Semester One, 2016

Why Participate? The benefits of regular activity are well documented - an increased sense of belonging and achievement, increased physical and mental abilities, improved ability to deal with stress and a better self image. Plus students (and parents for some activities) have the opportunity to meet new people and try a range of different, fun and exciting activities.

Do I have to? If you are in Year 7, 8 or 9 it is expected that you participate in one Project Active activity each semester, as a minimum. Students must attend more than half of the PA sessions as a minimum, please ensure your attendance is marked in the role each session. If you are sick or unable to attend a session you must leave a note explaining your absence with Leisa before the session. Students who are actively involved in the school musical or some other significant school commitment have the option to opt out for that term if they wish. Remember, your participation in school run extra-curricula activities is marked down on your student involvement file.

How do I enrol? Parents will be able to select an activity on behalf of their child from the range of options listed on Parent Lounge. If it is impossible to attend any of the sessions, please contact the school.

How do I pay? Payment is made at the time of selecting an activity directly via Parent Lounge.

How do I know if I am in an activity? Groups are formed on a first in basis, look for your name under the project active tab on Hillbrook online. Activities can only be run if minimum numbers are reached, as a result activities may be cancelled from time to time. In this circumstance you will be credited your activity fee.

Where can I go for more information? Contact Michael Gillard at the school michaelg@hillbrook.qld.edu.au or look at Online@Hillbrook – Project Active
Monday Options

**Gymnastics:** Start the morning with a bend and a stretch. Let qualified coaches from Mitchelton Youth Club help you to perfect basic static and locomotor skills. This is a great opportunity to practice your routine for your Health and Physical Education assessment.

- **Time:** 7:15am - 8:15am
- **Dates:** Term One - 8 February to 14 March
- **Meet at:** Hillbrook REC Centre
- **Instructor:** Qualified staff from Mitchelton Youth Gymnastics Club
- **Cost:** $25
  - Class Minimum: 12
  - Class maximum: 20

**Health and Well-being:** Get out of bed at the crack of dawn, throw on some old clothes and get to school by 7am for a workout. It will involve some light jogging, co-ordination activities and games of Touch Football with your friends.

- **Time:** 7:15am - 8:15am
- **Dates:** Term One - 1 February to 29 February
  - (excludes 22nd February)
- **Meet at:** Hillbrook REC Centre
- **Instructor:** Mr Michael Gillard
- **Cost:** $0

**Boxing:** Boxing and kick boxing for fitness, skill and fun. Boys and girls great way to get strong, fit and have some fun. We will learn how to box and kick. Different techniques and how to box safely to achieve fitness results. Try something new. No experienced needed. Boxing wraps included. Gloves provided. With registered fitness Australia professional Leanne Laing. Your Body by Design.

- **Time:** 3:30 pm - 4:30pm
- **Dates:** Term One - 8 February to 14 March
  - Term Two - 25 April - 30 May
- **Meet at:** Hillbrook REC Centre
- **Instructor:** Leanne Lang
- **Total Cost:** $90
  - Minimum number: 15
  - Maximum number: 25
**Touch - Term 1:** Males and Females from all year levels have the opportunity to trial and participate in the Brisbane Christian Interschool Sport (BCIS) carnival. Training will be a blend of lunch times and mornings. Monday morning sessions will go from 7.15am to 8.15am. There is no fee to join and anyone is welcome to train. Toward the end of term one, a team will be selected to go to the carnival. Please note places are limited. Regardless of whether you get selected or not, it is a great chance to get active.

**Touch Carnival Dates:**
Year 9/10 Boys, Year 11/12 Girls and Boys - Friday 11 March
Year 9/10 Girls, Year 7/8 Girls and Boys - Friday 18 March

Training dates: Term One - 1 February to 29 February (excludes 22 February)
Meet at: Recreation Centre
Instructor: Mr Gillard, Mr Behan, Ms Kanowski
Cost: Training has no cost, if you make the team there will be an approximate $25 nomination fee.

**Netball - Term 2:** Females from all year levels have the opportunity to trial and participate in the Brisbane Christian Interschool Sport (BCIS) carnival. Training will be a blend of lunch times, mornings and / or afternoons as negotiated by the team and coach. Morning sessions will go from 7.15am to 8.15am, afternoon sessions 3.30 - 4.30pm. There is no fee to join and girls from all year levels are welcome to train. Toward the end of term two, a team will be selected to go to the carnival. Please note places are limited. Regardless of whether you get selected or not, it is a great chance to get active.

Carnival Date: Thursday, 26 May
Training dates: To be advised
Meet at: Recreation Centre
Instructors: Mrs Dunlop, Mr Gillard, Mrs Forbes, Ms Kanowski
Cost: Training has no cost, if you make the team there will be approximate $25 nomination fee.
Tuesday Options

**Softball**

Play softball on a Tuesday afternoon with Wendy Harris, experienced softball coach. Learn basic skills and enjoy a friendly game with your friends. All gear is provided for you.

**Time:** 3.30pm - 4.30pm  
**Dates:** Term 1 - 9 February to 15 March  
**And/or**  
Term 2 - 26 April - 31 May  
**Meet at:** School Oval  
**Instructor:** Mrs Wendy Harries  
**Total Cost:** $25  
**Minimum number:** 12 students  
**Maximum number:** 25 students

**Badminton:** Come and enjoy an afternoon of badminton. Work on your skills and learn some of the techniques in a non-competitive environment.

**Time:** 3:30 - 4:30  
**Dates:** Term One - 9 February to 15 March  
**Meet at:** Hillbrook REC Centre  
**Instructor:** Mr Lance Read  
**Total Cost:** $5  
**Minimum number:** 10  
**Maximum number:** 30

**Cross Country Training:** Come along and improve your cross country/long distance running and prepare for the carnival in Term Two!

**Time:** 7.30am to 8:15am  
**Dates:** Late Term 1 and Early Term 2 - Dates to be advised  
**Meet at:** Hillbrook REC Centre  
**Instructor:** Mr Lance Read  
**Cost:** $0
Creek Revegetation:

Be a wildlife warrior and do your bit to help the biodiversity in Kedron Brook. Sessions will look at weed management and revegetation. You will definitely get your hands dirty.

Time: 1.30pm - 1.50pm  
Dates: 26 April - 31 May  
Meet at: Rec Centre  
Instructor: Mr Cambridge / Mr Gillard  
Cost: $10 - to purchase seedlings

Wednesday Options

AFL Clinic: The Introduction to AFL program provides boys and girls with a fun and safe Australian Football experience that serves as an introduction to a lifetime of involvement in the game. The program is not just about introducing children to Australian Football - it activates and develops within each child the desire for a healthy lifestyle and an association with our great game. This is achieved through activities and programs for individuals, small groups and teams, and aims to assist development of personal and social skills. Free AFL merchandise for participants.

Time: 3:30 - 4:30pm  
Dates: Term Two - 27 April - 1 June  
Meet at: Hillbrook REC Centre  
Instructor: AFL Queensland Coach  
Cost: $30  
Minimum number: 25  
Maximum number: 30

Orienteering: Interesting in taking up Orienteering, or like to improve your distance running or navigation skills? Explore the Hillbrook/Kedron Brook area a little further whilst trying to beat the clock.

Time: 3:30 - 4:30pm  
Dates: Term Two - 27 April - 1 June  
Meet at: Hillbrook REC Centre  
Instructor: Mr Lance Read  
Total Cost: $5
Claire’s circus school: Circus is a fantastic way to keep fit and have fun. Try hula hooping, juggling, tumbling, plate spinning, hand-balancing, acrobalancing and more with Claire’s circus school. Participants don’t require any experience in circus. All equipment is provided so just bring yourself and a willingness to learn and have fun. Students can participate in either term 1 or term 2, or both if they choose.

Time: 3:30 - 4:30pm
Dates: Term One - 10 February to 16 March
       And / or
       Term Term 2 - 27 April - 1 June
Meet at: Hillbrook REC Centre
Instructor: Claire Ogden
Cost: $50 per term
Minimum number: 12
Maximum number: 20

Thursday Options

Yoga: Yoga for Teens - Strengthen, Challenge & Relax Your Body & Mind

Teenage years are tough. High school, figuring out what we want to do with our lives, peer pressure and social media combined with changing bodies and ALL of the hormones can be brutal. You’re not a kid anymore but not quite an adult - and yoga offers you a space where everything is alright.

Yoga allows you to gain happiness, clarity and focus whilst developing a deeper understanding of who you are.

Teen Yoga combines physical yoga poses with breathing exercises and meditation designed to stretch and strengthen the body and the mind teaching lifelong techniques to combat stressful situations. It is a wonderful life skill to start developing early in life.

Teen yoga has been found to increase concentration and school performance, have a positive impact on body image and confidence, decrease stress and of course, has all of the physical benefits of yoga - increased strength, flexibility and balance.

Vicki has been practicing yoga for over 20 years and teaching for 8 of these years. She has a fun approach where students are encourage to find their own understanding of what works for them. Having a background in Education and working with children ensures each class is engaging and enjoyable.
Time: 7:15-8:15am  
Dates: Term One - 11 February to 17 March  
Meet at: G6 Classroom  
Instructor: Vicki Murtagh  
Cost: $30.00  
Minimum number: 15 students  
Maximum number: 30 students

**Table Tennis:**

Join Mrs Freer for some action packed ping pong. All gear is provided. If you have a favourite paddle you play with at home, you are more than welcome to bring it in.

Time: 7.15am - 8.15am  
Dates: Term 1 - 11 Feb to 17 March  
Meet at: Rec Centre  
Instructor: Mrs Freer  
Total Cost: $10  
Class Maximum: 25

**6WBT:** 6 Week Body Transformation. Nutrition 101. Learn the abc's of nutrition and how to create a balanced diet for yourself and your family. Cross Training and Stretching to get you strong and fit and have some fun with you fitness. All materials provided. With Registered Australian Fitness Professional Leanne Laing. Your Body by Design.

Time: 3.30pm - 4.30pm  
Dates: Term 1 - 11 Feb to 17 March  
And/or  
Term 2 - 21 April to 26 May  
Meet at: Rec Centre  
Instructor: Leanne Lang  
Total Cost: $90
Other Options

**Wooden Surfboards:** Here is your chance to be the coolest surfer on the beach!! This year you have the opportunity to manufacture your very own Mini Simmons or hybrid (nicknamed Lark) surfboard. Not sure what these are? Google it! Some hand skills are required, but not necessary. At the end of our time together you will walk away with your very own timber surfboard. The cost of the process includes the surfboard blank, materials and the use of the workshop facilities. If the price seems a bit steep, then maybe a hand surfer could be more to your liking. Places are limited so you will need to get in early. Keep your eyes and ears open as we will have an information afternoon explaining board types, pricing, skills etc in the coming weeks. This opportunity is also available to parents, ex students and the wider Hillbrook community.

Time: 3:30 - 5pm  
Dates: TBA (year long activity)  
Meet at: Manual Arts Workshop  
Instructor: Mr Trent Palmer  
Cost: $600 - Board - Only available to students year 9 and above due to complexity of the task  
$150 - Hard surfer - Available to everyone

**Hillbrook Writers’ Group:** Do you have a passion for creative writing? Want to extend your writing skills? Then this is the club for you! Join Ms Schuler once a fortnight to share, create and publish writing.

Time: 1:20pm - 2:00pm (Lunch time)  
Dates: Day yet to be announced. Meetings will be once per fortnight.  
Meet at: F1  
Instructor: Ms Schuler  
Cost: $0

**Presenting with confidence, expertise and energy**

**Who should attend?**  
Grade 7-12 students wanting more confidence in presenting to an audience should attend. If you experience nerves, blushing, stumble with your words, shyness or are dis-interested in presenting, then this activity-based (and fun) one-day workshop is for you.
Dates
Hillbrook Anglican School: Saturday 27, February; Friday 8, July; Monday 17, October (9 am - 3 pm). Dress is smart casual, bring your snacks, lunch and drinks, along with pen and paper.

Cost
There is no charge to Hillbrook students. Enrolment is strictly limited to 20 students each workshop.

Workshop outline
- What a presentation is and isn’t
- Dealing with nerves, blushing and stumbling
- Practical tools, tips and techniques
- Three ingredients in every presentation
- The tragedy behind palm cards
- Why your mirror can be your best friend
- Verbal, vocal and non-verbal messages
- How to ‘own’ the room
- Finding your BIG voice without shouting
- Setting the scene with the introduction
- Bringing the presentation to life
- Ending professionally with your conclusion
- Waking up the audience with ‘synonyms’
- Why you never learn anything off by heart

Practical component*
The workshop is designed to progressively instruct, encourage and support students as they develop their presentation content and demonstrate their presentation skills. Students will initially complete a range of group activities, transition to paired-practise and then complete the program as a solo presenter. Students must bring a hardcopy of a complete five - ten minute presentation (an assessment piece or topic of choice) along with palm cards and/or other written notes they traditionally use. Laptops, presentations slides and related handouts are not required.

Workshop format*
An essential component of the workshop is that students receive ongoing constructive evaluation on how their presentation can be reinforced and/or improved (where required), including:
- Rotating paired practise with self evaluation after a three [3] minute presentation
- Rotating paired practise with peer evaluation after a five [5] minute presentation
- Rotating paired practise with facilitator evaluation during a seven [7] minute presentation
- Solo presentation with self, peer and facilitator evaluation after a ten [10] minute presentation

**The Presenter**
Stephen Hartley (a Hillbrook parent) has 30 years experience presenting over 3500 workshops across Australia and SE Asia. Passionate about life long learning, Stephen combines empathy, energy, humour and expertise in giving students the knowledge, skill and practise they need to present with confidence, expertise and energy. Combining a raft of academic (and vocational qualifications in facilitation and training), Stephen provides a safe, comfortable and nurturing environment for students to talk about their challenges while also workshopping practical and tailored solutions.
* The workshop practical and format sessions may change subject to the number of students attending.