

# BEYOND THE CURRICULUM



An extensive extra-curricular program for students from Kindergarten to Year 12.

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# Welcome to Beyond the Curriculum

**Fun, friendship and learning that  
extends beyond the curriculum**

The Beyond the Curriculum department which is affectionately known as the BTC, provides an extensive extra-curricular program for students from Kindergarten to Year 12 and an Outside of School Hours Care (OSHC) program for the junior school.

The purpose of our programs is to complement and enhance students schooling experience by encouraging participation, fun, friendship and learning that extends beyond the curriculum. Through our wide range of BTC programs students can discover a new passion and develop lifelong skills to support them through their academic career and beyond.

All of our programs are guided by our expert staff in a safe and social environment where students can thrive.

## **FOR FURTHER INFORMATION**

If you would like any further information on any of the programs,

please contact us:  
[btc@stcaths.nsw.edu.au](mailto:btc@stcaths.nsw.edu.au)  
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# BTC programs available to students

An extensive extra-curricular program for students from Kindergarten to Year 12

## Chess

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Learning and playing chess help children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment.

Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practise games with personal feedback and advice from the coach.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop. Our junior chess class is available to students in Years 1-6.

### Chess is available to:

Students in Years 1-6

### Benefits of Chess:

- Develops problem solving and logical thinking skills
- Improves concentration and focus
- Improves memory
- Increased self confidence
- Improves planning and organisational skills

## Visual Arts

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In our visual arts program students create works inspired by famous artists, nature, animals, imagination and the students themselves.

Students will gain confidence in their

ability to create by exploring art processes which include drawing, painting, printmaking, ceramics, textiles, graphic design and sculpture. Classes are available every day after school for students in Years 2-6.

### Visual Arts is available to:

Students in Years 2- 6

### Benefits of Visual Arts:

- Develops expression and creativity
- Develops fine motor skills and visual-spatial processing
- Improves logical thinking and problem-solving skills
- Can lower stress and anxiety levels
- Improves memory

- Develop new friendships
- Improve balance, core strength and flexibility
- Develop persistence and resilience

## Snowsports Trip

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The annual BTC snowsports trip is a recreational snowsports trip to Smiggin Holes and Perisher Valley, held in the first week of the winter school holidays. Students of all levels of experience are welcome to attend, even beginners! Students can opt to ski or snowboard and with all lessons, equipment, meals and accommodation included. Places are limited.

### Snowsport is available to:

Students in Years 6-11

### Benefits of Snowsports:

- Develops independence
- Learn a completely new skill or improve your skiing or snowboarding abilities







## Tennis

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Our coaching team are world class, delivering a high performance environment with a holistic approach to our students' tennis development.

The goal of the program is to provide a pathway that caters for all levels of play while developing a positive and competitive culture.

- **Junior Development Squads**

For students in Years 3-6 with competition experience eg IPSHA or aspiring to play in competitions. These lessons are structured with drills focused on match-play situations. All lessons involve stroke analysis and correction which challenge the girls to ensure improvement within a fun environment.

- **Senior Development Squads**

For senior school students with competition experience or aspiring to play in competitions. These lessons are structured with drills focused on match-play situations. All lessons involve stroke analysis and correction which challenge the girls to ensure improvement within a fun.

- **Tournament Training Squad**

This is a selective squad for girls that show high ability and work ethic and are competing in Australian ranking tournaments.

- **Private, semi private and group lessons**

Lessons are tailored to focus on specific areas of a girl's game which have room for improvement. A private, semi-private (2 students) or group lesson (3-4 students) of 30, 45, 60 minutes can be arranged for students in all year groups.

- **Aces Tennis**

In this class, low pressurised balls are used to work on improving gross motor skills whilst introducing tennis skills in a modified format. Students work on stroke production, play fun games and develop confidence. Aces tennis is available to students in Kindergarten - Year 6.

**Available to:**

Students in Years K-12

**Benefits of Tennis:**

- Improves coordination, flexibility, strength and fitness
- Improves speed, agility and balance
- Improves critical and tactical thinking skills
- Develops resilience and builds confidence
- Improves well being



## ASCA Drama

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Individual, pair or small group classes that follow an Australian Speech Communication Association (ASCA) syllabus in either Communication Through Performance or Musical Theatre. Throughout the year students prepare for a graded examination conducted by an ASCA examiner. Our teachers will work with students to choose the most appropriate subject area and grade for their exam based on the students' interests, experience, previous grades and goals. Students will be awarded a certificate upon attainment of each grade. Students can progress through the grades from Junior Preliminary through to Grade 8 year to year. Students will also perform in our annual BTC Drama Showcase. Drama and Speech classes are available to students in Years 2-12.

### Available to:

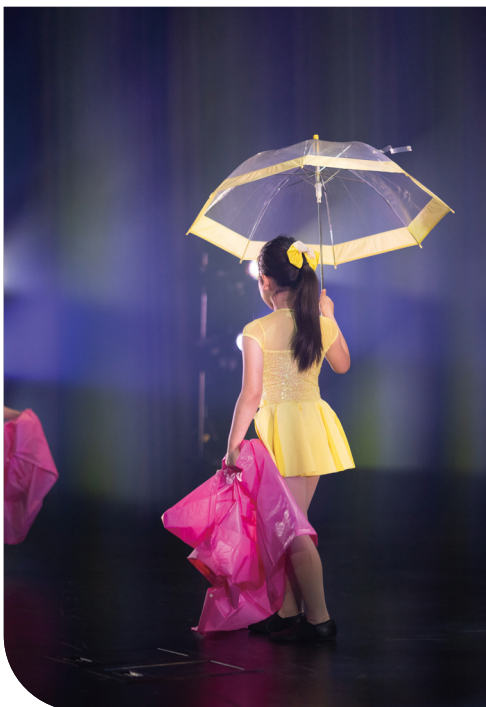
Students in Years 2-12

### Benefits of ASCA Drama:

- Develops oral communication, language and listening skills
- Allows for self-expression and creativity
- Builds confidence
- Improves memory and concentration
- Develops empathy and understanding of the world









## Dance

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By providing a supportive atmosphere students explore new ways of moving and performing, foster a love of dance and freedom of expression. We aspire to make every class fun, dynamic, creative and stimulating to the student's imagination.

### Dance Teams and Company

Our dance teams and company allow St Catherine's students the opportunity to represent the school in competitions around Sydney. All students are welcome to audition for dance teams, even if your child dances at an external dance school. As a member of the dance teams or company, students must attend two weekly classes. Our junior dance team is open to students in Years 3-4, our intermediate dance team is open to students in Years 5-6 and our company is open to students in Years 7-12.

All dance students have the opportunity to perform in our annual RAW dance performance as well as the annual showcase at the end of the year.

- **Kindy Dance**

Kindy Dance classes provide a fun environment for young dancers to learn the fundamentals of dance and explore different styles of dance such as Jazz and Ballet. Available to Kindergarten students only.

- **Jazz**

Jazz is a fast paced, high energy class that incorporates jazz technique such

as kicks and turns with strong and sharp movements. Available to students in Years 1-12.

- **Ballet**

We offer ballet classes for all levels which follow the Royal Academy of Dance syllabus. Available to students in Years 1-12.

- **Tap**

Our tap classes are taught in the style of stomp tap. This style of tap uses heavy beats and body percussion. Tap is available for the beginner through to the advanced. Available to students in Years 1-12.

- **Lyrical/Contemporary**

This class concentrates on the technique base of contemporary dance, focusing on strength, balance and agility. This is coupled with expressive interpretation of lyrical and contemporary pieces of music. Available to students in Years 2-12.

- **Hip Hop**

Hip Hop is a high energy style that incorporates techniques of popping and locking, tutting and more. Available to students in Years 2-12.

- **Private lessons**

Private lessons are offered to students who wish to develop technique, or to choreograph a solo, duo or trio routine to perform in Eisteddfods and community events.

### Available to:

Students in Years K-12

### Benefits of Dance:

- Develops expression and creativity
- Encourages teamwork and collaboration
- Fosters friendships and social skills
- Improves coordination, flexibility, strength and fitness
- Improves wellbeing



## Gymnastics

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- **Gym Fun**

These classes are focused on all the fun gymnastics has to offer. Classes are delivered in a non-competitive environment with the aim to prepare them for long term participation in all sports. Students can expect a large variety of movement experiences from both Artistic and Rhythmic Gymnastics and can look forward to learning new skills with a mix of apparatus and handheld equipment. Available to students in Kindergarten - Year 1.

- **Recreational Artistic Gymnastics**

Women's artistic gymnastics is for students of all ages. Artistic gymnastics builds power and skill, as well as grace and creativity. It also develops coordination, body awareness, and discipline. If you find your daughter always cartwheeling or doing a handstand, then artistic gymnastics is the class for her. Artistic gymnastics is performed on various apparatus including the floor, uneven bars, beam and vault.

- **Competitive Artistic Gymnastics**

Looking for more of a challenge? Perhaps you're interested in competitive sports? BTC provides competitive classes in Artistic Gymnastics following the Gymnastics NSW pathway. Entry into levels requires a skill assessment and classes focus on set skills performed on bars, beam, floor and vault. As well as representing St

Catherine's at school carnivals, students will have the opportunity to be selected for Club, Regional, State and National representation.

- **Recreational Rhythmic Gymnastics**

Does your daughter love to dance and perform? Rhythmic Gymnastics is a fantastic blend of gymnastics, dance, acrobatics and music using handheld equipment – rope, hoop, ball, clubs and ribbon.

- **Competitive Rhythmic Gymnastics**

Looking for more of a challenge? Perhaps you're interested in competitive sports? BTC provides competitive classes in Rhythmic Gymnastics following the Gymnastics NSW pathway. Entry into levels requires a skill assessment and classes focus on performing routines to music with handheld equipment. As well as representing St Catherine's at school carnivals, students will have the opportunity to be selected for Club, Regional, State and National representation.

### Rhythmic Gymnastics Groups

The Rhythmic Gymnastics Groups program is a wonderful addition to our individual program. Students will develop the skills to work collaboratively as a member of a team in a creative performance environment. Students will improve their apparatus and performance skills, confidence and technique in an exciting and fun team setting. Routines are performed in trios or groups of

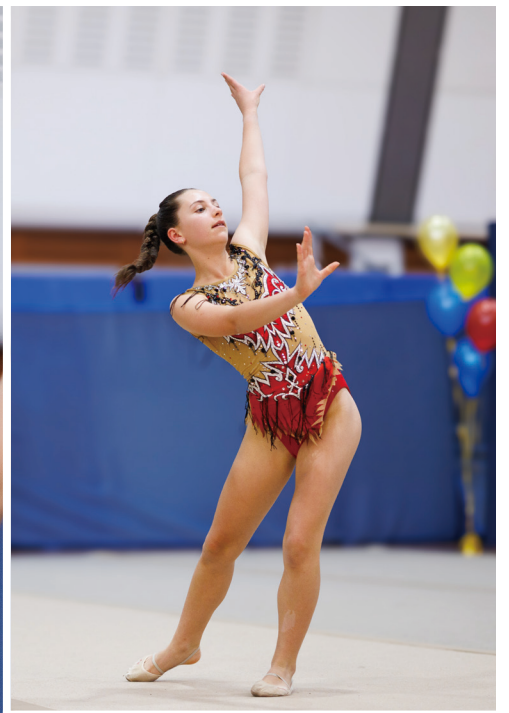
four. Students will have the opportunity to represent St Catherine's at school carnivals as well as compete at state competitions. Senior school students will also have the opportunity to compete at a national level.

### Available to:

Students in Years K-12

### Benefits of Gymnastics:

- Improves flexibility, strength and power
- Improves coordination and balance
- Develops expression and creativity
- Encourages goal setting and persistence
- Develop resilience





# Out of School Hours Care (OSHC) & St Cath's Holiday Program

**Our Out of School Hours Care (OSHC) service is available for all junior school students to support families.**

Parents can have peace of mind knowing that their children are well cared for and engaged in safe, healthy activities before and after school. As we believe the learning extends beyond the classroom, we offer our students the opportunity to continue to learn in fun and exciting ways about themselves, their community and the world around us.

- Quiet activities including reading, board games, drawing, building and construction
- Teacher led and child directed play and activities
- Afternoon tea and snack
- Pick up and drop to extra-curricular activities.

## Before School Care

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Operating hours: 7:00am-7:50am

Our before school care program offers students:

- A warm and welcoming environment to start their school day
- Homework assistance
- Quiet activities including art and craft, reading, board games, imaginative play and building and construction.

## After School Care

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Operating hours: 3:00pm-6:00pm

Our after school care program offers students:

- Study club for students in Years 5-6 in the library from 3pm – 4pm where they will work on their homework supervised by a member of staff
- Homework assistance for all students
- Art and craft activities
- Outdoor sports and games
- Imaginative play opportunities

## Holiday Program

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St Catherine's holiday programs aim to provide a safe and stimulating environment where children can go during the school holidays to play, relax and learn new skills.

All our programs are open to the students of the school, siblings and boys and girls in the community. Each holiday we offer a variety of programs including creative and visual arts, sport-specific, educational and cultural programs.

**The standard opening hours are from 9am - 3.30pm with the main activities on offer from 9.30am.**

Busy working parents can also take advantage of our early and late clubs, no matter what program they are attending, which can extend the day from 7.30am - 6pm at an additional charge.





**St Catherine's School**  
Sydney

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- **Our Story**
- **There is so much to the**
- **story of St Catherine's School.**
- Scan the QR code to read and
- experience our wonderful School.