



CATHOLIC REGIONAL COLLEGE
CAROLINE SPRINGS

Co-Curricular Student *Handbook*

2025



A note from the Principal

At Catholic Regional College Caroline Springs, we are committed to providing an outstanding education that is both inspired by faith and focused on the holistic development of each student. Our learning and teaching program is enriched by a wide array of extra and co-curricular opportunities, designed to help our students thrive and flourish.

We take pride in offering a diverse range of Clubs and Groups that cater to the varied interests and needs of our students. These programs provide valuable opportunities for students to engage positively with their peers and to extend their learning beyond the classroom.

Participation in at least one Club or Group each year is highly encouraged, as these activities support students' academic, social, emotional, and physical well-being. Through these programs, students can explore new interests, develop leadership skills, and contribute to their community.

We encourage you to read through this booklet with your child and discuss which activities they may wish to participate in. Please feel free to contact co-curricular@crccs.vic.edu.au for more information.

Mr. Jamie Madigan

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Adoration Club

Rationale

Adoration Club is an opportunity to build a deeper relationship with God. Students will view faith-based videos, have group discussions and engage in different forms of prayer. There is a focus on prayer through praise, worship and adoration hymns.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will be introduced to the Alpha Film Series and engage in a range of faith-based topics including, but not limited to, friendship and God through your everyday life.

Term 2

Students will be exposed to adoration, different forms of prayer and encouraged to have healthy group discussions. They will learn how to recognise God's work in their lives.

Term 3

Students will continue to engage in faith-based videos, group discussions and prayer through music. There will be opportunities to perform during adoration at St Catherine of Siena Church.

Term 4

Students will develop their understanding of God and faith through different videos, for example Fr Mike Schmitz, and continue developing practices of prayer through adoration, music, and personal reflection.



Book Club

Rationale

Book Club is a social club for all students. It allows students to share their love of books and meet and discuss what they are reading. There is no expectation to read a particular book each month. The club members determine the direction of each session.

Schedule

Frequency

Fortnightly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will engage in round table conversations promoting books and sharing ideas.

Term 2

Students will discuss books, authors and genres. Students in this club will assist in the selection of new books for the library collection.

Term 3

Students will assist with Library Week by facilitating, promoting, and initiating activities and book related games.

Term 4

Students will be involved in the direction of each session making this club inclusive and student driven.



Breakfast Club

Rationale

Breakfast Club is an opportunity for students to have a healthy breakfast, connect with students and staff, and prepare them for a successful day of learning.

Schedule

Frequency

Weekly in the mornings
8.15am - 8.45am

Duration

Year Long

Eligibility

All Students

Term 1 - Term 4

Students will enjoy breakfast provided by the College and establish positive connections with peers and staff alike.





Chess Club (Junior)

Rationale

Chess Club is a great way for students to socialise with others and develop new friendships. Playing Chess has significant benefits for participants including improved memory and enhanced problem-solving skills.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

Year 7 and 8 Students

Term 1

Students will participate in weekly lunchtime social games where they can put their skills to the test in a fun and supportive environment.

Term 2

Students will focus on Junior Chess Tournaments including the *Northern Star Inter-school Chess Tournament*.

Term 3

Students will participate in the *Inter-school SACCSS Chess Tournament*.

Term 4

Students will conclude the year with social chess games where they can put their problem-solving skills to the test.



Chess Club (Senior)

Rationale

Chess Club is a great way for students to socialise with others and develop new friendships. Playing Chess has significant benefits for participants including improved memory and enhanced problem-solving skills.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

Year 9 and 10 Students

Term 1

Students will participate in weekly lunchtime social games where they can put their skills to the test in a fun and supportive environment.

Term 2

Students will focus on Senior Chess Tournaments including the *Northern Star Inter-school Chess Tournament*.

Term 3

Students will participate in the *Inter-school SACCSS Chess Tournament*.

Term 4

Students will conclude the year with social chess games where they can put their problem-solving skills to the test.



Choir (Mass)

Rationale

Choir (Mass) is an ensemble open to all students. Participating students will rehearse, build their confidence and ultimately perform at College Masses and at St Catherine of Siena Church.

Schedule

Frequency

Weekly in the mornings
8.15am - 8.45am

Duration

Year Long

Eligibility

All Students

Term 1

Students will learn and engage with an arrangement of adoration hymns selected by them, their instrumental teacher, and the Director of Catholic Identity and Mission.

Term 2

Students will refine their skills with a focus on developing harmony and soloing.

Term 3

Students will develop gospel harmony as well as prepare for major College events including the *Feast of the Assumption*.

Term 4

Students will develop a bank of hymns to be performed at major College events including the *Year 10 Graduation Mass*.



College Choir

Rationale

The College Choir is an ensemble open to all students. Participating students will rehearse, build their confidence and ultimately perform at major College events such as concerts and assemblies.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will learn and engage with an arrangement of Pop songs selected by them and their instrumental teacher and prepare for the *Twilight Concert*.

Term 2

Students will prepare and rehearse for Year Level Assemblies and various concerts.

Term 3

Students will develop their skills in harmonising and soloing as well as preparing for major College events including the *Spring Concert* and *Live Fully Act Justly Day*.

Term 4

Students will refine their skills and build their confidence to perform at major College events including the *Year 10 Graduation* and *Presentation Evening: A Celebration of Excellence*.



Drama Club

Rationale

Drama Club is a space where students who are enthusiastic about drama, acting, and performing can come together to learn new skills, meet new friends and showcase their talents in a fun environment.

Schedule

Frequency

Fortnightly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will prepare for a Stations of the Cross scripted performance at a Whole College Assembly.

Term 2

Students will develop skills in improvisation and participate in play building activities.

Term 3

Students will focus on script writing and promotion followed by a group performance at the end of the term.

Term 4

Students will develop an understanding of costume and set design.



eSports Club

Rationale

eSports is an opportunity to develop teamwork, strategy and communication skills. The focus is on mental wellness, regulation of gaming habits and responsible use of digital technology. Students will compete and showcase their talents in a variety of games and tournaments conducted throughout the year including *Rocket League*, *FIFA* and *Overwatch*.

Schedule

Frequency

Fortnightly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will participate in workshops on game strategy, teamwork, and mental wellness. Students will organise internal tournaments/leagues and create their own team including branding and logo design.

Term 2

Students will engage in practice sessions and scrimms, internal tournament and leagues, and inter-school and national eSport competitions.

Term 3

Students will continue with regular practice sessions and exploration of the gaming industry. They will be introduced to new games, the transition of games from 2D to 3D and investigate new technology and the future of gaming.

Term 4

Students will finalise the club tournaments for the year. The aims and objectives for future years will be discussed.



Get Crafty Club

Rationale

Get Crafty Club is a quiet space for students to come and connect with like-minded peers. It is an opportunity for students to participate in a creative sphere using various artistic mediums.

Schedule

Frequency

Fortnightly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will participate in several themed activities including kindness rocks, Zentangle and Easter art.

Term 2

Students will continue to get crafty by creating Mother's Day cards, mandala rocks and friendship bracelets.

Term 3

Students will design cactus pom poms and Father's Day origami cards. They will also create some textured art and button flowers.

Term 4

Students will finish off the year with Halloween bookmarks, macrame key chains and a Scandy Santa.



Languages Club

Rationale

Languages Club is an opportunity to promote the study of Languages and elements of their Italian and Japanese culture. Students will work collaboratively on activities that promote the study of Italian and Japanese. Language and cultural skills will be developed through interactive activities and games. The students in Languages Club will also be involved in the planning and implementation of *Languages Week* and *Cultural Exchange Programs*.

Schedule

Frequency

Fortnightly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will develop a program of activities that encompasses the students' language and cultural interests. Students will also develop resources to facilitate the College Cultural Exchange Program.

Term 2

Students will build their language and cultural skills through interactive activities such as cooking and games. Students will also put together a program for Languages Week.

Term 3

Students will initiate and help facilitate a range of activities for Languages Week including food selling activities, cultural quizzes and games.

Term 4

Students will engage in several lunchtime activities and promote Cultural Diversity within the College.



Lego Club

Rationale

Students will be acquainted with the construction process, forming teams and brainstorming ideas for freeform building. The objective is to earn the title of a *Lego Master*.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will learn the construction process and form teams to start free building projects. They also have structured options to assemble specific sets with the goal of becoming a *Lego Helper*.

Term 2

Students will gather ideas to engage in a competitive construction challenge, adhering to the design process with the goal of earning the title of *Lego Builder*.

Term 3

Students will collaborate to enhance their previous projects for showcase in the *Arts and Technology Week*, aspiring to achieve the status of a *Lego Creator*.

Term 4

Students will craft unique Lego structures, devising their own guides for others to replicate the builds, with the goal of achieving *Lego Master* status.



LIHM Sisters

Rationale

Leaven of the Immaculate Heart of Mary (LIHM) Sisters is a welcoming order that offers fun opportunities for students to participate in a variety of activities. Students will enhance their social and emotional wellbeing and deepen their understanding of the Catholic faith through catechesis and prayer. This group will nurture the spiritual growth of all students no matter where they are in their faith journey.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1 - Term 4

Students will participate in an engaging faith-filled afternoon with delicious snacks, fun games, thought provoking conversations and a time for short prayer with the LIHM Sisters.





School of Rock (Junior)

Rationale

The School of Rock Band serves as a mentor-supported ensemble that fosters students' confidence in practicing and ultimately culminates in live performances at a range of concerts, year group, and school-wide assemblies.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

Year 7 and 8 Students

Term 1

Students will learn and engage with an arrangement of Pop songs selected by them and their instrumental teacher. They will also prepare for the *Twilight Concert*.

Term 2

Students will prepare and rehearse for Year Level Assemblies and various lunchtime concerts.

Term 3

Students will build band cohesion and explore various music genres. They'll concentrate on improvising with various scales and modes. Preparations will be made for significant college events such as the *Spring Concert* and *Live Fully Act Justly Day*.

Term 4

Students will cultivate a band repertoire and enhance their confidence for live performances at prominent College events, such as the *Year 10 Graduation* and *Presentation Evening: A Celebration of Excellence*.



School of Rock (Senior)

Rationale

The School of Rock Band serves as a mentor-supported ensemble that fosters students' confidence in practicing and ultimately culminates in live performances at a range of concerts, year group, and school-wide assemblies.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

Year 9 and 10 Students

Term 1

Students will learn and engage with an arrangement of Pop songs selected by them and their instrumental teacher. They will also prepare for the *Twilight Concert*.

Term 2

Students will prepare and rehearse for Year Level Assemblies and various lunchtime concerts.

Term 3

Students will build band cohesion and explore various music genres. They'll concentrate on improvising with various scales and modes. Preparations will be made for significant college events such as the Spring Concert and *Live Fully Act Justly Day*.

Term 4

Students will cultivate a band repertoire and enhance their confidence for live performances at prominent College events, such as the *Year 10 Graduation* and *Presentation Evening: A Celebration of Excellence*.



Social Justice

Rationale

Elected members of the Social Justice team promote social justice programs within the College, consistent with our Mission and Vision. The Social Justice team serves the common good which supports Catholic Social Teaching Principles and the Catholic mission and identity of the College in a bid to Act Justly.

Schedule

Frequency

Fortnightly in the mornings
8.00am - 8.30am

Duration

Year Long

Eligibility

Year 8 - 10 Students

Term 1

Students will participate in the Social Justice Leadership Day. This day aims to inspire members by hosting guest speakers from various organisations. The event concludes with a planning session for the upcoming year, where participants review the social justice calendar, set a vision, and brainstorm ideas that align with the College's motto and pillars.

The mission of Caritas Project Compassion for Future Generations for the Social Justice Team focuses on promoting social justice and compassion towards future generations. The team works towards creating a more just and equitable world that ensures the wellbeing and rights of future generations are safeguarded.

Easter holds profound significance as a Christian holiday, symbolising hope through the resurrection of Jesus Christ. For the social justice team, Easter serves as a reminder of the values of compassion and justice inherent in many faith traditions. Shrove Tuesday, or Pancake Day, is a traditional time for indulgence before fasting. Students will be involved in selling pancakes to raise funds for Caritas during this time.



St Patrick, Ireland's patron saint, is honoured within the school, while Anzac Day commemorations involve the entire community to foster student awareness with a message of remembrance.

Term 2

Students will engage in a variety of activities including an active project that involves the entire community to show care and support for our Ugandan family. Additionally, there will be a Mother's Day card-making event where students can honour the remarkable women in their lives. The Social Justice team will organise a significant bake sale during morning tea to raise awareness and funds for a vital cause. Moreover, a series of activities are planned to celebrate Refugee Week.

Term 3

Students will promote awareness of R-U-OK Day and offer prayers within the school community, ensuring that everyone is supported and acknowledged. Additionally, NAIDOC Week provides an opportunity to celebrate the heritage, culture, and achievements of Aboriginal and Torres Strait Islander peoples, which is essential for all Australians in appreciating and respecting the world's oldest living cultures. In line with honouring influential figures, Father's Day activities are organised to give students a chance to create heartfelt cards for the significant men in their lives. Moreover, the Uganda Sausage Sizzle serves as a fundraising event that supports causes in Uganda, reflecting the school's commitment to global citizenship and community service.

Term 4

The Christmas Appeal includes the *St. Vinnies Toy Donation Campaign*, which gathers gifts for children. Additionally, there's the CatholicCare *Carry a Can* initiative, a pre-Christmas food collection drive that offers an opportunity for community involvement through CatholicCare. Another event is the cookie sale, a fundraiser that supports our friends in Uganda.



Stage Band

Rationale

The Stage Band is an introductory, mentored group that gives students the opportunity to practice and eventually play live at different concerts and school assemblies. Its main emphasis is on Jazz Big Band pieces.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will learn and engage with an arrangement of jazz songs selected by them and their instrumental teacher.

Term 2

Students will prepare and rehearse for Year Level Assemblies and various lunchtime concerts.

Term 3

Students will work on developing band cohesion and introducing improvisation. A further focus will be using different scales and modes. Students will prepare for major College events including the Spring Concert and *Live Fully Act Justly Day*.

Term 4

Students will develop band repertoire and build their confidence to perform live at major College events including the *Year 10 Graduation* and *Presentation Evening: A Celebration of Excellence*.



STEM MAD Club

Rationale

Each year the Melbourne Archdiocese of Catholic Schools (MACS) runs a competition called Science, Technology, Engineering and Mathematics: Making a Difference (STEM MAD).

The competition invites teams from secondary schools across Melbourne to create a project where they use STEM to address some of the most pressing challenges faced by their communities and the planet. The competition provides an exciting opportunity for teams of students to share their projects with peers and judges and demonstrate how students in Catholic schools are taking practical action to make a difference in the world.

The STEM MAD Club is aimed at supporting a group of students who are interested in STEM. Students will have the opportunity to engage in developing ideas that can change the world around us for the better.

Term 2

Students will work on developing their project based on feedback to submit to the STEM MAD showcase.

Term 3

Students will finalise projects for the MACS STEM MAD showcase which involves the creation of a video outlining their preparation process. Students will present their work to the judges, as well as having the chance to view other school's submissions.

Schedule

Frequency

Weekly at lunchtime

Duration

Terms 1, 2 and 3

Eligibility

All Students

Term 1

Students will be introduced to the STEM MAD competition. Students will look at past examples of winning submissions and brainstorm ideas for projects that they can develop for the competition. By the end of this term a maximum of two project ideas will be chosen, and club members will be allocated to a project team.



String Ensemble

Rationale

The String Ensemble serves as a guiding platform for students, granting them the assurance to practice and eventually showcase their talent during performances at concerts, assemblies for different year levels, and school-wide gatherings. This group concentrates on performing modern pop music with elements of classical flair.

Schedule

Frequency

Weekly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will learn and engage with an arrangement of modern pop songs selected by them and their instrumental teacher in the format of a standard string ensemble.

Term 2

Students will prepare and rehearse for Year Level Assemblies and various lunchtime concerts.

Term 3

Students will work on developing ensemble cohesion and introducing string instrument techniques. A further focus on dynamics and soloing. Students will prepare for major College events including the *Spring Concert* and *Live Fully Act Justly Day*.

Term 4

Students will develop band repertoire and build their confidence to perform live at major College events including the *Year 10 Graduation* and *Presentation Evening: A Celebration of Excellence*.



Sustainability

Rationale

The Sustainability team will cultivate ownership and student voice within the community by actioning initiatives that matter to them.

Schedule

Frequency

Fortnightly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1 - 4

Students will consider a variety of initiatives from *Sustainability Victoria*, which include evaluating the new bin system to ensure students are educated on its proper usage.

Additionally, the team will organise a waste reduction competition and implement a compost bin system. The team will also be reviewing our electricity consumption to identify potential savings that could result from altering student and staff behaviour. Other activities on the agenda involve creating terrariums, engaging in gardening activities, and organising an event for *Clean Up Australia Day*.



Leadership

Student Leadership

Rationale

Elected student leaders create an active setting that encourages the growth of vital skills such as communication, teamwork, and making choices.

Being a student leader allows you to have a beneficial impact on the ethos of the school, enabling you to contribute to policy-making and new projects.

By involving yourself in real-world organisational tasks, taking responsibility, and showing compassion, this team prepares you to become a leader who is ready to engage in your communities after you leave school.

Schedule

Frequency

Weekly in the mornings
8.00am - 8.45am

Duration

Year Long

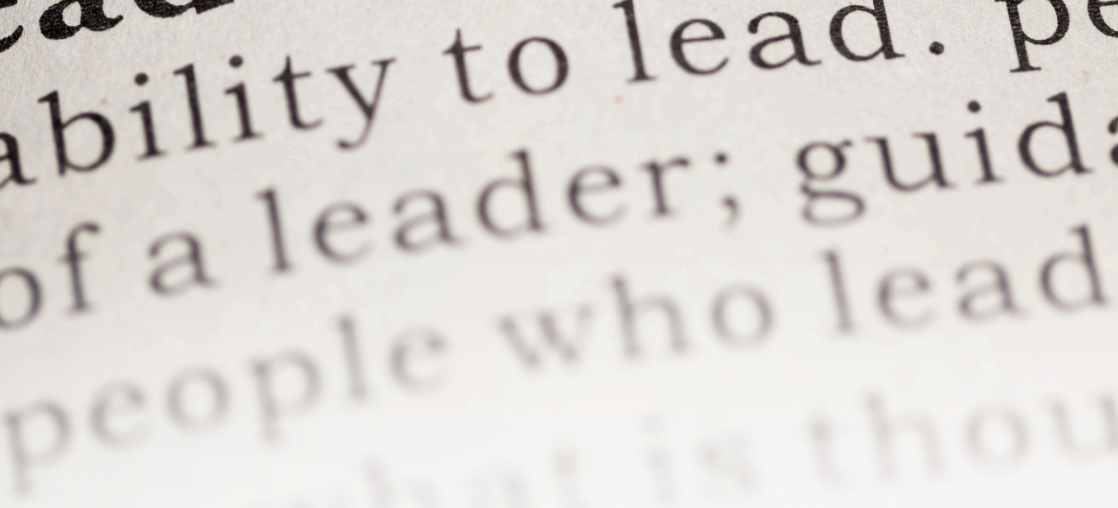
Eligibility

All Students

Term 1

Students will establish roles, duties and rosters for various tasks including College Tours, flag duty and sport equipment hire. Students will attend a Student Leadership Camp to learn more about leadership skills and team building. They will also attend the *Halogen Leadership Conference*, which is a prestigious event for College Captains.

Students will organise and lead house building days or sessions to foster a sense of community and belonging. Students will participate in duties at the Swimming and Athletics Carnivals, cheering on their peers and supporting the staff. They will be formally recognised as student leaders at the *Student Leadership Investiture Ceremony*, where they will receive badges and certificates.



Term 2

Students will be involved in various duties, such as conducting College Tours, managing flag duty, and overseeing sports equipment loans. Students will also participate in a *Student Leadership Development Workshop*. Additionally, students will organise and manage House Events, including lunchtime competitions, and they will be responsible for drafting and presenting proposals.

Term 3

The responsibilities encompass participation in assigned duties, which involve conducting College Tours, overseeing the management of flags, and handling sports equipment. Students will be involved in a Student Leadership Development Workshop. The organisation and execution of house events are also on the agenda, including planning lunchtime contests.

Term 4

The management of varied duties, such as coordinating College Tours, overseeing flag duty, and lending sports equipment continues during this term. Additionally, organising and spearheading House Events, such as lunchtime contests, plays an integral role. Responsibilities also encompass the drafting and presentation of proposals, as well as strategising for upcoming years.



Woodwork Club

Rationale

Woodwork Club is a workshop that nurtures students' hands-on skills while emphasising altruism and generosity. The toys crafted will be donated to the underprivileged benefiting those in need.

Schedule

Frequency

Fortnightly at lunchtime

Duration

Year Long

Eligibility

All Students

Term 1

Students will be introduced to the concept of altruism, emphasising its connection to our Catholic Identity, the intended recipients of our products, and the purposeful design process. Students will engage in initial woodworking tasks such as cutting specific shapes, interpreting technical drawings, and precise measurement techniques.

Term 2

Students will participate in refurbishing a piece of found furniture through cleaning and sanding. Students will also commence the production of wooden toys.

Term 3

Guided by staff, students will collaborate on fabricating selected toys. Each student will challenge themselves through incremental project steps and using hand and finishing tools to achieve desired outcomes.

Term 4

Students will concentrate on packaging and instruction design. Students will create packaging for their toys, gaining skills in graphic design and utilising computer software for design, printing, folding, and assembly of the packaging. Colourful, child friendly instructions will also be designed to fit inside this packaging.



Yeah the Girls (YTG) Fitness

Rationale

YTG Fitness is an opportunity for Year 9 and 10 female students to be encouraged to participate in physical activity. This program is a supportive place for girls to improve their overall health and receive a sense of empowerment and belonging. Practical sessions will occur afterschool in the hall with some sessions taking place offsite.

Schedule

Frequency

Fortnightly Afterschool

Duration

Year Long

Eligibility

Year 9 and 10

Term 1

Students will engage in a range of activities that promote exercise for overall physical, mental, social, and spiritual wellbeing. The goal is to build a foundation within the self to approach physical activity with enjoyment. Example activities include Yoga, Zumba, Step and Circuit Training.

Term 2

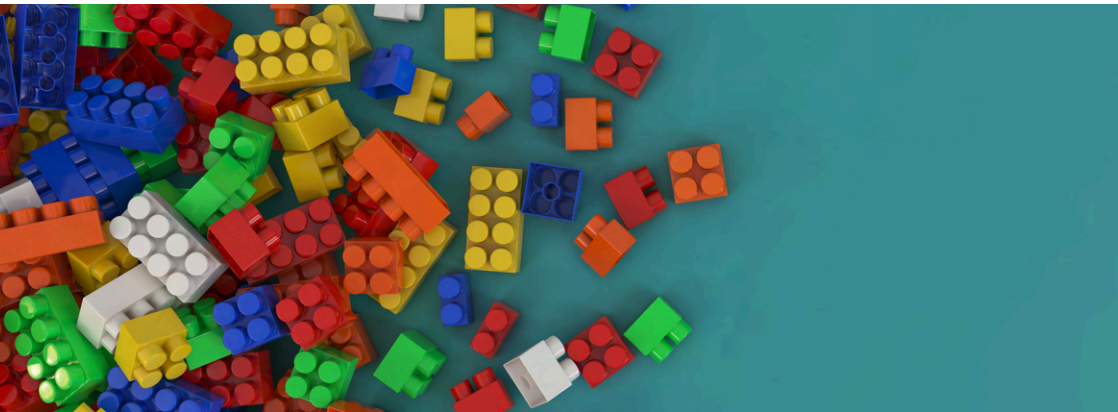
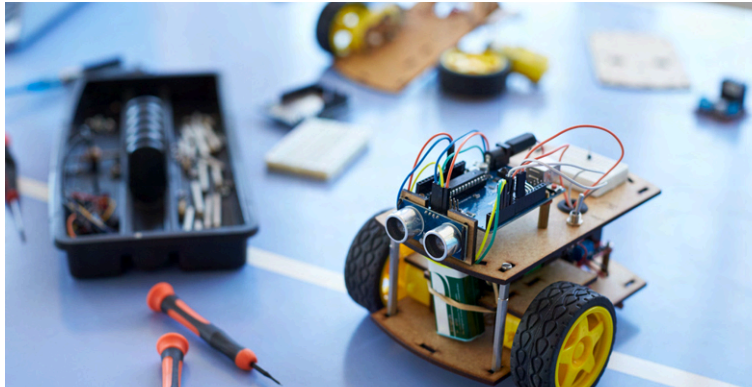
Students will gain the confidence to participate in group sport and exercise by motivating each other to complete team-based sessions. The goal is to develop hand-eye coordination and socialising skills. Example activities include Boxing, Circuit Training and Team Based Sports.

Term 3

Students will focus on building their strength in a range of activities. The goal is to learn and feel comfortable using gym equipment, understand the importance of stretching, weight and resistance training. Example activities include Weight Training, Resistance Training and Gym.

Term 4

Students will focus on the holistic nature of physical exercise by exploring the physical and mental benefits of physical activity. The goal is to learn about the importance of exercise with relation to mental health. Example activities include Yoga, Meditation, Stretching, Pilates, Dance, and Breathing techniques.







Melbourne Archdiocese
Catholic Schools



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