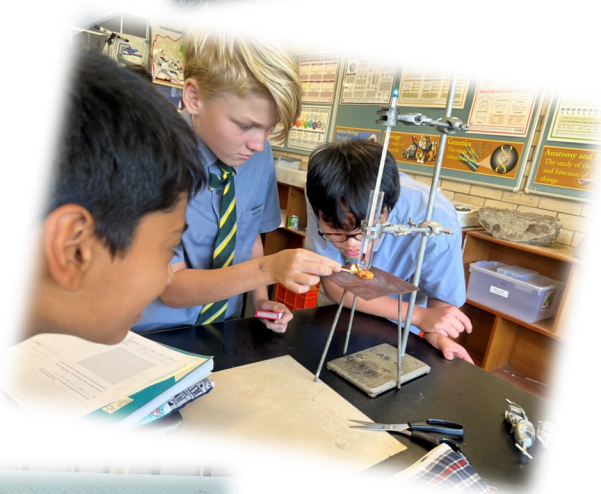




Co-Curricular Activities 2024



Jessica Schadel
Principal

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Dear Students and Parents/Carers

This booklet, outlining the co-curricular activities available at Epping Boys High School, promotes our school philosophy that aligns strongly with our *Boys to Men* program that seeks to engage all boys and build fine men. High level of participation in co-curricular activities provides for the well-rounded growth and development of the whole boy.

To achieve this goal the school offers a wide range of co-curricular activities to enhance our students' intellectual, social, cultural and physical development.

Please note, at the time of printing the fees/costs associated with each activity (where stated) is an approximate cost and are subject to change.

I encourage **all boys** to become involved in at least one activity beyond the traditional classroom context. I know that by participating in these activities your enjoyment of school life at Epping Boys High School will be enhanced.

Yours sincerely



Jessica Schadel
Principal
November 2023

M8s Day



NAIDOC Week

Academic Competitions

Australian Geography Competition

The Geography Competition is a national competition run by the Royal Geographical Society of Queensland. Students studying Geography in Years 7 to 11 are eligible to sit for the examination. It is usually held during May.

An entry fee will apply. Certificates are presented to those students achieving high marks and the top performing students in NSW attend the Australian Geography Big Week Out.

Contact Ms Sievier in the Social Sciences Staff Room



Award Winners

Australian Mathematics Competition

Students sit for a 75-minute, multiple choice competition testing problem solving skills (as opposed to mathematics examination techniques). Problem solving skills are practised in the classroom prior to the competition. The competition is held annually in late July / early August.

This competition is open to all students and an entry fee will apply.

Contact Mr McKenzie and Mr Bui in the Mathematics Staff Room

Australian National Chemistry Quiz

This competition is open to all students, Years 7 to 12. Students undertaking Chemistry studies in Years 11 and 12 are strongly encouraged to take part.

The aims of the Quiz are to promote and encourage an awareness of the nature and relevance of Chemistry amongst secondary school students. It is hoped that such a Quiz will interest students in the further study of Chemistry and will indicate to students the important role Chemistry has to play in our society.

The competition is usually held in August. An entry fee will apply.

Contact Ms Jain in the Science Staff Room

Australian Science Olympiads Qualifying Examinations

The National Qualifying Examinations (NQE) are the first stage of the Olympiad Programs. An NQE is held annually for each discipline - Biology, Chemistry and Physics. An entry fee will apply.

Students sitting the NQEs must be in Year 11 or below. Around the top twenty five students in each NQE will be invited to become Australian Science Olympiad (ASO) Scholars. The ASO Scholar Training School will be conducted at the National University.

Contact Ms Jain in the Science Staff Room

Mathematics Competition (ICAS)

This is an annual one-hour competition. Any student in Mathematics may enter. Students in Years 8 to 12 can bring in any calculators or other instruments. Year 7 students may not use calculators. The competition is held in August/ September and an entry fee will apply.

Contact Mr McKenzie and Mr Bui in the Mathematics Staff Room

Mock Trial

This is an interschool mock trial competition, which is run by the Law Society of NSW. Students from Year 11 Legal Studies travel to other schools and compete in a legal trial presided over by a real local court magistrate.

Contact Mr Dewane in the Social Sciences Staff Room



Mock Trial

Model United Nations Assembly (MUNA)

MUNA is an annual, two-day weekend event that is part of an International Rotary project to educate senior high school students on the United Nations organisation and its vital commitment to world peace, in addition to health, education and living standards around the world. This event provides an excellent forum for students to develop and practise their public speaking skills whilst debating on topical world issues. The event is held in May.

Contact Mr De La Pena in the Science Staff Room.

Python Challenge

Year 11 Software Design and Year 9 IST plus selected Year 10 IST students participate in the National Computer Science School Python Challenge. This is run over five weeks, beginning early August. An entry fee will apply. Students are expected to work on the competition both in class and at home.

For more information see: <http://challenge.ncss.edu.au>

Contact Mr Beilby in the TAS Staff Room

Rotary STEM Competition in conjunction with Newcastle University

Each year we enter a STEM competition, run by Newcastle University for students who are interested in Science and Engineering. Rotary subsidise the entry for our students. Priority will be given to the students who are involved in the lunchtime STEAM group.

Contact Mr Leggo in the Science Staff Room

World Skills Competition

World Skills is an International Competition, which is held in conjunction with industry and tertiary education establishments. The competition potentially allows students to compete interstate and overseas. Our school competes in the Kitchen Operations component of this course. Any student who studies Hospitality is encouraged to compete in this competition at a school level. At the completion of this stage a group of students is selected to compete in the Regional competitions.

Contact Mrs Koff in the TAS Staff Room.



Multicultural Day



Harmony Day



Prefects Band

General

Charity Assistance

Epping Boys High School has built strong links with the local community assisting in many charity organisations. Some year groups have adopted their own charity which they support for the six years of high school. Other groups within the school such as Prefects, SRC and specific interest groups, support a wide range of charities.

The charities and events that Epping Boys High School supports include World's Greatest Shave, Cancer Council, Movember, Are You OK? Day, Jersey Day, Bandana Day and While Ribbon Day. Activities include selling merchandise, collecting donations and being part of a team in organising intra-school activities, such as Mufti Days, BBQs and Charity Eisteddfod/ Film Fest. Charity involvement is a requirement of the Duke of Edinburgh's Award. All students throughout the school are invited to be involved in charity activities as part of the *Boys to Men* program.

Contact Mr Gordon in "The Well" and Mr Dziedzic in the Social Science Staff Room



Chess Club

The Chess Club is open to any student who enjoys playing chess. The club operates during lunchtimes on Mondays, Tuesdays, Thursdays and Fridays. The club is not open on sports day (Wednesday); however, chess is available as a Social Sport. Competitions are run in-school at various times in the year.

The club has two locations: K Block, upstairs in K23; and also in the K Block courtyard at The Big Board. Students can improve their knowledge and skills of playing chess, as well as taking responsibility for looking after the room and chess sets.

Contact Mr Lochner in the English Staff Room

Commonwealth Bank Start Smart

Years 9 and 10 Commerce students participate in the Commonwealth Bank Start Smart Financial Literacy workshops. The program changes the way young people learn about money by making money management interactive, engaging and fun through a series of free workshops and online resources. Students participate in sessions on saving, running a business, employment and budgeting. This is an additional activity provided to students enrolled in the Stage 5 Commerce elective.

Contact Mr Dziedzic in the Social Sciences Staff Room

Dr Who Club

The Dr Who Club is an opportunity for those who are keen *Dr Who* fans to watch an episode and have a chat about it. The episodes watched are a mix of the 30-minute original episodes and sometimes the modern version, which are 50 minutes in duration and watched over two week intervals. The Dr Who Club meets once a week on Fridays during lunchtime in K5. All students who enjoy *Dr Who* are welcome and invited to attend.

Contact Ms Lane in the Science Staff Room



CRASH

CRASH is our *Inter-School Christian Fellowship group or ISCF* and is a registered activity of Scripture Union. CRASH provides a relaxed and fun space where students can come and discuss issues of faith, hopefully provoking them to think a little deeper about how they fit into the world and what on earth we are all doing here. Students from all grades attend, providing an excellent opportunity for peer support, as well as fostering new relationships that may never have otherwise developed. The majority of these meetings are student lead giving the students a chance to lead, teach and share what they feel is relevant to their fellow students' school lives and overall personal development.

A big highlight of the year is the weekend away with the Cheltenham Girls High School group. We have an awesome time in the care of the senior leaders and adult volunteers as they entertain us with various games and activities, as well as hearing from guest speakers from within our community. Weekly meetings are held each Friday at lunchtime in C7 and all students are welcome. Parental permission is required each year for students to attend.

Contact the School Chaplain, Andreas Sunjara in "The Well" in D Block

Games Club

Games Club is held every day at lunch time in B6 and is a great place to make new friends. We have a large range of board games (eg Trouble, Twister, UNO, Connect 4, Guess Who, Jenga etc) that the students can play or they are welcome to bring in a game of their own. Everyone is welcome to attend and there is never a shortage of people to play with. All year groups are welcome. Games Club provides a fun, warm and welcoming environment and can be attended as often or as little as a student wishes.

Contact Ms Sweeney in "The Well" in D Block



Homework and Learning Centre

The Homework and Learning Centre supports the wide range of learning needs of our students. The Centre assists students with homework, assignments/assessment tasks, organisational and study skills. The Centre is staffed by Ms Margaret Burke, teachers and mentors. The Homework and Learning Centre operates on Monday afternoons from 3.30pm and 4.30pm in the library. Afternoon tea is served.

Contact Ms Burke in the EALD Staff Room



Lego Club

Lego Club meets each week on Mondays during lunchtime in K5 to review new releases, building techniques and MOC constructions. Each meeting ends with a building challenge for the week. New members are always welcome, from beginners to brick masters.

Contact Mr Leggo in the Science Staff Room

Multicultural Day

Multicultural Day is a celebration of our cultural diversity. Epping Boys High School embraces the day with food, fun and festivity. As a community, we respect and uphold the values of multiculturalism. This day provides a range of opportunities for all students, parents and staff to contribute food, entertainment and skills. It is always a delight to see many of our students participate and enjoy all the planning and preparation.

Contact Mr Sano in the Languages Staff Room

Muslim Prayer Group

Every Friday during lunchtime, the Islamic students within our community are given the opportunity to meet together for the congregational prayer known as the Jumu'ah. As part of this meeting a sermon or Khutbah is also delivered by a registered volunteer from the Islamic Council of NSW. This Friday sermon and congregational meeting for prayer are important parts of the Muslim faith and all students are welcome to participate in them. Students from all grades may attend, providing an excellent opportunity for peer support, as well as fostering new relationships that may never have otherwise developed. Meetings take place in C8. Parental permission is required each year for students to attend.

Contact Mr Bailey in the Administration Block

Premier's Reading Challenge

The Premier's Reading Challenge is a state-wide program to encourage student reading. Run by the Department of Education, the program requires students to read from a list of books and log their reading online. The Challenge begins in March and ends in Term 3. There is no cost involved.

Contact Mrs James in the Library

STEAM

The STEAM group meet once per week at lunchtime in K5. STEAM challenges students in all years to apply their knowledge of science, technology, engineering, art and mathematics to solve real world problems in a project based manner. During STEAM, students work in small project groups to identify the nature of their problem, collaborate ideas, design a solution and execute their resolution to the task.

To date, students have designed heat shields for the space shuttle, built bridges of fettuccine, manufactured greenhouses and launched model rockets from the oval. STEAM challenges students to broaden their perspective on the world, push materials to their limits and solve the problems of the future as part of a functional team.

Contact Mr Leggo in the Science Staff Room

Leadership and Personal Development

Debating

Students debate against other state schools in The Premier's Challenge Debating Competition.

Any student interested in debating may go in the school trials for team selection, including reserves. Debating teams of five or six students are formed in all years: Years 7-12. Debating commences with other state schools in the Northern Region. The winner of the zone then debates in a knockout competition against other zone winners, until a Northern Region champion is decided.

Contact Mr Argirou in the English Staff Room

Duke of Edinburgh's Award

Duke of Edinburgh's Award aims to develop skills as a leader and active citizen while empowering students to explore their potential. This is achieved through a series of challenges extending the mind, body and community spirit. It is best achieved through a balanced and engaging series of goals.

The program is divided into three stages: Gold, Silver and Bronze each with its own level of commitment. During the program, at all levels, participants must complete four fields of activity:

Physical Recreation: Improving your physical fitness and wellbeing

Service: Connecting you with your community as an active citizen giving service

Skill: Develop your talents and broaden your abilities in a chosen area

Adventurous Journey: Students undertake their expedition in a bush environment developing their skills in bushcraft, teamwork and time management. This is organised as part of the school's program.

Each stage of the award has progressing levels of commitment to each field. These are outlined below.

Stage	Standard Commitment	Additional Requirements	Entry Age
Bronze	3 months each	+ 3 months of one chosen major	14 years
Silver	6 months each	+ 6 months of one if silver direct	15 years
Gold	12 months each		16 years

Contact Mr Leggo in the Science Staff Room

Gardening Club

Each week, during sport, students will work with their peers, teachers and members of the community on a variety of sustainable gardening, construction and environmental tasks within the school. We have witnessed tremendous successes as a result of this initiative, as it encourages the boys to interact as part of a team with their peers, teachers and various members of the community outside of the normal classroom setting.

The program provides the students with further opportunities to thrive by gaining new skills, leading others, taking initiative and interacting socially that they may or may not ordinarily be able to access in the classroom. This promotes a sense of pride in their work, in themselves and in being part of the wider community.

Contact Ms Lane in the Science Staff Room

Sports Leadership — Sports Captains and House Captains

Sports Captain positions are open to students in Year 11 during Term 3, who serve during the following year. The Sports Captain leadership team consists of a Carnivals Captain, a Grade Sport Captain and an overall School Sports Captain.

House Captains are elected for each house from Years 7 – 11. The overall House Captain and Vice-Captain are Year 11 students. There are two House Captains also elected in each of the year groups from Year 7 – 10.

This sports leadership team work on the three school carnivals, as well as other sporting events to support the organisation and operation of these events. They work closely with the Sports Coordinator, Carnivals Coordinator and Head Teacher PDHPE.



*Gold Duke of Edinburgh
Adventurous Journey*



Café Program

The Café Program has been operating at Epping Boys High School for over two decades. The program at EBHS was the first of its kind in the region and the school still takes great pride in investing in such an innovative approach to student wellbeing as part of the *Boys to Men* philosophy.

The program sees students from Years 9, 10 and 11 run the Café, located in D Block. The café is open for business every morning before school and during recess A, whereupon staff, school visitors, parents and senior students visit the café to purchase and enjoy delicately crafted espresso style beverages. On Thursday during recess A, the café hosts a morning tea, where up to fifty members of staff are served both food and beverages by the students in a simulated hospitality setting. The atmosphere is warm, friendly and relaxed - so much so, that many staff members say that this morning tea is the highlight of their week!

The students who participate learn many new skills, including barista training, waitering and customer service, baking and food handling, working under pressure and teamwork. Essentially, the students get a taste of what a real workplace environment can be like.

The Café Program is primarily a student development initiative undertaken by the school. The most powerful aspect of the program is the effect participation can have on a student's connection to the school, their self-confidence and their relationships with those around them. The program has regularly proven that the simulated café environment has the potential to assist students across all levels to grow: from those who may be experiencing difficulty in a particular area; to those who are able to draw on the unique experience to refine their developing leadership and communication skills. The program provides opportunities for students to form closer relationships with staff; showcase different strengths which may not be evident in other activities around the school; experience success in new challenges; and work cohesively with other students.

Contact Mr Percy and Mr Sunjara in "The Well"



Panorama Magazine Committee

This student committee plans and produces the school magazine, *Panorama*.

Any student from Years 8 to 11, who feels he would like to contribute in some way may apply. Students learn a variety of skills ranging from gathering information, writing reports and taking photographs. Working with professional design programs such as Photoshop and InDesign, students learn how to produce a quality publication from the initial concept to printing.

Contact Ms Zhurawel in the TAS Staff Room and Ms Chang in the CAPA Staff Room



Peer Mediation and Mentoring



Peer Mediation and Mentoring is part of the *Boys to Men* program. Mentoring is an opportunity for students to take a role of leadership in the Middle School. In the first two weeks of high school, mentors are attached to Year 7 classes who escort them from class to class, providing help and support during the transition from primary school. During the first two terms, mentors interact with the Year 7s in the playground to help foster the connection between the students. Throughout the year, Year 10 students will mentor the Year 7 students in a number of BTM mentoring sessions and help them make a successful transition into high school.

The program is designed to achieve several outcomes. The older students have an opportunity to take an important role at the school, while the new students are made to feel a sense of belonging by establishing relationships with senior students. This enables them to gain valuable knowledge and experience from responsible students already accustomed to the routines and activities of high school.

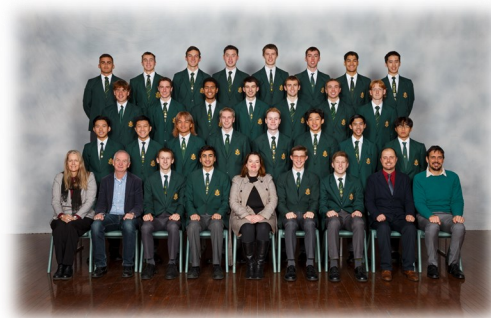
Mentors are selected in Year 9 in Term 4. The students then participate in training days where they are made aware of their role as a mentor when they are in Year 10 and are given the appropriate skills to successfully run small group mentoring sessions as well as peer mediation meetings when needed. The structure of the mentor sessions become more informal as the year progresses with the expectation that leaders will continue to support the Year 7 students outside of organised session times.

Contact Mrs Vratarić in the Mathematics Staff Room and Mrs Ghorayeb in the Social Science Staff Room

Prefect Body

The Prefect Body is elected annually at the beginning of Term 3 by staff and students from Years 10 to 12. Their term of office goes from midway of Year 11 to midway of Year 12. This leadership group consists of 28 students who serve the community and uphold the traditions, values and ethos of the school. At the Prefect Leadership Camp, the prefect body elects the Captain, Head Prefect and Vice-Captain.

The Prefects regularly represent the school and they have a traditional role, which includes monitoring student movement on to buses, at the canteen and on assembly, assisting staff when required; attending school functions, and supporting charity appeals within the school and the broader community. They also organise whole-school activities and fund raising events. Each year they determine specific goals, which become a focus for their year of office. The experience of the Prefecture provides opportunities for service and preparation for leadership for life beyond school.



Contact Mr Dziedzic and Dr Dewane in the Social Sciences Staff Room

Public Speaking

There are three formal areas of public speaking:

- All Year 7 participate in Term 4 for the Margaret Lawrence Award, overseen by Mr Lochner
- Students in Years 10-12, may enter The Sydney Morning Herald Plain English Speaking Competition
- Middle School students from Years 7, 8 and 9 may enter Legacy Public Speaking Competition

Contact the English Staff

Students' Representative Council (SRC)

This is a student leadership body which identifies and voices student opinions and ideas. This can lead to improvements in school spirit, school amenities and closer ties with the local community.

The SRC consists of 32 Student Representatives from Years 7 to 11, democratically elected by their peers. Four Year 11 students form the executive board as President, Vice President, Treasurer and Secretary. Weekly meetings are held during lunchtime. The group discuss students' rights and responsibilities, organises fund raising activities, such as the annual school dance or movie night, and supports charities through various events. In 2023, the SRC raised funds for the Epping Rotary Club to support children with disabilities, and for Canteen through Bandana Day.

Contact Mr Yung and Ms McCabe, SRC Coordinators, in the Maths Staff Room.

Student Wellbeing Action Team (SWAT)

The Student Wellbeing Action Team (SWAT) is an exciting and relatively new leadership opportunity for students. Student wellbeing is of the upmost importance to us here at Epping Boys High School and to that end we think it beneficial to have a formal student body that is solely devoted to wellbeing initiatives. This team has specific roles and responsibilities throughout the course of the year such as coordinating M8's Day and R.U.OK? Day. It is in time hoped that the actions of the group will evolve as the students involved take ownership for this direction and communicate what they think are the most relevant and important issues facing the student body.

Contact Mr Gordon (HT Wellbeing) and Ms Sweeney in "The Well" in D Block.

Interact

Interact meets every Tuesday from 3.30pm to 4.30pm in The Well. This is a social group for students who have arrived from overseas in the last couple of years. It's an opportunity to make friends with other students in a similar situation. This group is student led with the boys deciding what activities they would like to do each week. Duke of Edinburgh participants assist with the program and have taught the boys to play handball (an important skill to have at Epping Boys). Most weeks the boys choose to play basketball, cricket, handball or board games. Afternoon tea is provided.

Contact Ms Sweeney in "The Well" in D Block.

Bootcamp

Bootcamp is held every Thursday from 3.30pm to 4.30pm in the school gymnasium. High Intensity Interval Training is provided for all levels of fitness. This is an opportunity to get fit and have fun.

Contact Mr Taplin in the CAPA Staff Room.



Creative and Performing Arts

Visual Arts

Art and TAS Exhibition

Each year, Term 3, Week 7, the CAPA and TAS faculties hold an annual Art Exhibition and TAS Exhibition which showcases the work from students in Year 7 through to Year 12.

As part of this exhibition, students are provided with the opportunity to help organise this event. This involves the designing of invitations and promotional material, as well as the selection and arrangement of work.

Selected students from Year 10 are involved in the coordination of this exhibition.

Contact the Visual Arts Staff in the CAPA Staff Room and TAS Staff Room

Visual Arts Camp

A three-day camp at the Arthur and Yvonne Boyd Education Centre at Bundanon on the Shoalhaven River is offered to Year 10 and 11 students every second year when available. This involves a variety of activities including visiting the Boyd's Studio and Homestead and visiting the artists in residence at that time.

Contact the Visual Arts Staff in the CAPA Staff Room

Art Club

The Art Club runs on Tuesday Afternoons from 3.15pm to 4.30pm in E3, over four terms. This club is strictly for Year 7 students who have a passion for art and wish to extend their technical and conceptual skills. Students will develop their skill sets while investigating a variety of media and techniques. Each term is based on a separate discipline (drawing, ceramics, painting and printmaking).

In 2024, there will be no Visual Arts in Year 7, as the Stage 4 Visual Arts course commences in Year 8. This club serves to fill the Year 7 gap and provide artistic opportunities for those Year 7 students who enjoy creating art on a regular basis, whilst being in a fun and creative atmosphere. Artworks will be displayed in the annual Art Exhibition.

Students who are interested will submit an Expression of Interest on a first come, first served basis at the beginning of the school year. The club is limited to 30 students and numbers over this will be waitlisted. Students will be expected to attend each week unless they have a valid reason. Frequent absences without a valid reason will compromise a student's position in the club, and their place may be offered to the next student on the waitlist.

There will be a cost of \$10 per term to cover the materials

Contact the Visual Arts Staff in the CAPA Staff Room



HSC Body of Work



Drama



Drama Performance Evening

Students present a showcase of dramatic talent within the school. All elective students in Years 10 and 12 perform at an evening performance. The performance contributes to the elective students' assessment weighting.

Contact Mr Taplin in the CAPA Staff Room

Junior Drama Ensemble

This is a small group of enthusiastic boys in Years 7 and 8 who meet before school to experience Drama.

Contact Mr Taplin in the CAPA Staff Room

Music

Our co-curricular music program employs a number of professional musicians as directors of the many music ensembles. Ensemble fees are in addition to the general school contributions and are important to cover the cost of external directors, music scores, purchase and maintenance of instruments and equipment such as music stands, transport to venues and entry fees.

Fees for each ensemble are listed below. Ensemble Fees are payable for up to two ensembles per student. No charge for additional ensembles.

Years 7 to 11 \$375 per ensemble per year

Year 12 \$280 per ensemble per year

No charge for students to attend Junior Vocal Ensemble.

Beginner musicians who wish to learn an instrument should contact Music staff to discuss their options. The school has a limited selection of instruments for hire.

All students should contact the Music Staff in the CAPA Staff Room if they are interested in joining one or more of the ensembles.



Orchestra

Our Wind Ensemble has now developed into an Orchestra, welcoming wind, string and percussion players. They play a varied repertoire of music as they develop listening and blending skills. In 2023, they performed at the National Eisteddfod in Canberra, earning a Silver Award.

Students must be experienced instrumentalists and join by audition.

Rehearsals are Monday afternoon from 3.30pm to 4.30pm

Concert Band

Concert Band performs at school functions and community events. They enter eisteddfods and band competitions. In recent years the Concert Band has enjoyed success at the Australian Schools Band and Orchestra Festival and the National Eisteddfod in Canberra. They have toured regional NSW, including Parkes, Forbes, Berry, Hunter Valley and Byron Bay.

Open to any student who plays an instrument (other than strings). Students are expected to have lessons with an instrumental tutor.

Rehearsals are Tuesday morning at 7.20am

Stage Band

Stage Band performs at school concerts and community events. The Stage Band has been extremely successful in a range of eisteddfods and state school performances. The band has performed at Darling Harbour, in the Queen Victoria Building, Sydney Town Hall and the Sydney Opera House. They have toured to Mt Gambier, Port Macquarie for the *Big Band Blast*, and performed alongside the famous jazz band, *Generations in Jazz Academy Big Band*. Students are encouraged to also belong to Orchestra or Concert Band.



Rehearsals are Tuesday lunch and Friday morning 7.20am

Jazz Band

This band has been very successful in various events at school and in the local community, including 3rd place in the City of Ryde Eisteddfod. They have performed at the Eastwood Spring Fair, Eastwood Heights Public School Fete and Kent Road Public School. They have toured regional NSW, including Parkes, Forbes, Berry, Hunter Valley and Byron Bay. All boys interested in Jazz can apply to join. Students are encouraged to belong to Concert Band.

Rehearsals are Monday lunch

String Orchestra

Over the years, Epping Boys High School has grown the String Orchestra program. Each year they perform at various school functions. They have performed at the Royal North Shore Hospital, Westmead Children's Hospital and were selected to perform at the Sydney Town Hall for the Arts Unit. They received a Platinum Award at the 2023 National Eisteddfod in Canberra. They have toured regional NSW, including Parkes, Forbes, Berry, Hunter Valley and Byron Bay.

Students who play violin, viola, cello and double bass are welcome.

Rehearsals are Thursday lunch.



Guitar Ensembles

The Guitar Ensembles perform at Grandparents Day and *An Evening of Music*. The senior ensemble has also performed at the City of Ryde Eisteddfod and has placed first on two occasions. Students are expected to have individual tuition, as well as school practice. All keen beginner and experienced acoustic guitarists are welcome.

Rehearsals are Monday morning at 7.30am (Junior Guitars) and Monday lunch (Senior Guitars)

Percussion Ensembles

These ensembles provide a dynamic introduction to school activities and have performed at the Ryde Eisteddfod, *An Evening of Music*, Grandparents Day and Speech Day. The Percussion Ensembles participate regularly at the Sydney Eisteddfod, placing 1st and 2nd in the 2023 event, and the Australian National Percussion Eisteddfod.

Students from Years 7-10 may join the Junior and Intermediate Percussion Ensemble. Entry to Senior Percussion Ensemble is by audition. Students in the Intermediate and Senior Ensembles are expected to have individual lessons with a tutor.

Rehearsals are Friday morning at 7.20am (Junior Percussion and Intermediate Percussion) and Thursday morning at 7.20am (Senior Percussion)

Senior Vocal Ensemble

Performances are both in and out of school. The Senior Vocal Ensemble has been invited to sing at venues such as Sydney Opera House, Sydney Town Hall and State Principals' Conference. They have achieved much success at the Melbourne and Sydney Eisteddfods, winning their section in 2022 at the Chatswood Concourse. Students from Years 8 – 12 may join.

Rehearsals are Thursday mornings at 7.30am



Junior Vocal Ensemble

This group is open to Year 7 students and provides a stimulating and fun environment to sing together.

Rehearsals are Tuesday lunch. **No Fee is charged for this ensemble.**

Year 7 Massed Choir

All Year 7 students perform at the annual *Evening of Music*, which is held in the School Hall.

Rehearsals are in class time with students memorising their songs.

Year 12 Massed Choir

All Year 12 students form a choir to perform at a concert for the older members of the Epping and Eastwood communities, as a goodwill gesture during the last week of Term 3. All Year 12 students participate.

Rehearsals are scheduled after the Year 12 Trial HSC exams.

An Evening of Music

This annual concert features all the co-curricular ensembles throughout the year. Year 12 soloists, and the Year 7 Massed Choir also perform. You do not have to do elective music to be involved. The night offers a wide variety in musical style and highlights the musical talents within our school.

Annual Concerts and Musical Productions

Other concerts and ceremonies throughout the year may include: An Evening of Jazz, Formal Assemblies, High Achievers' Assembly, Prefects Induction, ANZAC Day, Speech Day, Year 12 Community Concert, Grandparents Day, various eisteddfods and competitions: state, national and overseas tours.

Previous Musical productions were *Les Misérables* (2019), *West Side Story* (2017), *Beauty and the Beast* (2014). The enthusiasm and hard work results in productions that are satisfying to cast and crew and enjoyed by all who are involved. Productions are open to all students in production years.



Les Misérables 2019

Sound and Lighting Crew

This is a small group responsible for running and designing the sound and lighting for assemblies, musicals, concerts and performances. Twelve students from Years 7 to 12 form the group. They plan and liaise with staff, maintain equipment, attend performances, both in and out of school hours.

Contact Mr Tabrett in the CAPA Staff Room

Australian Football Competition - NSW/ACT Swans Cup

Students compete against schools from Sydney Harbour, Sydney South/Illawarra, Hunter/Central Coast and Northern NSW in a Round Robin competition run by AFL NSW/ACT. This competition is run with multiple age divisions. Students must trial to be selected for these teams. Training and coaching will be given and the actual games against other schools are usually held during school time.

Australian Football Competition - Swan Shield

Students compete in a NSW Combined High Schools state wide competition. This is an under 15 age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Baseball Competition - Proud Shield

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Basketball Competition - Opens

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Basketball Competition – Under 15s

Students compete in a NSW Combined High Schools state wide competition. This is an under 15 age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Cricket Competition - Davidson Shield

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Cricket Competition – Northern District Schools Cup

Students compete in a T20 knockout-style competition against schools in the Northern Districts of Sydney. This is a Year 7 and Year 8 competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time (where possible).



Cricket



Football

Football - Academy

An elite training program for the top Footballers in the 13 years, 14 years and 15 years age groups. These students will form the A and B teams for Grade Football in their respective age groups. Students must apply to and trial to be a part of this program. Training occurs after school hours at school.

Football Competition – Bill Turner Cup

Students compete in a knockout-style competition against schools from NSW, QLD, ACT and VIC. This is an under 15 age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Football Competition – Opens

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Football Competition – Wanderers Schools Cup

Students compete in a round-robin style competition against schools from the Western Sydney area. This event is hosted by the Western Sydney Wanderers. This is a Year 7/8 competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time. Winners of the zone competitions then progress to a finals day and the top four from the finals day will play before an A-League match and receive free tickets to watch that match.

Futsal Competition – NSW Futsal Schools Championship

Students compete in a round-robin style competition against schools within the Dural region. Winning teams from this regional event will proceed through to the NSW championship. This competition has under 14 age, under 16 age and open age divisions. Students must trial to be selected for these teams. Training and coaching will be given and the actual games against other schools are usually held during school time.

Golf Competition

Students compete in a regional competition. This is an open age competition for experienced golfers only. This is the pathway for selection to compete in the NSW Combined High Schools Matchplay and Strokeplay Championships. Competition is usually held during school time.

Grade Sport - Summer

Students compete in a weekly round-robin style competition against other schools in our sporting zone. Sports played in the summer season include: Cricket, Baseball, Basketball, Volleyball, Futsal, League Tag, Water Polo, Squash and Ultimate.

Age divisions vary within each sport. Students must trial to be selected for a team. Training and coaching will be given. Games will occur during sport time on a Wednesday afternoon.

Grade Sport – Winter

Students compete in a weekly round-robin style competition against other schools in our sporting zone. Sports played in the winter season include: Football, Rugby, Hockey, Tennis, Table Tennis, Badminton and Lawn Bowls.

Age divisions vary within each sport. Students must trial to be selected for a team. Training and coaching will be given. Games will occur during sport time on a Wednesday afternoon.



Football



Futsal



Badminton

Hockey Competition - Opens

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Lawn Bowls Competitions - Opens

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Rugby Union Competition – Buchan Shield

Students compete in a NSW Combined High Schools state wide competition. This is an under 16 age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Rugby Union Competition - Waratah Cup

Students compete in a regional round-robin style competition against schools from the Sydney Metro area run by the NSW Waratahs. Winning schools from this competition progress onto the state championship. This competition has under 14 age, under 16 age and under 18 age divisions. Students must trial to be selected for these teams. Training and coaching will be given and the actual games against other schools are usually held during school time.

Social Sport - Summer and Winter

Students during the summer or winter seasons who do not wish to play grade sport may choose a recreational sport.

Sports include: Badminton, Basketball, Ice Skating, Lawn Bowls, Football, Tennis, Ten Pin Bowling, Table Tennis, Laser Tag, Fitness Training, Chess, Parkour, Touch Football, Squash and Rock Climbing. Some of these will occur on school grounds and some will occur in the local area at external venues.

Students will participate in these sports during sport time on a Wednesday afternoon.

Softball Competition – Teachers' Credit Union Cup

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Table Tennis Competition – Butterfly Shield

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Table Tennis Competition – NSW Secondary Schoolboys Challenge Cup

Students compete in a state-wide, one day table tennis competition run by Table Tennis NSW. This competition has Junior (Year 7/8), Intermediate (Year 9/10) and Senior (Year 11/12) age divisions. Students must trial to be selected for these teams. Training and coaching will be given and the actual games against other schools are usually held during school time.



Table Tennis

Table Tennis Competition – NSW Secondary Schoolboys Shield

Students compete in a state-wide, one day table tennis competition run by Table Tennis NSW. This is an open age competition. Students must trial to be selected for these teams. Training and coaching will be given and the actual games against other schools are usually held during school time.

Table Tennis Competition – Bennelong Cup

Students compete in a one day table tennis competition against schools in the Bennelong electorate, run by Table Tennis NSW. This competition has Junior (Years 7-9) and Senior (Years 10-12) age divisions. Students must trial to be selected for these teams. Training and coaching will be given and the actual games against other schools are usually held during school time.

Tennis Competition – Stan Jones Cup

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Touch Football Competition – Opens

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Triathlon – NSW All Schools Triathlon Championships

Students compete in a NSW Combined High Schools and NSW All Schools event. There is an individual event and a teams event on separate days. This is the pathway for selection to compete in the Australian All Schools Triathlon Championships.

This event has Junior (12, 13, 14 Years), Intermediate (15, 16 Years) and Senior (17, 18, 19 Years) age divisions. Students must be proficient in swimming, cycling and/or running depending on whether they are participating in the individual or teams events. The event is held during school time.

Volleyball Competition – Steve Birt Shield

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Water Polo Competition – NSW Amateur Water Polo Shield

Students compete in a NSW Combined High Schools state wide competition. This is an open age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.

Water Polo Competition – Dave Woods Shield

Students compete in a NSW Combined High Schools state wide competition. This is an under 15 age competition. Students must trial to be selected for this team. Training and coaching will be given and the actual games against other schools are usually held during school time.



Water Polo



Volleyball

Tours

Japan (Cultural)

The Japanese cultural tour involves a 13-day visit to Japan, immersing students in Japanese culture. Students visit a variety of cities, including Tokyo, Hiroshima, Osaka and Kyoto, as well as a Japanese high school. Whilst at these destinations students visit culturally significant sites and have meaningful interactions with Japanese people. This tour is for Year 10-11 Japanese students. This tour will be held in July 2024.

Contact Mr Sano in the Languages Staff Room

Music

In partnership with Cheltenham Girls High School, a combined Wind Ensemble and String Ensemble Music Performance tour to Europe was planned for 2020, visiting Vienna, Prague, Salzburg and Munich. Unfortunately with COVID-19, this tour was cancelled. However, we are now planning to tour New Zealand in 2025. Previous tours have included the 2016 Pacific Basin Music Festival in Honolulu, 2010 Los Angeles and San Francisco Music Festival and the 2008 Pacific Basin Music Festival in Honolulu. International tours are open to students who participate in the co-curricular music program. Future tours to international destinations will be planned as opportunities arise.

Contact Mr Tabrett in the CAPA Staff Room

Canada and USA (Rugby / Football)

Dependent on COVID restrictions and DOE international travel guidelines, the Opens rugby and football teams hope to visit schools in the USA and Canada. In the past, teams from schools in Canada have also visited us to play rugby.

Two teams, First Rugby and First Football usually play three to four games each on the tour. The tour is also a significant cultural learning experience for the boys. In 2019, the teams went to a Major League baseball game at AT&T Park in San Francisco, visited Alcatraz, walked over the Golden Gate Bridge, visited Fisherman's Wharf, spent time in Vancouver, learnt about the Canadian First Nation, played games in Calgary, Banff and Vancouver and went snow skiing on Whistler Mountain, to name just some of the activities.

During the 19-day tour, parents of our opponents billeted the students on three separate occasions. Some have made firm friends with whom they still correspond.

Contact Mr Martin in the Administration Block

New Zealand (Rugby / Football)

Prior to COVID, Epping Boys High School travelled to NZ every second year with a selected group of forty Year 8 and Year 9 boys who have represented the school at grade soccer and/or rugby. The teams consist of an U14 and an U15 football and an U15 rugby teams. The boys have the privilege of playing against Nelson College "the home of rugby", where the first game of rugby in NZ was played. Selection criteria are based on being a good ambassador for the school and skill level in selected sport. Students who have represented the school in both codes increase their level of eligibility. The 12-day tour includes travelling from the North Island (Wellington) to the South Island, ending in Queenstown for a couple of days skiing or snowboarding. The teams play three games each and visit a number of cultural activities, including the glacier walk, Hokitika, Queenstown gondola ride and skiing.

This tour is usually run during the end of Term 2 and the first week of the mid-year break (June/July break).

Contact Mr Martin in the Administration Block

Europe (History)

This tour is open to all students studying elective History in Year 10 and Ancient and/or Modern History in Year 11. Students will enhance their historical learning by visiting Italy, to view ancient and Renaissance sites, which build onto course content for both junior elective and senior Ancient History. For Modern History students, visits are made to French or German historical sites of World Wars I and II, as well as a tour of Paris or Berlin. Future tours have not been planned at this stage.

Contact the History Staff Room

Sea World Nara Resort (Hospitality)

During this program, students will get to experience first-hand operations and skills required to work in an award winning four star hotel environment. Students will be engaging in interactive learning sessions and performing practical skills whilst gaining a sound knowledge and understanding of hotel operations. Students will expand their knowledge base with applied duties in key departments such as Housekeeping, Front Office, Concierge, Food and Beverage, including both preparation and service and Hotel Maintenance department.

This excursion is available to VET Year 11 and 12 Hospitality students and may take place in Term 1. They will be attending Hotel school for two nights.

Contact Mrs Koff in the TAS Staff Room

