



Alphington
GRAMMAR SCHOOL

Secondary Enrichment Programs

2023

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 Years 7- 10 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



AGS ATHLETICS ENRICHMENT PROGRAM

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, elite wellbeing.

The Athletics Enrichment program will begin in **Term 1** and focus on targeted training, tailored wellbeing 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!

WHEN: MONDAY 3.45PM TO 5.00PM

WHERE: AGS GYM/ OVAL

WHO: MS RAHME

10 POINTS

WHEN: WEDNESDAY 7.30AM TO 8.30 AM

WHERE: AGS GYM/ OVAL

WHO: MR HOLLOWAY

10 POINTS

WHEN: FRIDAY 7.30AM TO 8.30 AM

WHERE: AGS GYM/ OVAL

WHO: MR GREEN

10 POINTS

TENNIS CLUB

WHEN: EVERY TUESDAY 3.45PM TO 4.30PM, FOR TERM 1 AND TERM 4

WHERE: TENNIS COURTS

WHO: MR STONE

10 POINTS

Come along and take part, whether you aspire to playing in the Australian Open in future or simply want to have a go. All levels welcome. Racquets provided or bring your own. You will need to wear sports shoes to take part.



BASKETBALL CLUB

WHEN: EVERY THURSDAY 3.45PM TO 4.30PM

WHERE: AGS GYM

WHO: MR DIVINY

10 POINTS

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.

WALKING CLUB

WHEN: EVERY TUESDAY AND THURSDAY 1.15PM TO 1.55 PM, TERMS 1,2 AND 4

WHERE: OUTSIDE FLOWERDALE

WHO: MS KONTOSIS, MS GREENE 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.

SWIM SQUAD

WHEN: EVERY TUESDAY AND THURSDAYS 7.15AM TO 8.30AM

WHERE: AQUATIC BANYULE 25M INDOOR POOL (170 WATERDALEROAD, IVANHOE)

WHO: MS RAHME

10 POINTS

Alphington Grammar is excited to continue with our Secondary Swim Squad in 2023. The aim of the program will be to prepare students for both individual and team competition meets that are run throughout **Semester 1** 2023. The program is designed for Years 7-12 students. This program is ideal for students who love the water and want to make swimming 'their sport'.

SOCIAL PROGRAMS



BOARD GAME CLUB

WHEN: EVERY TUESDAY 1.15PM TO 1.55PM, SEMESTER 1

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: EVERY TUESDAY 1.15PM TO 1.55PM

WHERE: ROOM L2 - LIBRARY

WHO: MRS YARNTON AND MR TOURNAKOS

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.



CHESS CLUB

Do you want to learn to think logically and creatively? Do you love to compete? Then AGS Chess Club is for you! 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 1.15PM TO 1.55PM

WHERE: ROOM B216

COST: FREE

10 POINTS

NOTE: Just show up, all invited! Chess boards provided. Feel free to bring your lunch but please be tidy and take any rubbish with you.

CHESS COACHING

WHEN: TUESDAYS 3.45PM TO 4.45PM

COST: \$100 PER TERM

WHERE: ROOM B216

WHO: MR WHITE

10 POINTS

NOTE: Note: Please email Max - mwh@ags.vic.edu.au - if you would like to participate.

DUNGEONS AND DRAGONS

WHEN: THURSDAYS 3.45PM TO 4.30PM

WHERE: LIBRARY

WHO: MR PANARA

10 POINTS

Come and join your fellow adventures for the roleplaying fun of Dungeons and Dragons!



BOOK CLUB

WHEN: FRIDAY 1.15PM TO 1.55PM

WHERE: LIBRARY READING ROOM

WHO: MRS MARE

10 POINTS

Here is your opportunity to discuss and explore your favourite books and authors, join in a variety of book related competitions, get sneak peaks at new library books and go on book selection excursions to Dymocks. You will also have the chance to provide recommendations to fellow book club members and the rest of the school.

SENIORS DEBATING PROGRAM (YEARS 8-11)

WHEN: TUESDAY 1.15PM TO 1.55PM, UNTIL END OF JULY

WHERE: ROOM B210

WHO: MS WACKROW AND MISS MORWOOD

20 POINTS

Have you got a talent for public speaking or perhaps want to develop your skills further? Do you enjoy a good argument? Do you love getting involved in competitions? If so, Debate Club is for you!

Come along and join **Miss Morwood, Miss Wackrow**, and the Debating Association of Victoria for some rigorous debates as we go head-to-head with a variety of other schools.

What: Heated debates and passionate discussions.

Why: Develop skills, earn your colours, and have fun!

Students need to be available for to attend debates at an external venue for the following dates:

Round 1: **Thursday, March 23rd 2023**

Round 2: **Thursday, April 27th 2023**

Round 3: **Thursday, May 25th 2023**

Round 4: **Thursday, June 22nd 2023**

Round 5: **Thursday, July 20th 2023**



PUBLIC SPEAKING PROGRAM

WHEN: THURSDAY 3.45PM TO 4.30PM, FOR 5 WEEKS

WHERE: LYCEUM

WHO: MISS MORWOOD AND MISS WACKROW

10 POINTS

Come and join **Miss Morwood** and **Miss Wackrow** for your chance to develop your public speaking skills and show them off to your parents, teachers, and the Senior Management Team at the Presentation Evening. It will also be excellent practice for your Oral Presentation assessments.

LUNCH CLUB - SMALL CONVERSATION GROUP

WHEN: THURSDAY 1.15PM TO 1.55PM, 8-10 STUDENTS MAX

WHERE: B101

WHO: MS HOCKEY

10 POINTS

Getting tired of all the small talk? Come have meaningful conversations with **Dr Hockey** and some like-minded peers at Lunch Club. Here you can chat about what is on your mind, what you think of the latest news or social happenings or reflect on what really matters to you... Small group conversations are not always easy, but they are a good place to learn more about yourself.

FILM AND TV CLUB

WHEN: WEDNESDAY 1.15PM TO 1.55PM

WHERE: ROOM B220

WHO: MISS WACKROW AND MR SMITH

10 POINTS

Come and join **Mr Smith** and **Miss Wackrow** 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 favourites is so brilliant.



SHAREMARKET GAME

WHEN: THURSDAY 1.40PM TO 1.55PM, FROM MARCH 16 TO MAY 25

WHERE: ROOM B213

WHO: MS BALLAN

10 POINTS

Come and join **Ms Ballan** to learn about investing and the Sharemarket by participating in the Sharemarket Game.

You will receive a virtual \$50,000 that you can invest over a 10-week period, in over 300 companies listed on the ASX. The prices you buy and sell at are the same prices as you would get in the live market so this is as close to real life share trading as you can get.

By participating in the Sharemarket game you will develop your knowledge of the sharemarket; learn how to research companies, discover the importance of wise investment decisions gain a greater knowledge of economic and world events, and begin to learn more about investing which is beneficial for your future.

RAINBOW ALLIANCE

WHEN: MONDAY 1.15 TO 1.55PM, EVERY DAY 1

WHERE: ROOM B213

WHO: MS MILBURN

10 POINTS

A club for anyone who wants a safe and supportive place to discuss, celebrate, and learn about all things LGBTQ+.

SOCIAL JUSTICE CLUB

WHEN: MONDAY (FORTNIGHTLY), 1.15PM TO 1.55PM

WHERE: ROOM B213

WHO: MISS MORWOOD AND MR PANARA

10 POINTS

Come and join **Mr Panara** and **Miss Morwood** to discuss social justice issues and how we can create change at Alphington Grammar.

STEM PROGRAMS



QUIRKY SCIENCE

WHEN: WEDNESDAY 1.15PM TO 1.55PM, SEMESTER 1

WHERE: B102

WHO: MR O'SHEA

10 POINTS

We will run experiments that we don't usually have time for in class, with materials such as eggs, milk, balloons and magnets.

ALPHINGTON ENVIRONMENT GROUP

WHEN: TUESDAY 1.15PM TO 1.55PM

WHERE: TBC

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.



ONE NOTE (CLASS NOTEBOOK)

WHEN: FRIDAY (WEEK A) 1.20PM TO 1.55PM, FOR TERM 1

WHERE: ROOM B104

WHO: MRS SIDHU

10 POINTS

Please come and join **Mrs Sidhu** to learn about one note which is one of the apps in Microsoft office.

In this module, you will learn:

- Create a personal notebook
- Create, add, and share pages and content
- Identify how to organize OneNote effectively and quickly find materials within notebooks
- Manage a range of notebook settings

CAS CALCULATOR CODING

WHEN: TUESDAY 1.15PM TO 1.55PM

WHERE: B104

WHO: MS VARGHESE

10 POINTS

How to use CAS calculator to run programs.

MICROSOFT EXCEL WORKSHOP

WHEN: WEDNESDAY 1.20PM TO 1.55PM, FOR 5 WEEKS

WHERE: ROOM B104

WHO: MS DU

10 POINTS

It doesn't matter whether you are in Year 7, Year 9 or Year 12, this Excel program is just for you!

The 5-week course is designed with the most essential Excel features, functions, tools and techniques so that you can perform excel-related works efficiently.

CREATIVE PROGRAMS



GREEK RADIO THEATRE

WHEN: EVERY TUESDAY 1.15PM TO 1.55PM, TERM 1 ONLY

WHERE: ROOM B214

WHO: MS DIAKODIMITRIOU

10 POINTS

Keen to polish up your knowledge of worldwide myths, your Greek reading skills and do a spot of 'acting' for a radio theatre production? Join **Ms Diakodimitriou** and other keen students to prepare a Greek language radio theatre recording.

BREAD MAKING

WHEN: 3 THURSDAYS ONLY 1.25PM TO 1.55PM AND 3.40AM TO 4.40 PM

WHERE: LYCEUM

WHO: MR PAPOULIS

10 POINTS

Come and join **Mr Papoulis** and learn how to make bread with 5 simple ingredients. Take your loaf home at the end of the day and enjoy with your family. Maximum of 6 students per session.

SECONDARY PRODUCTION

WHEN: MONDAY AND TUESDAY 3.45AM TO 5.30 PM

WHERE: DRAMA STUDIO

WHO: MS WILSON, MS ATWA AND MR BAKER

10 POINTS

Senior Production 2023 'Into the Woods'

All students from Year 7 to 11 welcome (Year 12 special approval required)

For detailed information regarding this Enrichment Program activity and the audition process, please email music@ags.vic.edu.au

CONCERT BAND

WHEN: MONDAY 8.15AM TO 9.00AM

WHERE: MUSIC DEPARTMENT

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!

MUSIC THEORY CLUB

WHEN: WEDNESDAY 8.15AM TO 9.00AM

WHERE: C102 (STAGE)

WHO: MR ROLFE

10 POINTS

Music Theory Club is a wonderful opportunity to develop your music theory knowledge and understanding. Open to all students from Years 5 through to Year 12. You are welcome to join as a beginner, intermediate or advanced student. The opportunity to sit for AMEB Theory exams will be available to all students.

JAZZ BAND

WHEN: THURSDAY 8.15AM TO 9.00AM

WHERE: MUSIC DEPARTMENT

WHO: MR ROLFE

10 POINTS

Come and join our new Jazz Band, which is open to all students from Years 7 to 12. The band invites both vocalists and instrumentalists who have the desire to explore improvisation and performance in a group setting. We look forward to seeing you there!



ALPHINGTON DRUMLINE

WHEN: TUESDAY 1.15PM TO 1.55PM

WHERE: MUSIC DEPARTMENT

WHO: MR ROUSCH

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!

ROCK/ METAL BAND

WHEN: TUESDAY 3.45PM TO 4.30PM

WHERE: MUSIC DEPARTMENT

WHO: MR BAKER

10 POINTS

This ensemble is aimed at any music student with a passion for Rock, 90s Grunge and Metal styles with a focus on improving and developing their technical proficiency on their instruments. This is not for the faint hearted and will require strong dedication to your craft, your instrument and will test your allegiance to the Lords of Chaos \m/ Learn, rehearse and perform Hard Rock and Heavy music in a group setting with fellow students from your year level abilities and age groups, so come along and enjoy making music with your peers!



YEAR 7 BAND

WHEN: THURSDAY 1.15PM TO 1.55PM

WHERE: MUSIC DEPARTMENT

WHO: MR BAKER

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: TUESDAY 1.15PM TO 1.55PM

WHERE: MUSIC DEPARTMENT

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 AND 10 BAND

WHEN: FRIDAY 1.15PM TO 1.55PM

WHERE: MUSIC DEPARTMENT

WHO: MR KAPRALOS

10 POINTS

Do you love to play and sing music? Well look no further – **Mr. Kapralos** is hosting a weekly Year 9 and 10 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.





SENIOR BAND

WHEN: THURSDAY 1.15PM TO 1.55PM

WHERE: ROOM C103 (MUSIC CLASSROOM)

WHO: MR ROLFE

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.

ALPHINGTON CHORALE

WHEN: FRIDAY 8.15 TO 9.00AM

WHERE: MUSIC DEPARTMENT

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: MONDAY 8.15AM TO 9.00AM

WHERE: MUSIC DEPARTMENT

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.



SENIOR GREEK BAND

WHEN: FRIDAY 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 Friday morning. This band is open to and caters to all instrumental and vocal abilities and levels.

LATIN BAND

WHEN: MONDAY 1.15PM TO 1.55PM

WHERE: MUSIC DEPARTMENT

WHO: MR KAPRALOS

10 POINTS

Hola, Mi Amigos! The AGS Latin Band is back for 2023 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.

FOLK BAND

WHEN: THURSDAY 3.45PM TO 4.30PM

WHERE: MUSIC DEPARTMENT

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.



RESEARCH MASTERCLASS

WHEN: THURSDAY (DAY 1) 3.45PM TO 4.30PM, FOR 5 WEEKS

WHERE: L2

WHO: MR LEI AND MS MARE

10 POINTS

Want to be a successful research investigator? Want to be smart and productive when searching for information? Want to avoid plagiarism and be proficient at referencing? Want to know about databases? Knowledge is power. Research and referencing are necessary skills for secondary school and essential for tertiary studies. Five short, intensive workshops with **Mr Lei** and **Ms Mare** will be your best investment in your academic success.

ART PROGRAM

WHEN: MONDAY 1.15PM TO 1.55PM

WHERE: ROOM 204

WHO: MS MCCAUGHEY AND MR GRIGORIADIS

10 POINTS

Do you wish your Art classes would go for longer? Come join and **Mrs McCaughey** and **Mr Grigoriadis** in the art department for more time doing what you love with likeminded peers! For all those who love to draw, or design come in with your ideas or projects that you wish to explore. You may, however, just wish to spend more finessing something that you have already started in Art Class. So, each Monday we both look forward to seeing you and your artwork!

PRODUCTION CLUB (INVITE ONLY)

WHEN: FRIDAY 1.15PM TO 1.55PM, TERM 1

WHERE: DRAMA STUDIO

WHO: MS WILSON AND MS ATWA

10 POINTS

Production Club is a practical activity focusing on scene development, staging and singing. Please note that this club is only open to students with a main role in the production.

TIMETABLE

Day	Before School 8.15 to 9.00AM	Lunchtime 1.15 to 1.55PM	After School 3.45 to 4.30PM
Monday	<ul style="list-style-type: none"> Concert Band Alphington String Players 	<ul style="list-style-type: none"> Social Justice Club (Every fortnight D6) Latin Band Art Program Rainbow Alliance (Every fortnight D1) 	<ul style="list-style-type: none"> Athletics Enrichment (3.45 to 5.00PM) Secondary Production
Tuesday	<ul style="list-style-type: none"> Swim Squad (Term 1 7.15 to 8.30 AM) 	<ul style="list-style-type: none"> Board Game Club Walking Club (Term 1,2 and 4) Personal Development and Life Skills Seniors Debating Program Environmental Group CAS Calculator Coding (6 weeks, Term 1, weeks 3-9) Greek Radio Theatre (Term 1 Only) Alphington Drumline Year 8 Band 	<ul style="list-style-type: none"> Secondary Production Tennis (Term 1 and 4) Chess Coaching Rock/ Metal Band
Wednesday	<ul style="list-style-type: none"> Athletics Enrichment (7.30 to 8.30AM) Music Theory Club 	<ul style="list-style-type: none"> Casual Chess Film and TV Club Microsoft Excel Workshop (Term 1, weeks 3-7) Quirky Science (Semester 1) 	
Thursday	<ul style="list-style-type: none"> Swim Squad (Term 1, 7.15 to 8.30 AM) Jazz Band 	<ul style="list-style-type: none"> Walking Club (Term 1,2 and 4) Small Conversation Group Sharemarket Game (Term 1, week 7 to T2, week 5) Bread Making (Term 2, week 7 to week 9) Year 7 Band Senior Band 	<ul style="list-style-type: none"> Dungeons and Dragons Basketball Club (Term 1, weeks 3-6) Public Speaking (Term 1, weeks 4-8) Bread Making cont. Folk Band Research Masterclass (Term 1, weeks 3-7)
Friday	<ul style="list-style-type: none"> Alphington Chorale Senior Greek Band Athletics Enrichment (7.30 to 8.30 AM) 	<ul style="list-style-type: none"> Book Club One Note (Fortnightly Term 1 D5) Year 9 and 10 Band Production Club (Term 1) 	