict's are engaged in *Music & Dance, Visual & Media Arts, Health & Physical Education* and *Chinese*. In and around these sessions are many school based, as well as, outside school offered extra-curricular activities which support our Curriculum and are school endorsed. **Most of the following activities will happen on a weekly basis, before or after school (depending on the instructor).**

Music

Classroom music education at St Benedict's is approached with the inclusive attitude that everyone has a voice and through the sequential development of skills, has the capacity to build the musical mind. Music lessons have a strong focus on singing, as singing is recognised as fundamental in the development of musical thinking known as *audiation*. Acquiring this ability to think in sound also has numerous similarities to the development of learning language.

Students have many opportunities to be involved in the following age appropriate extra-curricular activities which are officered at no additional cost:

- *Benedict Performer's (BP's) Choir*. Year 4 - 6. @Music room.
- *Jr BP's Choir*. Year 2 - 3. @Music room.
- *Mini Singers*. Prep - Year 2. @Library.

For more information regarding our Specialist Programs check out our school website or Parent Portal/Specialists.

For more information that will assist parents and instrumental music students to understand the basic functions and policies of the program check out Parent Portal/Be Informed—The Arts.

Instrumental Music

The aim of the *Instrumental Music Program* is to develop the students' musical, social and personal awareness through participation in instrumental music instruction, ensembles, rehearsals and performances.

Students have many opportunities to be involved in the following age appropriate extra-curricular activities, all of which will incur additional costs:

- *Senior Band*. Year 5 - 6.
- *Junior Band*. Year 3 - 6.
- Instrumental instruction available for Flute, Clarinet, Alto/Tenor Saxophone, Bass Clarinet, Trumpet, Trombone, Euphonium/Baby Tuba, Percussion (drums, glockenspiel, auxiliary percussion).
- Guitar (private lesson, contact school). @Art room.
- Piano/Keyboard (private lesson, contact Rachel@sweeney.id.au). @OSHC.

Dance and Drama

Our classroom teachers focus on dance and drama throughout the school year. Our talented teachers and staff offer their time to organise these events with the support and cooperation of our community and students.

Students have many opportunities to be involved in the following age appropriate extra-curricular activities which are officered at no additional cost:

- *Sr Bennies Bright Stars Dance Troupe*. Year 5 - 6. @Hall.
- *Jr Bennies Bright Stars Dance Troupe*. Year 3 - 4. @Hall.
- *Bitty Bennies Dance Troupe*. Year 1 - 2. @Hall.

Visual & Media Arts

Students in Prep through to Year 6 engage in specialist art lessons for a trimester (13 weeks) each year. The children experience a series of activities which may include - drawing, painting, design, construction, pottery, printmaking, mixed media and digital media.

Students have many opportunities to be involved in the following age appropriate extra-curricular activities, all of which will incur additional costs:

- *Smockon Art* (private lesson, contact smockon@live.com). @Art room.
- *Lego Club* (private lesson, contact Bricks4Kidz.com.au/NorthLakes). @Music room.
- *Chess Club* (private lesson, contact info@chesspeople.com.au). @Library.

Chinese

Here at St Benedict's we have a part-time qualified Chinese teacher who works with our Year 3 - 6 classes. The study of the Chinese language opens the way to many important fields such as travel and hospitality, services, education, trade, history, culture, archaeology and so much more! To be at ease and effective in a Chinese environment, learning the language is just part of the story - knowing about the culture behind the language is the other.

At St Benedict's we aim to provide every interested student with a unique and exciting music experience. We look forward to their active participation in the many musical activities that take place during our school year such as *Jubilate Deo*, the *Catholic Colleges Music Festival* and our own *Art Immersion* events.

We walk in God's ways where together we live, love, learn and celebrate.

