the mac.robertson girls’ high school

CO-CURRICULAR HANDBOOK

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INTRODUCTION

Being involved in the co-curricular program at Mac.Rob will bring you many things: friendships, leadership skills, laughter, confidence, the chance to meet people and do things that you might not have had otherwise, opportunities to think and act creatively, and the reward and satisfaction of having taken a risk and faced a challenge.

There is so much on offer, and you won’t have time to do it all. But even doing one thing – taking part in a debate, joining a sporting team, dressing up in a ridiculous outfit for Swimming Sports, running a club, or becoming an SRC representative – will show you how welcoming and inclusive our school community is, will help you make friends and feel settled, and may set you on a path to doing and being more than you imagined.

NOTE: Because the co-curricular program is so diverse and reflects student interests as well as staff expertise and availability, some of the information provided here may change during the course of the year. There will also be activities that will be added to the existing program, so it is always a good idea to check the daily bulletin, the Compass news feed, the Student Leadership, Portfolio and House notice boards, and your school email for the most up-to-date information about co-curricular activities and opportunities.
CAMPS & EXCHANGES

YEAR 9 ORIENTATION CAMP
At the beginning of the year, all Year 9 students attend a four-day camp at Valley Homestead, near Myrtleford in Ovens Valley. The camp provides an opportunity for students to connect with others from their Form groups and year level, and to get to know their teachers.

CONTACT Director of Middle School

ADELAIDE EXCHANGE
Mac.Rob has a long-standing sporting exchange with Adelaide High School (over 100 years!) in which teams of students compete in a range of sports and other activities. Although the exchange is competitive in nature, participating students develop great friendships with their hosts from South Australia. The competition runs over 3 days in August, and the venue for the exchange alternates between schools each year. Adelaide will be hosting the exchange in 2016.

ACTIVITIES
Badminton, basketball, chess, cross country, debating, AFL, hockey, musical items (for assemblies), netball, rowing, soccer, softball, table tennis, tennis, theatre sports, and volleyball.

CONTACT Sport Co-ordinator

LOTE EXCHANGES
Mac.Rob offers a rich offering of yearly language exchanges, all of which provide an opportunity for students to authentically experience other countries and cultures, and to improve their language skills. Most trips are organised a year in advance for Years 10-12 students; details of student numbers, accompanying teachers, costs and dates will be provided when trips are planned and confirmed. Individual students may undertake an exchange to another country or host an overseas student through a service club, such as Rotary International, or a fee paying student exchange organisation.

JAPAN – an annual exchange with sister school in Japan. Year 11 Students who participate in Nov/Dec must host a student who visits in July/Aug.
FRANCE – exchanges with our sister schools in Bordeaux and Paris occur on an annual basis, involving approximately 15 students from Years 10 & 11. Students involved also host the French students during their stay in Australia.

INDONESIA – the Indonesian Exchange is conducted with MHS and Mac.Rob and our sister school in Indonesia, and is held every two years.

CONTACT  
Assistant Principal (Student Wellbeing)

TOURS
Each year Mac.Rob runs overseas tours with a specific study or curriculum focus. Most recently, students and staff have visited Berlin, Dresden, Prague, Vienna, Salzburg and Venice on a History, Arts, & Psychology tour (2014), travelled to America on a University and Literature tour (2013), and to the UK, France and Italy on a History of Maths tour (2012). In 2015, student travelled to the USA for a "Frontiers of the Future" Tour, including attending Space Camp. Tours usually begin in the last week of Term 2 and the first week of the July holidays, and typically cost around $6000.

CONTACT  
Assistant Principal (Student Wellbeing)

WORLD CHALLENGE
Excitingly, Mac.Rob resumed its relationship with World Challenge in 2014, and in November 2015, three staff and 18 students travelled to India on a World Challenge Expedition. We hope to continue running World Challenge expeditions in the future, as they offer students an unparalleled opportunity to build their leadership skills, experience another culture, and provide community service; participating students can also use the Expedition as part of their achievement toward the Gold Duke of Edinburgh Award.

CONTACT  
Director of Student Leadership and Co-curricular Activities
CLUBS & STUDENT INTEREST GROUPS

CLUBS
We have a busy and dynamic student-led club program, which aims to bring together students to share and explore common interests. Club leaders arrange activities, discussion groups, and guest speakers for club members throughout the year. In Term 1, all students are invited to apply to run a club based on interests that complement the curricular and co-curricular programs offered. Often a pair or small group of students might join together to run a club, and students from any Year level are welcome to apply. When clubs begin running, they are allocated a room to meet in at designated lunchtimes (usually once a week or once a fortnight), and can advertise their activities on the bulletin and the club noticeboard. Membership in all clubs is open to all students.

CONTACT  
Director of Student Leadership and Co-curricular Activities

GIRLS IN VOLUNTEERING (GIV)
Many Mac.Robbians are keen to contribute to their community, to make a difference in the lives of others, and to share their skills and interests through volunteering. A great number of students volunteer in activities run by external charities and foundations during the year, under the leadership of a group of very committed senior students. The GIV leaders arrange student participation in such activities as The Good Friday Appeal, Red Cross Blood drives and various charity Fun Runs. Meetings are held before major activities to allow students to register their interest; make sure to check the daily bulletin and your school email for the most up-to-date information about GIV activities and volunteering opportunities.

CONTACT  
Director of Student Leadership and Co-curricular Activities
SAME SEX ATTRACTED YOUTH AND FRIENDS (SSAYF)
SSAYF is a student-led group who meet regularly for discussions and activities relating to matters concerning gender, identity, and sexuality. All students are welcome to attend meetings, regardless of sexual orientation. SSAYF meets weekly at lunchtimes and/or after school, as advertised on the student bulletin and the SSAYF noticeboard. Occasionally, combined Mac.Rob/MHS (SOFA) meetings will be conducted at either school. Mac.Rob is a member school of the Safe Schools Coalition of Victoria.

CONTACT  
Student Welfare Co-ordinator

ETHOS
Ethos is Mac.Rob’s student magazine, a satirical online publication released quarterly (via Compass, the Student Portal and Gmail) by an elected group of Year 11 student Editors. The Ethos Editors for 2016 were elected in Term 3, 2014, and they are always keen to receive pieces for publication from any student (especially inadvertently comic comments made by teachers).

CONTACT  
2016 Ethos Editors via ethos@macrob.vic.edu.au
STUDENT LEADERSHIP

Student leadership is integral to Mac.Rob life. There are a huge array of leadership and representative roles on offer, and, from their first days at the school, students are given authentic opportunities to build on their leadership and teamwork skills, and to initiate, organise and direct activities, conferences, and meetings.

LEADERSHIP ROLES

Each Form Group has two peer-elected representatives: a Form Captain and a Social Service Representative. These students attend regular meetings, led by the Year 12 School Captains and Social Service Captains respectively, and are responsible for keeping their Form group informed about, and participating in, activities in their respective areas. No previous experience is necessary, but enthusiasm is essential!

In addition to these Form roles, there are significant leadership opportunities across all year levels and portfolios (see SRC and CO-CURRICULAR PORTFOLIOS for more details). For some roles, students are appointed after an interview process, while for others, students are elected to the position.

CONTACT          Director of Student Leadership and Co-curricular Activities
STUDENT REPRESENTATIVE COUNCIL (SRC)

Student voice and student-led action are highly valued at Mac.Rob, and critical to the ongoing improvement of our school community. Our SRC lies at the heart of student voice at Mac.Rob; it is an important and influential committee of students from all year levels who represent the voice of their peers on matters including the learning environment, buildings and grounds, social activities, and the curriculum. The SRC is led by a President and Vice-President (both Year 12 students), who are supported in their roles by a General Secretary, a Treasurer (both Year 11 students), two Executives from each year level, and the SRC Family. Interviews for the Treasurer and Secretary roles are conducted toward the end of each school year, while elections for Executive roles are held at the beginning of the year.

To find out more about the work of the Mac.Rob SRC, visit their website: srcmacrob.com

Many students count their involvement in the Mac.Rob SRC as one of their highlights of their time at Mac.Rob; we encourage you to get involved and have a say in your schooling experience.

CONTACT 2016 SRC Presidents and Director of Student Leadership and Co-curricular Activities
CO-CURRICULAR PORTFOLIOS

SOCIAL SERVICE
There is a strong emphasis at Mac.Rob on philanthropy, and all students are encouraged to participate in the Social Service program and Girls in Volunteering (see above). Each Form group raises funds during the year for a charity of their choice; popular fundraising activities include cake stalls, which take place on Wednesdays during recess on a rotational basis. The Social Service Captains, Executive and Reps also organise and encourage student involvement in ‘once off’ fundraising activities during the year, such as the 40 Hour Famine.

CONTACT  Social Service Co-ordinator

ENVIRONMENT
The Environment Captains and their Committee members encourages all students to participate in raising awareness of local, national, and global environmental issues and in helping to make the school more environmentally friendly. There are various activities during the year, including Environment Week and Clean Up Australia Day, and environmental awareness activities and workshops are organised with external organisations (such as AYCC, Ceres, and the Port Phillip Eco Centre) and with MHS.

CONTACT  Assistant Principal (Operations and Buildings)

IT
IT Captains and their Committee members develop their IT skills and contribute to developing IT in the school. Form representatives also provide technical support in classes with Gmail and equipment such as the digital whiteboards, which are installed throughout the school. In 2014, the IT Captains and Representatives were instrumental in helping to implement and monitor the introduction of the BYOD program at the school.

CONTACT  Director of E-Learning

DEBATING & PUBLIC SPEAKING
Mac.Rob has a very busy and successful debating program, and a vast number of passionate debaters of all skills and experience levels. At the beginning of each year, four teams per Year level are formed to participate in the Debaters Association of Victoria School Debating Competition (held during evenings throughout terms 1-3 at various Melbourne schools). At other stages during the year, students will be invited to apply to participate in
individual public speaking competitions, including the VCAA Plain English Speaking Award, the Legacy Junior Public Speaking award, the Thant-Evatt Trophy, and the Model United Nations Assemblies. Competitions for Public Speaking and Debating are exciting, intellectual, and always blisteringly competitive!

CONTACT
Head of Debating and Public Speaking

MUSIC & DRAMA
Mac.Rob offers exceptionally rich co-curricular opportunities for students to start, build on, and enhance their skills and passion in the fields of music and theatre, whether it be in composition, performance, theatresports, musicals, or costume and make-up design.

COMBINED SCHOOLS MUSICAL
Each year, MHS and Mac.Rob combine to create a spectacular performance which showcases the fantastic talents of our students, whether on stage, in the orchestra, or in the stage crew. In 2013, the schools performed Into the Woods, in 2014, Miss Saigon, and in 2015, The Addams Family. Each year, auditions for parts typically occur late in term 4, and applications and auditions for stage crew and orchestra are typically advertised in February.

COMBINED SCHOOLS PLAY
The combined play is a highlight of the year. In 2013, the schools performed Androcles and the Lion, in 2014, Our Town, and, in 2015, a radical, futuristic adaptation of Romeo and Juliet. Students are invited to audition for a role or to participate in the stage crew; watch the daily bulletin in early May for details of auditions.
DRAMA CLUB & THEATRESPORTS

The Drama Captains run a fortnightly Drama Club at lunchtimes, to which all students are welcome, and in 2015 there will also be evening excursions to musicals and plays throughout the year. Mr Wegner and the Drama Captains also organise an annual theatresports tournament, in which students put their comedic timing and improvisational skills to the test in the cut-throat House-based and interschool competitions! Theatresports also features at the ADELAIDE EXCHANGE.

CONTACT Technical Production and Stage Crew Manager

STAGE CREW

We have a very dedicated group of students who are interested in acquiring expertise and working as the stage crew for Mac.Rob activities, sometimes in conjunction with MHS students and staff in combined productions. Students in the stage crew assist with various aspects of stagecraft, including sound and lighting, props, makeup and costumes. The stage crew are responsible for all the sound/video link needs of weekly school assemblies and their efforts and workload increases during production time for House activities, Winter Concert, and Speech Night.

CONTACT Technical Production and Stage Crew Manager

WINTER CONCERT

A gala performance is held each year at a city performance venue. The concert is one of the biggest events on the Mac.Rob calendar, and involves hundreds of singers and musicians from both schools.

AUTUMN & SPRING SOIREEs, JAZZ NIGHT, & ENSEMBLE PERFORMANCES

These events are smaller, but no less impressive features on the Mac.Rob musical performance calendar, and involve singers and musicians from both schools performing from a more select repertoire in performance spaces at both MHS and Mac.Rob.

MUSICAL ENSEMBLES AND ACTIVITIES

Many musical ensembles are open to students, including:

- **core ensembles**
  - Symphonic Winds
  - String Sinfonia
  - Chorale
  - Training Band
  - Early Strings
  - Percussion Ensemble

- **auditioned ensembles**
  - Symphony Orchestra

- **other ensembles**
  - Flute Ensemble
  - Gypsy Strings
  - Jazz Ensemble
  - Brass Ensemble
  - Jungle Ensemble
  - Clarinet Ensemble
  - Percussion Ensemble
  - String quartets
  - Festival Orchestra
  - Vocal ensembles
  - Keyboard Ensemble
  - Saxophone Ensemble
  - Drumline
  - Guitar Ensemble

There is an ensemble to cater for every level of musical ability, and an array of performance opportunities (see above). Practice takes place in weekly rehearsals outside scheduled class time. There are also numerous occasions both in the school and in the community when the musical groups are invited to perform such as at assemblies, regional concerts, conferences, and eisteddfodau.

CONTACT Director of Instrumental Music
The House program inspires great loyalty and competition in sporting and performing arts activities. All students are assigned to one of the four Houses and meet each week in House Assembly with the House Captains to hear about upcoming events, sign up for activities, practice cheers, and celebrate their House achievements. Becoming involved in House is a great way to meet other students and contribute to a major aspect of the co-curricular program.

**HOUSE CHORALS**
In this competition, each House presents both a Madrigal (one set song and one free choice song) and a minimusical, with a student orchestra and chorus. The preparations for House Chorals begin as early as Term 4 in the preceding year, when scripts are developed and directors are chosen. Rehearsals take place during lunchtime and after school throughout Term 1. The entire process is student-led, including acting and musical auditions and rehearsals, and musical arrangement, performance and conducting. Awards are given to the winning House overall, as well as to the Best Directors and Best Conductors. Chorals are typically held in the last week of Term 1.

**HOUSE DRAMA**
Later in the year, each of the Houses presents a short dramatic performance. Again, all plays are written and directed by students in their respective Houses. Awards are presented to Best Performer, Best Directors, and the winning House overall.

**LIP–SYNCHING (DANCE)**
An enormous amount of work goes into preparing routines for the annual House Lip-synching contest, which is traditionally held during lunchtime on the last day of Term 3. Each House presents a number of performances, combining lip-synching with dance.
SWIMMING & ATHLETICS SPORTS
The Swimming and Athletics Sports days are true highlights on the House and Sport calendars, and are anticipated and enjoyed by everyone. We are lucky to have nearby access to state of the art venues for our competitions, with Swimming Sports being held at MSAC and Athletics Sports being held at Lakeside Stadium (both just down the road in Albert Park). Each day begins with the traditional House parades, with students dressed in theme according to their House colours. Students then compete for their Houses in a range of hotly contested competitive and novelty events. Typically, both carnivals occur in term 1.
Mac. Rob has a proud history of sporting involvement and achievement. We offer an abundance of sporting opportunities, and students may participate in a number of sports teams in competitions at state and national levels, or in sporting teams that are part of the SSV (interschool) competition. Selection, practice and competition as a representative of the school in Senior and Intermediate teams takes place in the following areas:

- Cheerleading
- Basketball
- Rowing
- Squash
- Hockey
- Netball
- Cross Country
- Football
- Athletics
- Table Tennis
- Soccer
- Chess
- Volleyball
- Cricket
- Tennis
- Badminton
- Softball
- Swimming
- Ballroom dancing (8 lessons per term/$50)
- Internationally organised rowing competition held at Albert Park Lake (parental permission required)
- Regular runs around our school’s surrounding areas with Running Club (weekly, before school)
- Annual Cross Country Training Camp (typically run over 4 days in December)

See also SWIMMING & ATHLETICS SPORTS and ADELAIDE EXCHANGE

CONTACT  
Sport Co-ordinator
PEER SUPPORT

LINKS LEADERS
Toward the end of each school year, Middle School calls for interested Year 9 students to apply to become a Links Leaders for the following year. Year 10 Links Leaders offer support to new Year 9s by providing a friendly face, explaining some of the unique aspects of Mac.Rob life (where is the Undercroft? What is a Nereid? And who is Joe?), and helping them transition into the school.

CONTACT
Director of Middle School

FRIENDS AT MACROB (FAM)
At the end of each year, around 20 Year 11 students are selected to participate in a training program to help other students deal with youth issues. As Year 12 students in the following year, this group then provides peer support to other students in the school across all year levels. FAM runs a blog on the Student Portal, a Tumblr page, and also holds a peer support week during the year.

CONTACT
FAM Co-ordinator and Student Welfare Co-ordinator
To extend on what they learn in the classroom, and to build their communication, leadership and interpersonal skills, all Year 10 students participate in a week’s work experience at a diverse range of work places (Year 11 and 12 students may also complete work experience if they wish). It is beneficial for Year 9 students to begin investigating prestige workplaces and positions as soon as possible, as many popular work experience sites (e.g. hospitals and science laboratories) are often in high demand. Placements are arranged in advance, and work experience takes place early in December (though some students will complete theirs in one of the school holiday blocks). The work experience program also includes occupational health and safety training.

Work experience resources, including paperwork and forms which must be completed for placements, links, FAQs, and tips on securing work experience are available on the Work Experience site of the Mac.Rob Student Portal.

CONTACT  Work Experience Co-ordinators
CONTACTS

For all general enquiries regarding the leadership and co-curricular program, and for specific enquiries with regard to the SRC, GIV, and clubs at Mac.Rob, contact:

DIRECTOR OF STUDENT LEADERSHIP AND CO-CURRICULAR ACTIVITIES – Jo Howe
(03) 9864 7716 how@macrob.vic.edu.au

SRC
2016 SRC PRESIDENT AND VICE-PRESIDENT – Margaret Tran and Rachel Kim
srcmacro@macrob.vic.edu.au / srcmacro.com

LOTE exchanges, tours
ASSISTANT PRINCIPAL (STUDENT WELLBEING) – Margaret Akins
(03) 9864 7733 aki@macrob.vic.edu.au

Environment
ASSISTANT PRINCIPAL (BUILDINGS AND GROUNDS) – Karl Russell
(03) 9864 7722 rus@macrob.vic.edu.au

Yr 9 orientation camp, Links Leaders
DIRECTOR OF MIDDLE SCHOOL – David Beale
(03) 9864 7782 bea@macrob.vic.edu.au

House activities
HEAD OF HOUSE ACTIVITIES – Russell Webber web@macrob.vic.edu.au

Winter concert, soirées, and ensembles
DIRECTOR OF INSTRUMENTAL MUSIC – Sonny Chua
(03) 9864 7730 chu@macrob.vic.edu.au

Combined schools musical and play, stage crew, and theatresports
TECHNICAL PRODUCTION AND STAGE CREW MANAGERS – Luci Murphy (Terms 1 and 3) mur@macrob.vic.edu.au and Edgar Wegner (Terms 2 and 4) weg@macrob.vic.edu.au
Adelaide Exchange, swimming and athletics sports, sports
SPORTS CO–ORDINATOR – Michelle Pride pri@macrob.vic.edu.au

Social service
SOCIAL SERVICE CO–ORDINATOR – Hiroko Mori mri@macrob.vic.edu.au

Debating and public speaking
DEBATING & PUBLIC SPEAKING CO–ORDINATOR – Mary Purcell pur@macrob.vic.edu.au

IT
DIRECTOR OF E–LEARNING – Micah Wilkins wlk@macrob.vic.edu.au

SSAYF
STUDENT WELFARE CO–ORDINATOR – Gill Baldock
(03) 9864 7713 bal@macrob.vic.edu.au

FAM
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Work experience
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