



Alphington  
GRAMMAR SCHOOL

# Secondary Enrichment Programs

SEMESTER 2 2022



# ENRICHMENT PROGRAM

## INTRODUCTION

The Enrichment Program in the Secondary School complements the broad, dynamic classroom curriculum, whilst also offering students the opportunity to immerse themselves in an array of character-building programs. We encourage all students to explore the many activities on offer, in order to broaden their knowledge, learn a new skill and get to know students from across different year levels.

The activities will span the areas of Music and Performing Arts, Dance, Sport, Games, Debating, STEM Club and many more.

All students in secondary years are expected to meet the minimum requirements for enrichment points each semester. Each student must accumulate 20 enrichment points per semester.

At the end of each academic year students will receive a **Certificate of Enrichment Achievement** by fulfilling their 20 co-curricular points per semester. A **Certificate of Enrichment Excellence** will be awarded to students who have obtained an excess of 50 co-curricular points per semester.

Students are expected to be engaged participants in their chosen activity, and in order to satisfy their enrichment tally of points an attendance rate of 90% must be maintained. The program will offer a bespoke experience for each student and an opportunity to develop lifelong skills.

# SPORT PROGRAMS



## ATHLETICS ENRICHMENT

Alphington Grammar School is proud to be offering Athletics Enrichment, a Secondary enrichment program in collaboration with 4-time Olympic Distance Runner **Craig Mottram** and his foundation, Elitewellbeing. The Athletics Enrichment program will focus on targeted training, tailored well-being programs, and preparing students for athletics competitions where they can compete as registered athletes. For any student looking for balanced sporting and wellness mentorship, a chance to refine their athletics capabilities, or the opportunity to learn from the best of the best, this program is not one to miss!

### MIDDLE DISTANCE RUNNING AND SPRINTS

**WHEN: WEDNESDAY 7.30 TO 8.30AM**

**WHERE: AGS GYM**

**WHO: MS RAHME**

**10 POINTS**

### STRENGTH AND CONDITIONING

**WHEN: FRIDAY 7.30 TO 8.30 AM**

**WHERE: AGS GYM**

**WHO: MR DIVINY**

**10 POINTS**

## TENNIS

The Tennis Club is an opportunity to come along and have a hit with your fellow students. You will need to have a basic level of tennis ability to take part. A tennis racquet can be provided if you don't own one. You can play for fun or you may be able to play doubles matches if there are other fellow students of a similar standard. Due to the number of tennis courts, numbers will be capped at a maximum of 12 students. Dress/equipment: You must wear sports shoes to take part.

**WHEN: TUESDAY 3.45 TO 4.30PM**

**WHERE: TENNIS COURTS**

**WHO: MR STONE**

**10 POINTS**



## BASKETBALL

Do you play basketball? Come show off your skills. Students of all abilities are invited to join in pick-up games. There are no drills, just short games designed to get everyone involved.

**WHEN: TUESDAYS 3.45 TO 4.30PM, YEARS 7 - 9 OR  
THURSDAYS 3.45PM TO 4.30PM, YEARS 10 - 12**

**WHERE: AGS GYM**

**WHO: MR ADAMS**

**10 POINTS**

## WALKING CLUB

**WHEN: TUESDAY 1.15 TO 2.00 PM**

**WHERE: OUTSIDE FLOWERDALE**

**WHO: MS KONTOSIS, MS MALLIS AND MS THEODOROPOULOS**

**10 POINTS**

Join fellow students for a brisk walk along the pathway to the Darebin Parklands and back to school. All fitness levels welcome. Throughout the term we aim to improve our fitness levels and reduce stress. Walking allows you to connect with other students while you enjoy the flora and fauna.

Please let staff know of any injuries or health issues you may have. Bring your walking shoes, water bottle and any medication you require.

## BADMINTON

**WHEN: MONDAY 1.15 TO 2.00PM**

**WHERE: AGS GYM**

**WHO: MR LEI**

**10 POINTS**

Come and join **Mr Lei's** Badminton Club in your lunch time to relax. Playing badminton can not only strengthen the body and relax the mind, but also activate the brain, because it is a very strategic sport that requires our skills. Through badminton, we can also enhance our friendship and social skills with each other.

# SOCIAL PROGRAMS



## BOARD GAME CLUB

**WHEN: MONDAY 1.15 TO 2.00PM**

**WHERE: ROOM B205**

**WHO: MR GREGORIADIS**

**10 POINTS**

When people hear board games, their first thoughts are often Monopoly or Scrabble. In Board Game Club we are leaving these classics in the past where they belong. Modern board games have made huge leaps and bounds over the past 20 years. Casual or competitive, there is a board game for everyone. Sign up to Board Game Club and see what modern board games are all about.

## PERSONAL DEVELOPMENT AND LIFE SKILLS

**WHEN: THURSDAY 1.15 TO 2.00PM**

**WHERE: ROOM L1 - LIBRARY**

**WHO: MRS YARNTON**

**10 POINTS**

Are you interested in finding out more about make-up, skin, hair and nail care? Do you freeze when asked to present an oral presentation or speak publicly? Do you wonder what piece of cutlery is used for each course? Do wonder which type of perfume suits you? Do you wonder what clothing pieces and colours work best for you? If so, Mrs Yarnton's "Personal Development and Life Skills" is for you! This 45 minute class will focus on helping you build confidence, improve your knowledge of etiquette and teach you how to apply beauty products effectively. At the end of the course, you will receive an authorised certificate that will be an asset on your résumé

## SOCIAL JUSTICE CLUB

**WHEN: EVERY SECOND TUESDAY (DAY 2), 1.15 TO 2.00PM**

**WHERE: ROOM B213**

**WHO: CHLOE PORTOGLOU, ARISTEA PAPAX, MS MORWOOD AND MR PANARA**

**10 POINTS**

Alphington Grammar Social Justice Club welcomes students from every year level to join **Chloe** and **Aristea** to chat about social issues. We encourage everyone who wants to make a difference, whether big or small, to come along to discuss and spread awareness. This will be an inclusive and open environment, and we look forward to seeing how far we can progress and what we can achieve.





## CHESS CLUB

Do you want to learn to think and engage in mortal combat of the mind? Then Chess Club is for you! Join **Mr White** and **Mrs Stewart** to learn and master one of humankind's oldest, most complex and beautiful games. AGS Chess Club offers casual chess, as well as chess coaching and interschool tournaments!

### CASUAL CHESS CLUB

**WHEN : WEDNESDAYS 1.15 TO 2.00PM**

**WHERE: ROOM B216**

**COST: FREE**

**10 POINTS**

NOTE: Just show up, all invited! Chess boards provided.

### CHESS COACHING

**WHEN: TUESDAYS 3.45 TO 4.45PM**

**COST: \$100 PER TERM**

**WHERE: ROOM B216**

**WHO: MR WHITE AND MRS STEWART**

**10 POINTS**

NOTE: Email your interest to [MWH@ags.vic.edu.au](mailto:MWH@ags.vic.edu.au).

## DUNGEONS AND DRAGONS

**WHEN: THURSDAYS 3.45 TO 4.30PM**

**WHERE: ROOM B211**

**WHO: MR PANARA**

**10 POINTS**

Calling intrepid adventurers! If you've ever heard of Dungeons and Dragons and never had the chance to play... this is your opportunity! D and D is a worldwide, table-top role playing game, using dice and your imagination to tell a story. It's part board game, part acting, all fun! Join **Mr. Panara** for short campaigns throughout the year. Available for students from Year 5 to 12



## **GREEK RADIO THEATRE**

**WHEN: THURSDAY 8.15 TO 9.00AM**

**WHERE: B113 (THE STUDIO)**

**WHO: MS DIAKODIMITRIOU**

**10 POINTS**

Do you love learning Greek and want to learn more? No matter your level of ability, for those keen to polish up your reading skills, and do a spot of 'acting', join Greek Radio Theatre.

## **BOOK CLUB**

**WHEN: FRIDAY 1.15PM TO 2.00PM**

**WHERE: LIBRARY**

**WHO: MRS MARE**

**10 POINTS**

Do you love books and want to share that passion with your fellow students? Do you love discussing and recommending books that have inspired you? Are you stuck knowing what to read and want to hear what other students are reading? There are fun activities around books, in particular award-winning books and the best part is assisting to select books for the library which you can read first.

## **RAINBOW ALLIANCE**

**WHEN: EVERY SECOND FRIDAY (DAY 10), 1.15-2.00**

**WHERE: ROOM B213**

**WHO: MS TODARO**

**10 POINTS**

A club for anyone who wants a safe and supportive space to discuss, celebrate and advocate for LGBTQ+ rights

## **JUNIOR DEBATING PROGRAM (YEAR 7)**

**WHEN: THURSDAY 1.15 TO 2.00PM**

**WHERE: ROOM B210**

**WHO: MS MILBURN AND MS MORWOOD**

**20 POINTS**

Year Sevens are invited to come and join Ms Milburn and Ms Morwood for the Junior Secondary Debating Program. It is the perfect opportunity to dip your toe into the world of debating, as the Debating Association of Victoria offer training, debates with a variety of other schools, and great feedback to set you off on your debating career. Please note, the debates do take place after school.



# STEM PROGRAMS



## **MICROSOFT EXCEL WORKSHOP**

**WHEN: FRIDAY 1.15 TO 2.00PM**

**WHERE: ROOM B104**

**WHO: MS DU**

**10 POINTS**

Ms Du is going to take you through an Excel Journey which you could explore a variety of features built in Excel including summing-up, average and selecting, and also introduce how to analyse and interpret data using various visual representations. Let's make our own study more fun, efficient and productive.

## **SCIENTIFIC INVESTIGATIONS AND MATH CURIOSITIES**

**WHEN: WEDNESDAY 1.15 TO 2.00PM**

**WHERE: STEM LABS**

**WHO: MR DIAMANDIKOS AND MS POTOCHNIK**

**10 POINTS**

Come and have some fun doing a variety of scientific investigations and experiments (real and virtual). We will be looking at all Science domains and you will have the opportunity to improve in your scientific skills used in the classroom!

## **ALPHINGTON ENVIRONMENT GROUP**

**WHEN: TUESDAY 1.15 TO 2.00PM**

**WHERE: MULTI FUNCTION ROOM LIBRARY**

**WHO: MRS MARE**

**10 POINTS**

The focus of the AGS Environment Group is students' concerns about their effects on the environment and the planet. The vision of the group is to empower students to make eco-friendly changes in their school community. The goal is to brainstorm environmental issues, determine projects and come up with action plans. This group is a student-led group for students. There will be discussions, guest speakers, games and informative sessions that will empower you to think outside the box. Come and talk about your concerns or come and hear what your fellow students have to say about the environment and be a part of the unique solutions.

# CREATIVE PROGRAMS



## ART CLUB

**WHEN: FRIDAY 1.15 TO 2.00PM**

**WHERE: SECONDARY ART ROOM**

**WHO: MS MCCAUGHEY**

**10 POINTS**

Do you wish your Art classes would go for longer? Come join **Ms McCaughey** in the art department for more time doing what you love with likeminded peers!

## BREAD MAKING

**WHEN: TUESDAY 1.15 TO 2.00PM AND 3.40 TO 4.40 PM, WEEKS 5 - 9 ONLY**

**WHERE: LYCEUM**

**WHO: MR PAPOULIS AND MS TEREZAKIS**

**10 POINTS**

Come and join Mr Papoulis and make some tasty freshly baked bread to take home and enjoy with your family.

## TV AND FILM CLUB

**WHEN: WEDNESDAY 1.15 TO 2.00 PM**

**WHERE: ROOM B220**

**WHO: MS MILBURN AND MR SMITH**

**10 POINTS**

Come and join Ms Milburn to meet up and watch, discuss, and critique a range of films and TV shows. From some classic Hitchcock horror, to some old school TV shows (Did someone say Buffy?), our TV and Film Club will be a great chance to get a taste of some genres, directors, and styles you may not have seen before. You could even use it as an opportunity to show off why one of your favorites is so brilliant.

## CALLIGRAPHY WRITING

**WHEN: WEDNESDAY 1.15 TO 2.00 PM**

**WHERE: ROOM B103**

**WHO: MS MA**

**10 POINTS**

Do you need a break from a hectic day? Do you want to try something new as a way of relieving stress? Come and join Ms Ma's Calligraphy Writing Club to calm your mind and relax your body. Practicing calligraphy and handwriting are definitely an incredible way to develop fine motor skills and increase memory retention. Being able to create beautiful writing can definitely help you to feel better and confident!

## LIGHTING AND SOUND PRODUCTION

**WHEN: THURSDAY 1.15 TO 2.00PM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MR BAKER**

**10 POINTS**

If you would like to learn how to be a sound engineer or how to use professional lighting, come and join Mr Baker's master classes. This is a program for years 9 to 12 students only. You will explore the different styles and colours of lighting as well as how to mix the sound for different types of performances. There will be opportunities to practise what you have learnt at assemblies and other school events.

## GREEK CHOIR

**WHEN: MONDAY 1.15 TO 2.00PM**

**WHERE: C102 (STAGE)**

**WHO: MS DIAKODIMITRIOU**

**10 POINTS**

What better way to practice your Greek skills and learn about Greek culture than through song? Join our multi age Greek choir to learn songs from famous Greek composers, increase your confidence in Greek and have fun. There will be opportunities to perform throughout the year.





## MUSICAL THEATRE CLUB

**WHEN: FRIDAY 1.15 TO 2.00PM**

**WHERE: ROOM B113 (DRAMA STUDIO)**

**WHO: MRS WILSON**

**10 POINTS**

If you have a love for acting, singing or dancing, this is the program for you. Join Ms Wilson and rehearse and perform scenes and songs from your favourite musicals. Enhance your theatre and singing skills in a fun, collaborative way.

## ALPHINGTON DRUMLINE

**WHEN: TUESDAY 8.15 TO 9.00AM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MR SPICER**

**10 POINTS**

Have you ever wanted to learn drums or be a part of a marching band/drumline? Well look no further! You'll get the chance to learn how to play different drums, play songs, make new friends, and perform live at various AGS events. We cater to all musical abilities, so beginners are encouraged to join. Drumline will rehearse once a week, so come on down and start your week off with a bang!

## CONCERT BAND

**WHEN: MONDAY 8.15 TO 9.00AM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MS HILLS**

**10 POINTS**

Do you play a woodwind or brass instrument? Well, this is the ensemble for you! Led by the amazing **Ms Hills** this ensemble will explore the music of big bands and popular music. We cater to all musical abilities and age groups, so come along and enjoy making music with your peers!





## YEAR 7 BAND

**WHEN: THURSDAY 1.15 TO 2.00PM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MS ATWA**

**10 POINTS**

Year 7 Band is an opportunity for all Year 7 students to socialise through music! During weekly rehearsals, students will be enhancing their playing and ensemble skills as well as getting to know their peers. All instruments and abilities are welcome!

## YEAR 8 BAND

**WHEN: MONDAY 1.15 TO 2.00PM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MR KAPRALOS**

**10 POINTS**

Do you love to play and sing music? Well look no further – **Mr. Kapralos** is hosting a weekly Year 8 band rehearsal with the aim of learning songs, building your musicianship and the best part is anyone can be involved! There is no requirements and no minimum level of playing to be involved. We will be playing great music ranging from Pop, Rock, Hip-Hop and other modern and contemporary styles. Learn, rehearse and perform modern contemporary music in a group setting with fellow students from your year level.

## YEAR 9 BAND

**WHEN: TUESDAY 1.15 TO 2.00PM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MR BAKER**

**10 POINTS**

Are you in Year 9? Do you love music? Do you love to sing? Well look no further – **Mr. Baker** is hosting a weekly Year 9 band rehearsal with the aim of learning a few songs, building your musicianship and the best part is ANYONE can be involved! There is no requirements and no minimum level of playing to be involved. We will be learning some great music ranging from Pop, Rock, Hip-Hop and other forms of modern and contemporary music. Learn, rehearse and perform modern contemporary music in a group setting with fellow students from your year level.





## SENIOR BAND

**WHEN: TUESDAY 1.15 TO 2.00PM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MR SPICER**

**10 POINTS**

Have you always dreamed about being in a band and not known where to start? Ever wanted to cover your favourite bands but have no band to play with? Senior Band is for you! In Senior Band, you'll get the opportunity to cover popular songs, play music with your peers, get more proficient on your instrument, and perform live at various AGS events.

Students in Years 10-12 playing any and all instruments are welcome.

## ALPHINGTON CHORALE

**WHEN: FRIDAY 8.15 TO 9.00AM**

**WHERE: ROOM C102 (STAGE)**

**WHO: MS LANG**

**10 POINTS**

The Alphington Chorale is our premier senior singing ensemble and is open to students of all abilities and singing experience. The choir rehearses twice a week with the Head of Music and Performing Arts along with our voice teacher. We study a diverse range of choral repertoire and develop part singing and performance skills.

The choir performs regularly throughout the year at key school events, concerts and assemblies. This is a wonderful opportunity for students to enjoy singing with others from across year levels.

## ALPHINGTON STRING PLAYERS

**WHEN: TUESDAYS 8.15 TO 9.00AM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MR BAKER**

**10 POINTS**

Do you play a violin, viola, cello or double bass? If so, come and join our ensemble and experience making music together, string music that blends and bends through the air. Classical, jazzy, gypsy, folkie and rocky, we can do it all. Learn and rehearse pieces of music with other string players to perform at school wide events.



## GREEK BAND

**WHEN: WEDNESDAY 8.15AM TO 9.00AM**

**WHERE: ROOM C102 (STAGE)**

**WHO: MR KAPRALOS**

**10 POINTS**

Love listening to and playing Greek Music? Join **Mr. Kapralos** to learn contemporary and traditional Greek music on any instrument! This band performs regularly at both school events and events within the Greek community. Enhance your technique, ensemble playing skills and knowledge of Greek music and culture every Tuesday morning. This band is open to and caters to all instrumental and vocal abilities and levels.

## LATIN BAND

**WHEN: WEDNESDAY 1.15 TO 2.00PM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MR KAPRALOS**

**10 POINTS**

Hola, Mi Amigos! The AGS Latin Band is back for 2022 and is preparing a repertoire that will surely get hips shaking from Alphington all the way down to the summer fiestas of the South

Americas. Led by **Mr. Kapralos**, the ensemble will focus on developing the playing skills and technical proficiency of students of all abilities and encourage an environment that promotes inclusivity, and above all – FUN! Learn, rehearse and perform Latin music in a group setting with fellow students from your year level.

## ALPHINGTON FOLK BAND

**WHEN: WEDNESDAY 3.45 TO 4.30PM**

**WHERE: ROOM C103 (MUSIC CLASSROOM)**

**WHO: MR BAKER**

**10 POINTS**

Do you want to sing campfire songs, learn simple dance tunes or re-imagine songs for acoustic instruments? If so, come, bring a friend and experience making music together. There is no note reading, learn by ear and tap into the mindfulness of playing simple tunes from memory. Come on folks, you know you want to! Learn and rehearse tunes and songs that could be played around the campfire.



# TIMETABLE

Day	Before School 8.15 to 9.00AM	Lunchtime 1.15 to 2.00PM	After School 3.45 to 4.30PM
Monday	<ul style="list-style-type: none"> <li>Concert Band</li> </ul>	<ul style="list-style-type: none"> <li>Year 8 Band</li> <li>Greek Choir</li> <li>Board Games Club</li> <li>Badminton</li> </ul>	<ul style="list-style-type: none"> <li>Metal Band</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Alphington String Players</li> <li>Drumline</li> </ul>	<ul style="list-style-type: none"> <li>Senior Band</li> <li>Walking Club (<b>Term 4 only</b>)</li> <li>Latin Band</li> <li>Alphington Environment Club</li> <li>Social Justice Club (<b>Day 2 only</b>)</li> <li>Bread Making (<b>Weeks 5 to 9 only</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Basketball Club (<b>Years 7 to 9</b>)</li> <li>Chess Coaching (<b>3.45 to 4.45PM</b>)</li> <li>Tennis (<b>Term 3</b>)</li> <li>Bread Making (<b>3.40 to 4.40, Weeks 5 to 9 only</b>)</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Greek Band</li> <li>Middle Distance &amp; Sprints (<b>7.30am - 8.30am</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Year 9 Band</li> <li>Casual Chess</li> <li>TV and Film Club</li> <li>Calligraphy Writing</li> <li>Scientific Investigations</li> </ul>	<ul style="list-style-type: none"> <li>Alphington Folk Band</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Greek Radio Theatre</li> </ul>	<ul style="list-style-type: none"> <li>Year 7 Band</li> <li>Personal Development and Life Skills</li> <li>Lighting and Sound Production</li> <li>Junior Debating (<b>Years 8 to 12</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Dungeons and Dragons Club</li> <li>Basketball Club (<b>Year 10-12</b>)</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Alphington Choral</li> <li>Strength &amp; Conditioning (<b>7.30 to 8.30AM</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Book Club</li> <li>Art Club</li> <li>Rainbow Alliance (<b>Day 10 only</b>)</li> <li>Microsoft Excel Workshop</li> <li>Musical Theatre Club</li> </ul>	



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