CARDIJN COLLEGE

CLUBS AND EXTRA CURRICULAR:

Drama Club – In the theatre at lunchtimes. Mondays for rehearsals and Fridays for the dance numbers – new members welcome. No food in drama theatres. For more information, please contact Ms Elliot

Art Club – Art 1 Thursday lunchtimes – bring your lunch and get creative! For more information, please contact: Ms Mas, Ms Taylor or Ms Jennison.

Pages – Tuesday lunchtimes in Faulkner 4 – group for readers and writers, come for great conversation and activities. For more information, please contact Mr Brown

Formula One in Schools – Thursday 3:30-5pm MMS (Multimedia Suite) computer lab in tech building. For more information, please contact Mr Dvorak

Robotics Club – Thursday 3:30-5pm For more information please contact Mr Waller

Computer Club – Tuesday lunch time in MMS (Multimedia Suite) computer lab in the tech building. Mr Deng covers everything IT related from games, to programming, to apps, to 3D, movie making and competitions. Bring your lunch. For more information, contact Mr Deng.

Big Band – Mondays after school - open to all students who play Percussion, Brass or Saxophone Instrument. Run by Chris Weber. For more information, please contact Mr Gauci

Woodwind Ensemble – Tuesdays after school – open to all students who play Flute, Clarinet or Saxophone. Run by Mr Zyggy Stasztg. For more information, please contact Mr Gauci

Chorale – Tuesday after school- open to all students who want to sing in big group, show tunes and some popular numbers too. For more information, please contact Mr Gauci

String Ensemble - Wednesday's after school - open to all students who play Viola or Cello. Run by Matt Prater. For more information, please contact Mr Gauci

Other Ensembles; Cardinal Blues, Vocal Jazz and Rock band are all by audition at the end of the year or at the beginning of the year. For more information, please contact Mr Gauci

The Duke of Ed is not a school club but is offered to students at Cardijn. This is something students can join and then participate in regular activities in their community including school run activities such as sports etc. For more information, please contact Ms Lamming

If students are not interested in joining any of these clubs, it is important that they find a good balance between school/social/work balance and include plenty of ME time to help them unwind from any stresses in their lives.

Some apps that may help are:

Smiling Mind

Reachout Breathe

Reachout Recharge

A Parental toolkit available on Reachout:

www.reachout.com/parents

(For fact sheets, stories, practical tips and tools covering a range of topics, issues and experiences that are relevant to teenagers aged 12–18 years)