

ENRICHMENT PROGRAMS

SECONDARY SCHOOL

2024
SEMESTER 1



Alphington
GRAMMAR SCHOOL

ENRICHMENT PROGRAMS

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 participate in a minimum of two activities per semester.

At the end of each academic year students will receive a Certificate of Enrichment Achievement by fulfilling their co-curricular requirements. A Certificate of Enrichment Excellence will be awarded to students who have participated in 5 or more enrichment activities.

Students are expected to be engaged participants in their chosen activity, and in order to satisfy their enrichment requirements. The program will offer a bespoke experience for each student and an opportunity to develop lifelong skills.

SPORT PROGRAMS

AGS Athletics Enrichment Program

When: Monday, Wednesday and Friday 7.30am to 8.30am

Where: AGS Gym

Who: Ms Rahme

All training will be on school campus and will be working towards athletic competitions.

To sign up please use the online form for which days you will attending:

Training Day 1: Mondays, Mindful Monday 8:00 - 8:45am

Training Day 2: Wednesdays, Running Club 7.30 - 8.30am

Training Day 3: Fridays, Strength and Conditioning Club 7.30 - 8.30am

NOTE: A Healthy breakfast will be provided for the Wednesday and Friday mornings session.

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 week 2 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!

Watch the Video from Craig Mottram on what it is about!!

<https://vimeo.com/599529734/9c6ae5129b>

Extra Competitions:

Victorian Millers Club Track Meet

Athletics Victoria High Velocity Club Meet

Students who conquer 8 action-packed sessions in a single term will be rewarded with an exclusive AGS Athletics Enrichment T-shirt! But the thrills don't stop there, at the grand finale of the year, an epic prize awaits the student who conquers the highest number of sessions throughout the entire year will clinch the prize.

Tennis Club

When: Tuesday 3.45pm to 4.45pm (Term 1)

Where: Tennis Courts

Who: Mr Holloway

Welcome to the Tennis Club! Join us every Tuesday after school for an exhilarating tennis experience led by **Mr Holloway**. The Tennis Club welcomes players of all levels, fostering skill improvement, good sportsmanship, and a lifelong love for tennis. With coaching, engaging drills, and personalized tips, Tuesday are dedicated to tennis excellence. Whether you're a beginner or an experienced player, the Tennis Club is the perfect place to refine your skills and enjoy the thrill of the game. See you on the courts!

Volleyball Academy

When: Monday 3.45pm to 4.45pm and Thursday 8.00am to 8.45am (Term 1)

Where: Gym

Who: Ms Rahme

Exciting news! Alphington Grammar is thrilled to announce the launch of its Volleyball Academy in 2024. As a renowned institution committed to excellence in education and sports, we are extending an invitation to all passionate individuals to join our Volleyball Academy. Prepare to embark on a journey of skill development, teamwork, and sportsmanship under the guidance of experienced coaches. Whether you're a seasoned player or just starting your volleyball journey, our academy is designed to cater to all skill levels. Come and be a part of this dynamic program where a love for the game meets top-notch training. Students are able to join the extra competitions we will offer students in 2024.

Walking Club

When: Friday Lunch Time (Term 1 and 4)

Where: Walk Track

Who: Ms Theodoropoloulos, Ms Mallis and Ms Kontosis

Join Walking Club to enjoy the outdoors and maintain fitness walking at your own pace.

Softball Club

When: Wednesday 3.45pm to 4.45pm (Term 4)

Where: AGS Oval

Who: Ms Rahme

Exciting news! Alphington is gearing up for some softball fun in Term 1, 2024. Whether you're a seasoned player or just looking to up your game, join our Softball Club to enhance your skills and knowledge for the upcoming season. Come swing by and join the fun!

AFL Footy Tipping Competition

When: Wednesday 8.00am to 8.40am (Term 1)

Where: B209

Who: Mr Green

Join **Mr Green** for the first ever organised AFL student tipping competition. This is not your average footy tipping competition. We will meet once a week on Wednesday morning where Mr Green will give you the full rundown of the round ahead and give you all the information you need to make an informed decision. Stats, matchup history, injuries and more will be provided to help you with your choices. The competition is completely free to join! Do your best, there is a reward for the winner at the end of the season...

AGS Swim Squad

When: Tuesday and Thursday 7.15am to 8.30am (Term 1 and 4)

Where: Ivanhoe Aquatic Centre

Who: Ms Rahme

The aim of the program will be to prepare students for both individual and team competition meets that are run throughout Semester 1 2024. 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'.

Program Details:

- Tuesday 7:15am - 8:30am at Ivanhoe Aquatic Banyule 25m Indoor Pool (170 Waterdale Road, Ivanhoe)
- Thursday 7:15am - 8:30am at at Ivanhoe Aquatic Banyule 25m Indoor Pool (170 Waterdale Road, Ivanhoe)
- The program will begin Week 1, Term 1 and run for Term 1 & Term 4

Basketball Club

When: Tuesday 3.45pm to 4.45pm (Term 2)

Where: Gym

Who: Mr Diviny

Embrace the thrill of the court and join the Basketball Club in Term 2, where students can shoot for success and slam-dunk their way to new friendships and skills.

SOCIAL PROGRAMS

Senior Debating Club (Year 9-12)

When: Tuesday lunch time and Thursday night competition

Where: Room B211

Who: Ms Morwood and Ms Liapis

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** and **Miss Liapis**, 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!

Public Speaking Program

When: Thursday 3.45pm to 4.30pm (5 weeks)

Where: Lyceum

Who: Ms Liapis and Ms Morwood

This is your chance to get expert input on 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.

Social Justice Club

When: Monday 1.15pm to 1.55pm

Where: Room B213

Who: Ms Morwood, Ms Wackrow and Mr Panara

Alphington Grammar Social Justice Club welcomes students from every year level to join us 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.

Philosophy Club

When: Wednesday 1.15pm to 1.55pm fortnightly

Where: Room B213

Who: Ms Liapis and Mr Panara

Come and join **Ms Liapis** and **Mr Panara** to discuss intriguing philosophical ideas such as artificial intelligence, moral dilemmas and many other 'deep-thinking' questions we all have. This is your chance to deep dive into the world of philosophy, with discussions around theories and philosophers such as Plato, Socrates and Nietzsche!

Chess Club

Come and learn to play one of humankind's oldest and most beautiful games. Develop your inner quality through strategy, patience, and discipline. Enjoy the challenge of competition and the thrill of winning. Learn to lose with honour and humility. All are welcome.

Chess Club

When: Wednesday 1.15pm to 1.55pm

Where: room B216

Who: Mr White and Ms Stewart

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: Tuesday 3.45pm to 4.45pm

Cost: \$110 per term plus booking fees

Where: Room B216

Who: Mr White

Interschool Chess Tournaments: Approximately 4 per year.

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

East Asian Pop Culture Club

When: Thursday 1.15pm to 1.55pm Fortnightly

Where: Year 7 Hub

Who: Ms Ke

Come along to explore the world of East Asian Pop culture with **Miss Ke** such as East Asian dramas, K-pop, Anime and Mandopop etc. With the rise of East Asian media in the last 10 years, interest has grown around East Asia.

Board Game Club

When: Tuesday 1.15pm to 1.55pm

Where: Room B205

Who: Ms Grigoriadis

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. 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.

Book Club

When: Tuesday 1.25pm to 1.55pm (Term 2,3 and 4)

Where: Library

Who: Ms Grealish

The one you have all been waiting for, folks! Secondary Book Club! Book recommendations and chats, literary inspired quizzes and games, quiet reading of favourite excerpts... is there a better way to spend a Tuesday lunchtime? See you in the Library at 1.25pm after you've finished your lunch.

STEM PROGRAMS

Quirky Science

When: Wednesday 1.15pm to 1.55pm (Term 1 and 2)

Where: Room B102

Who: Mr O'Shea

Looking at some unusual science demonstrations.

Cosmos Club

When: Monday 1.15pm to 1.55pm

Where: Room B102

Who: Mr Bettiol

Cosmos Club is for space enthusiasts', a haven where students can gather during lunchtime to embark on a journey through the vastness of the universe. We will be taking images with digital telescopes, and discussing the latest advancements in space exploration.

Maths in Cooking

When: Tuesday 1.15pm to 1.55pm (Term 1 and 4)

Where: Lyceum

Who: Ms Du and Ms Varghese

Make some cookies and measure using Mathematical thinking and concepts.

Microsoft Excel Workshop

When: Wednesday 1.15pm to 1.55pm (Term 1)

Where: Room B104

Who: Ms Du

Know Excel skills which is essential in real life.

One Note Training for Class notebook

When: Wednesday 8.15am to 9.00pm

Where: Room B104

Who: Ms Sidhu

Get organised in notebooks you can divide into sections and pages. With easy navigation and search, you'll always find your notes right where you left them. Revise your notes with type, highlighting, or ink annotations. With OneNote across all your devices, you'll never miss a flash of inspiration.

Environment Club

When: Thursday 1.15pm to 1.55pm

Where: Library

Who: Ms Payne

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.

CREATIVE PROGRAMS

Concert Band

When: Monday 8.15am to 9.00am

Where: Music Department

Who: Ms Hills

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!

Jazz Band

When: Monday 1.15pm to 1.55pm

Where: Music Department

Who: Mr De Groot

Come and join our fantastic 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 8.15am to 9.00pm

Where: Music Department

Who: Mr Rousch

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!

Year 7 Band

When: Wednesday 1.15pm to 1.55pm

Where: Music Department

Who: Mr Baker

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 8/9 Band

When: Wednesday 1.15pm to 1.55pm

Where: Music Department

Who: Mr Kapralos

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.

Orchestra

When: Thursday 8.00am to 9.00pm

Where: Music Department

Who: Mr De Groot, Mr Baker and Mrs Wilson

New to 2024 - Alphington Orchestra! All musicians are welcome to join the Orchestra on Wednesdays. This ensemble is open to students from Years 7 - 12. Please speak to **Mrs Wilson** for further details if required.

Senior Band

When: Tuesday 1.15pm to 1.55pm

Where: Music Department

Who: Mr Rousch

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.

Girls Band

When: Monday 1.15pm to 1.55pm

Where: Music Department

Who: Ms Atwa

Bring your singing voice or instrument and join **Ms Atwa** in an all-girls band. This band is open to students from Years 8-12. Your Music Captain for 2024, **Freya Monk**, will co-lead this ensemble.

Senior Greek Band

When: Tuesday 8.15am to 9.00am

Where: Music Department

Who: Mr Kapralos

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.

Alphington Chorale

When: Friday 8.15am to 9.00am

Where: Music Department

Who: Ms Lang

The Alphington Chorale is our premier senior singing ensemble and is open to students of all abilities and singing experience. 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: Wednesday 8.15am to 9.00am

Where: Music Department

Who: Mr Baker

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.

Latin Band

When: Friday 1.15pm to 1.55pm

Where: Music Department

Who: Mr Kapralos

Hola, Mi Amigos! The AGS Latin Band is back 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

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.

Art Club

When: Monday 1.15pm to 1.55pm

Where: Art Room B205

Who: Mr Grigoriadis, Mr Lei and Mrs McCaughey

Do you wish your art classes would go for longer? Come join Mrs McCaughey, Mr Lei 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 time finessing something that you have already started in art class. You are also encouraged to use these sessions to work on your Visual Arts House Cup submissions!

Bread Making

When: Monday 1.15pm to 1.55pm (Term 3 for 4 weeks)

Where: Lyceum

Who: Ms Terezakis and Mr Papoulis

Discover the secrets of bread baking and join our AGS Bread Making Club.

Greek Music Lab

When: Tuesday 1.15pm to 1.55pm (Term 1 and 3)

Where: Music Department

Who: Mr Argyropoulos and Ms Diakodimitriou

Come and join **Ms Diakodimitriou** and **Mr Argyropoulos** for a melismatic journey with a twist! You will have the opportunity to explore and create original Greek music.

TIMETABLE

Day	Before School 8.15AM to 9.00AM	Lunchtime 1.15PM to 1.55PM	After School 3.45PM to 4.30PM
Monday	<ul style="list-style-type: none"> • Concert Band • Athletic Enrichment Program 	<ul style="list-style-type: none"> • Social Justice Club • Cosmos Club • Girls Band • Art Club • Bread Making Club • Jazz Band 	<ul style="list-style-type: none"> • Volleyball Academy
Tuesday	<ul style="list-style-type: none"> • Swim Squad • Senior Greek Band • Alphington Drumline 	<ul style="list-style-type: none"> • Maths in Cooking • Alphington Drumline • Greek Music Lab • Senior Band • Senior Debating • Board Game Club • Book Club 	<ul style="list-style-type: none"> • Tennis Club • Chess Coaching • Basketball Club
Wednesday	<ul style="list-style-type: none"> • Athletic Enrichment Program • Footy Tipping • One Note Training • Alphington String Players 	<ul style="list-style-type: none"> • Casual Chess • Philosophy Club • Quirky Science • Microsoft Excel Workshop • Year 8 and 9 Band • Year 7 Band 	<ul style="list-style-type: none"> • Softball Club
Thursday	<ul style="list-style-type: none"> • Swim Squad • Volleyball Academy • Orchestra 	<ul style="list-style-type: none"> • East Asian Pop Culture Club • Environment Club 	<ul style="list-style-type: none"> • Public Speaking • Fold Band • Senior Debating
Friday	<ul style="list-style-type: none"> • Alphington Chorale • Athletic Enrichment Program 	<ul style="list-style-type: none"> • Walking Club • Latin Band 	