



# Co-Curricular Handbook

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# Introduction

Mazenod College is a part of the Mentally Healthy Schools program, designed to promote the Act-Belong-Commit ethos throughout our community. At Mazenod we believe that student and staff mental health and wellbeing are one of our biggest priorities, and that to work to the best of our ability, we need to keep mentally healthy. There are so many opportunities for our students to act, belong and commit and we highlight these events and activities throughout the year.

The activities listed in this booklet cater for the many and varied interests and abilities of our students.

Information about the activities, including meeting

and try out times, will be published in Daily Notices which are read out each morning in Form. The Daily Notices are also emailed to all students each morning and are displayed on both the big screens and the noticeboards in the Year 7/8 building. The Daily Notices are posted to the Parent Portal – SEQTA – each morning.

Most activities listed also have a contact person nominated with an email address that can be used to ask any questions regarding the activity.



# Faith & Mission Co-Curricular Activities

## Kairos Retreat

Kairos is a unique opportunity for Year 12 students to reflect upon their own spirituality and to grow as Christian men. It is a time for them to reflect on their gifts and talents and the direction that they want to take beyond school. Participation in Kairos is voluntary.

When does it happen?  
Term 2, Week 10

Contact Teacher  
Mr Wallis, wallis.damian@mazenod.wa.edu.au

## Hands of Eugene

Hands of Eugene is a service programme run by our students for young people. Currently this program offers tutoring for primary school age children in their local schools. The programme is currently open to students in Years 11 and 12.

When does it happen?  
All year round, mainly before school on a Tuesday/  
Thursday

Contact Teacher  
Mr Wallis, wallis.damian@mazenod.wa.edu.au

## Eucharistic Minister

This is a ministry that is open to students in Years 11 and 12. Being a Eucharistic Minister requires students to hand out communion at Masses throughout the year.

When does it happen?  
During whole-school Masses. Year 10 students are invited to volunteer for this ministry in Term 4 each year. Training is run by the school.

Contact Teacher  
Mr Wallis, wallis.damian@mazenod.wa.edu.au

## Altar Server

This is a ministry that is open to students in Years 7 – 10. Students serve at the whole school Masses under the direction of the College Acolytes. Training is offered.

When does it happen?  
Whole school Masses.

Contact Teacher  
Mr Keogh, keogh.john@mazenod.wa.edu.au





## Top Five Bishops Literacy Test Competition

This competition acknowledges the top five students in the Year 9 Bishops' Literacy Test. The top five students from each Form class get House points.

When does it happen?

Term 3

Contact Teacher

Mr Wallis, wallis.damian@mazenod.wa.edu.au

## Portrait of Eugene De Mazenod

Students are invited to create a 2D portrait of St Eugene de Mazenod, using any style of art they wish, to win points for their House.

Who can participate?

Any student from Year 7 – 12

When does it happen?

Term 2

Contact Teacher

Ms J Murphy, murphy.janet@mazenod.wa.edu.au

## Young Vinnies

Young Vinnies is a youth forum, which reflects the work of the St Vincent de Paul Society. At Mazenod the students gather at a bi-weekly lunchtime meeting to discuss and implement ways to give community service and to act out their Christian values through active projects. The students come up with ideas to help the elderly, poor and others in need from the wider community.

When does it happen?

Tuesday lunchtime every second week.

Where does it happen?

Room 103

Contact Teacher

Mr Pabst, pabst.glenn@mazenod.wa.edu.au



# Leadership Co-Curricular Activities



## Open Day – Helpers/Tour Guides

Open Day is held on the last day of Term 1 each year and student volunteers are needed to assist with various department displays and to act as Tour Guides. Volunteers are usually called for in the few weeks leading up to the end of Term 1.

## Form Representatives And House Representatives

Year 7, 8 and 9 students can apply to be Form or House reps for each semester (Years 7 and 8) or the year (Year 9). The Form reps meet with the Head of Year on a regular basis to discuss issues related to the Year group and organise activities for their Year. House reps assist with the running of a variety of House activities.

When does it happen?

Years 7 at the start of each semester

Year 8 and 9 during Term 1.

Contact teacher  
Heads of Year 7–9

## Year 11 Peer Support Leaders

Year 11 Peer Support leaders run the Peer Support program for the Year 7 students in Term 1. They lead them through a range of “getting to know you” activities on a weekly basis. They also attend the Year 7 Orientation Camp overnight.

When does it happen?

A training camp takes place in Term 4 of Year 10.

Contact teacher  
Mr Mallon, mallon.liam@mazenod.wa.edu.au

## Year 11 Leadership Camp

Year 11 students can apply to attend the Leadership Camp. The focus of the camp is on developing leadership skills and a positive attitude towards self, peers and the College. The College Prefects are selected from those who attend the Leadership Camp.

When does it happen?

Term 3

Who can be involved?

Year 11's

Contact Teacher  
Mr Mallon, mallon.liam@mazenod.wa.edu.au

# Sports Co-Curricular Activities

## House Swimming

All students are expected to participate in the House swimming carnival which is held in the College pool. There are novelty events as well as the traditional events to enable all students to participate.

When does it happen?  
In school time during Term 1.

Contact teacher  
Mr Grabski, [grabski.timothy@mazenod.wa.edu.au](mailto:grabski.timothy@mazenod.wa.edu.au)

## House Cross Country

All students participate in the event which is run through the local streets and covers approximately five kilometres.

When does it happen?  
In school time during Term 2.

Contact teacher  
Mr Grabski, [grabski.timothy@mazenod.wa.edu.au](mailto:grabski.timothy@mazenod.wa.edu.au)

## House Triathlon

Students are invited to register a team from their House and Year group for the triathlon, which is held on the school property. Students can also enter the triathlon as an individual competitor.

When does it happen?  
Last day of Term 1.

Contact teacher  
Mr Grabski, [grabski.timothy@mazenod.wa.edu.au](mailto:grabski.timothy@mazenod.wa.edu.au)

## House Tug-a-War

All students can participate in the House tug-a-war which is held on the last day of Term 1 each year.

Contact teacher  
Mr Grabski, [grabski.timothy@mazenod.wa.edu.au](mailto:grabski.timothy@mazenod.wa.edu.au)

## House Athletics

All students are expected to participate in the House athletics carnival which is held at the College. There are novelty events as well as the traditional events to enable all students to participate.

When does it happen?  
In school time during Term 2.

Contact teacher  
Mr Grabski, [grabski.timothy@mazenod.wa.edu.au](mailto:grabski.timothy@mazenod.wa.edu.au)

## Club Football

Mazenod Junior Football Club is a community sporting club for Mazenod students, run by parent and community volunteers. There are weekly training sessions, with games played on Sundays in the metropolitan area.

Contact teacher  
Mr Mason, [mason.chris@mazenod.wa.edu.au](mailto:mason.chris@mazenod.wa.edu.au)  
Club President  
Mr Michael Ferritto, [presidentmjfc1@gmail.com](mailto:presidentmjfc1@gmail.com)



## School Football

Metro Central Year 7s Schoolboys competition - Term 3. A representative team that competes against other schools in the metropolitan area on Wednesday afternoons. Selection trials during school hours.

AFL opportunities continue through participation in the Year 7 Dockers Shield (ACC), Year 8/9 Eagles Cup, Year 10 Eagles Cup (ACC), Year 10-12 1st XVIII and 2nd XVIII in the Simply Energy Cup.

Contact teacher  
Mr Grabski, [grabski.timothy@mazenod.wa.edu.au](mailto:grabski.timothy@mazenod.wa.edu.au)

## Club Basketball

Mazenod Junior Basketball Club is a community sporting club for Mazenod students, run by parent and community volunteers. There are weekly training sessions, with games played on Wednesday and Thursday afternoon/evenings at Ray Owen Sports Complex.

Contact teacher  
Mr Mason, [mason.chris@mazenod.wa.edu.au](mailto:mason.chris@mazenod.wa.edu.au)  
Club President  
Mr Brett Scarey,  
[president.mjbc@gmail.com](mailto:president.mjbc@gmail.com)

## School Basketball

Senior students take part in an interschool competition held during Terms 1 and 2. Training is usually at lunch time and games are held after school.

Year 7-9 students can try out for a one day basketball carnival held in Term 3.

When does it happen?  
Seniors Terms 1 and 2, Juniors Term 3

Contact Teacher  
Mr Websdale, [websdale.ross@mazenod.wa.edu.au](mailto:websdale.ross@mazenod.wa.edu.au)

## School Soccer

Years 7/8, Years 9/10 and Years 11/12 Representative school teams participate in round robin competitions in Term 2 and depending on results they may take part in knock-out stages in Term 3. Games take place after school on various days in the metropolitan area.

Contact teacher  
Mr Mason, [mason.chris@mazenod.wa.edu.au](mailto:mason.chris@mazenod.wa.edu.au)

## Club Hockey

Mazenod Junior Hockey Club is a community sporting club for Mazenod students, run by parent and community volunteers. There are weekly training sessions, with games played on Fridays nights for Years 11/12, Saturday morning for years 7/8 and Sundays morning for Years 9/10 across the metropolitan area.

Contact teacher  
Mr Mason, [mason.chris@mazenod.wa.edu.au](mailto:mason.chris@mazenod.wa.edu.au)  
Club President  
Mr Justin Pavlinovich,  
[presidentmchc@outlook.com](mailto:presidentmchc@outlook.com)

## School Cricket

Graeme Wood Shield 20/20 format starting Week 2/3 of Term 1. Games played during the week usually starting at 1:30pm. This competition is open to Years 10-12 students.

Trials for the First XI Cricket team to take part in the Oblate Cricket Carnival occur in Term 3. This is open to students from Years 9-11 to try out. Each December, the three Oblate schools in WA, Queensland and Victoria take turns hosting the tournament. Weekly trials and training sessions will be involved in the lead up to the carnival.

Contact teachers  
Mr Mason, [mason.chris@mazenod.wa.edu.au](mailto:mason.chris@mazenod.wa.edu.au) or  
Mr Grabski, [grabski.timothy@mazenod.wa.edu.au](mailto:grabski.timothy@mazenod.wa.edu.au)





## Swimming

ACC Swimming Carnival is held at the Perry Lakes Stadium Swim Centre in Term 1. The initial squad selected based on student performance at the Mazenod inter-house swimming carnival.

When does it happen?

Training is every Tuesday afternoon and Thursday mornings at the College pool starting Week One, Term 1.

Contact

Mr Mason, mason.chris@mazenod.wa.edu.au

Mr Mallon, mallon.liam@mazenod.wa.edu.au

## Athletics

ACC Athletics Carnival is held in Term 3 at the State Athletics Centre. Initial squad selected based on performance at the Mazenod Inter-House Athletics Carnival.

When does it happen?

Training and further trials every Tuesday afternoon starting Term 3, Week 3.

Contact teacher

Mr Mason, mason.chris@mazenod.wa.edu.au

## Triathlon

School Sport WA Triathlon (Year 7-11). Students are invited to form a team or compete as individuals and submit nominations to the HPE Department at the start of Term 4. Suitable for students who excel in this event (Swimming, Running, Road Bike Riding).

When does it happen?

Term 4

Contact teacher

Mr Mason, mason.chris@mazenod.wa.edu.au

## Volleyball

SSWA Senior Volleyball tournament is run in term 2 and is open to students in Year 11 and 12. Selection for the team/s are run in the Term 1. Recommended for students who have played Volleyball.

When does it happen?

Term 2

Contact Teacher

Mr Mason. mason.chris@mazenod.wa.edu.au

## Mountain Biking

State Mountain Biking Championships at The Goat Farm, Greenmount. Open to all year groups and suitable for students with off-road mountain biking experience. Own mountain bike required.

Contact teacher

Mr Walczak, walczak.david@mazenod.wa.edu.au

## Weights and Fitness Club

Year 11 and 12 students are welcome to apply for membership of the Weight and Fitness Club, in the school weights room. Application forms available from Mr Grabski. Students required to provide their own gym program written by a health professional (Physiotherapist, Gym Instructor etc.). Open for use 7:30am–8:15am and 3:15pm–4:15pm.

Contact teachers

Mr Grabski, grabski.timothy@mazenod.wa.edu.au

## School Tennis

School Sports WA Inter-School Tennis competition is open to all Years. Competition occurs late Term 1. The team is selected based on results of School Tennis Championships which are played on a Saturday in Term 1.

Contact teacher

Mr Mason, mason.chris@mazenod.wa.edu.au

## Junior Baseball

Baseball WA competition is open to students in Years 7 and 8 and takes place in Term 4. The team is selected from trials that are run in Term 3.

When does it happen?

Term 4

Contact Teacher

Mr Mason. mason.chris@mazenod.wa.edu.au

Mr Grabski. grabski.timothy@mazenod.wa.edu.au

# Arts Co-Curricular Activities

## Theatre Works for Year 7

A Drama Club run by the Captain of Arts exclusively for Year 7 students. The focus of the meeting is to build confidence and skills through a range of practical activities and opportunities to work collaboratively.

When does it happen?  
Term 1 and 2, Friday lunchtime.

Where does it happen?  
Performing Arts Centre.

Contact Teacher  
Mr Dan Jonkov [jonkov.daniel@mazenod.wa.edu.au](mailto:jonkov.daniel@mazenod.wa.edu.au)

## Mazenod College Choir

Students form a four part choir that sing a range of musical styles from contemporary to classical and everything in between.

Where does it happen?  
Band Room behind the PAC.

When does it happen?  
Wednesday afternoon 3:30-4:30pm

Who can be involved?  
All Years

Contact teacher  
Mr Graham, [graham.sam@mazenod.wa.edu.au](mailto:graham.sam@mazenod.wa.edu.au)

## Music Ensembles And Bands.

Includes Concert band, Jazz band, flute choir, saxophone/reed ensemble, brass ensemble, jazz combo, guitar ensemble.

Where do they happen?  
Band room and rooms in Performing Arts Centre.

When do they happen?  
Different ensembles and bands rehearse on different days. Rehearsal days and times are posted in the daily notices

Who can be involved?  
All Years

Contact  
Mr Graham, [graham.sam@mazenod.wa.edu.au](mailto:graham.sam@mazenod.wa.edu.au)

## Music Rocks

Using music as a tool for inspiration and skills, MRA has focused on the music, social and personal development of our young participants, allowing an ethos of 'music is for everybody' and creating 'the world's most inspiring music experience for young people'. We really do operate in a different world from all other music programs and we have opened up learning in areas and for individuals who would have otherwise not had the opportunity or incentive to contribute musically.

<https://www.musicrocks.com.au>

Where does it happen?  
Performing Arts Centre

When does it happen?  
3:30-4:30pm (beginner bands)  
4:30-5:30pm (intermediate bands)

Who can be involved  
All years (focus on lower school)

Contact teacher  
Mr Graham, [graham.sam@mazenod.wa.edu.au](mailto:graham.sam@mazenod.wa.edu.au)

## Mass Choir

A liturgical choir that rehearses in the weeks before a whole school mass.

Where does it happen?  
Band Room behind the Performing Arts Centre

When does it happen?  
Rehearsals times are posted in the daily notices in the weeks before the Mass

Who can be involved  
All Years

Contact teacher  
Mr Graham, [graham.sam@mazenod.wa.edu.au](mailto:graham.sam@mazenod.wa.edu.au)





## Mazza Mixers/Backstage Ninja Tech Crew

A group that are interested in the technical side of music/drama production and performance. The Mazza Mixers meet once a week to learn about DJing and musical production using software such as Mixcraft, Ableton Live and Virtual DJ. The Backstage Ninjas are a subgroup of the Mazza Mixers that assist in technical setups for school performances such as whole school productions, Assemblies, Masses, Performing Arts concerts etc. They learn and develop skills in sound, lighting, stage management and front-of-house.

Where does it happen?  
Keyboard Lab

When does it happen?  
Tuesday lunchtime

Who can be involved?  
All years

Contact teacher  
Mr Graham, [graham.sam@mazenod.wa.edu.au](mailto:graham.sam@mazenod.wa.edu.au)

## Instrumental/vocal lessons

Lessons for any students who would like to learn to play a musical instrument or sing.

Where does it happen?  
Allocated rooms in the Performing Arts Centre

When does it happen?  
Weekly on a designated day. Lessons are 30 minutes and are held during the school day.

Who can be involved  
All years

Contact  
Mrs Greenley, [greenley.anne@mazenod.wa.edu.au](mailto:greenley.anne@mazenod.wa.edu.au)

## Stomp

Following the success of the past three musicals and the overwhelming interest from the boys to be involved in the whole department projects, we have opened an opportunity for our students to have ongoing Dance training to complement our already thriving Arts Department. A place to explore how to move your body with purpose and control, improve your skills and learn how to pick up choreography within an ensemble using contemporary music.

Where does it happen?  
The Workshop

When does it happen?  
Thursday afternoons- 3:30-5:30pm

Who can be involved?  
All years

Contact teacher  
Mr Jonkov, [jonkov.daniel@mazenod.wa.edu.au](mailto:jonkov.daniel@mazenod.wa.edu.au)

## Vocal Ensemble

Our auditioned choir for those who can't get enough of singing. A great place for students who want to extend their skills, work on some more challenging pieces and commit to working in a specialised group of performers to be showcased at Mass, Assemblies and other performance opportunities throughout the year.

Where does it happen?  
The Band Room

When does it happen?  
Wednesday lunchtime

Who can be involved?  
All years

Contact teacher  
Mr Graham, [graham.sam@mazenod.wa.edu.au](mailto:graham.sam@mazenod.wa.edu.au)

# Academic Co-Curricular Activities

## Coding Club

Come and explore Programming, Game Design and Digital Technologies. Come and work in a creative space and see where programming and Digital Technologies can take you.

When does it happen?

Friday lunchtime from the 10 minute bell

Where does it happen?

Room 401, above the art room.

Contact Teacher

Mr King, king.michael@mazenod.wa.edu.au

## Da Vinci Club

This is a group working on general knowledge and specific skills for the Da Vinci Decathlon.

When does it happen?

Term 3 and 4 at lunchtime

Contact Teacher

Ms Pulford pulford.vicki@mazenod.wa.edu.au

## Have Sum Fun Maths Competition

A Maths problem solving quiz night open to selected students.

When does it happen?

Term 1

Contact teacher

Mr Donaghy, donaghy.john.a@mazenod.wa.edu.au

## Maths Help Room

A number of Maths teachers are available to assist students with any concerns they have with any of the Maths course they are doing.

When does it happen?

Lunchtime

Contact teacher

Mr Donaghy, donaghy.john.a@mazenod.wa.edu.au

## Games Club

All students welcome. We play all different board, card, roleplaying and, in the future, miniature games. Games that we have started playing are D&D, Magic the gathering, Azul, 7 Wonders, Pandemic and Ticket to Ride but are adding new games all the time. No experience necessary to play the games only an open mind to having fun.

When does it happen? Most lunchtime.

Where does it happen? Room 103

Contact Teacher

Mr Pabst, pabst.glenn@mazenod.wa.edu.au

## VR Club

Imagine a space where any virtual reality is possible. Now stop imagining and come and join the Mazenod College Virtual Reality Club. Immerse yourself in virtual spaces and learn how to make VR from the ground up.

When does it happen?

Term 2 - Friday lunchtime from the 10 minute bell. All years welcome.

Where does it happen?

Library

Contact Teachers

Ms Scanlan, scanlan.anna@mazenod.wa.edu.au

## AHISA Debating

Interschool debating competition for Years 7 – 10

When does it happen?

Term 3

Where does it happen?

The training takes place at Mazenod and the debates are held at Perth College

Contact Teacher

Mr Stone, stone.elliott@mazenod.wa.edu.au

Ms Hewett, hewett.jessica@mazenod.wa.edu.au

## Makerspace and Cre8 Group

A group that students can join to create small projects that interest them. Teachers will facilitate sessions to encourage creativity, tinkering and experimental learning. Projects will involve technology and/or craft.

When does it happen?

Friday lunchtime – weekly or twice monthly.

Where does it happen?

Library annexe

Contact Teacher

Mrs Worthington, worthington.penny@mazenod.wa.edu.au



## Page Turners

Students meet to share & discuss 'good reads'.

Who can be involved?

Years 7-12

When does it happen?

Wednesday lunchtime

Where does it happen?

Library annexe

Contact teacher

Ms Holloway, holloway.kath@mazenod.wa.edu.au and

Ms Worthington,

worthington.penny@mazenod.wa.edu.au

## Mindful Colouring

Pencils, paper and good company provided.

When does it happen?

Monday and Wednesday lunch time

Where does it happen?

Upstairs Art Room

Contact Teacher

Ms Watson, watson.leanne@mazenod.wa.edu.au

## Lego Lads

All year groups are welcome to come along and build lego in a relaxed environment.

When does it happen?

Monday and Wednesday lunchtime

Where does it happen?

Upstairs Art Room

Contact teacher

Ms Watson, watson.leanne@mazenod.wa.edu.au

## Sustainability Group

Students are invited to take an active role in Sustainability at Mazenod College. Our focus of waste reduction and sustainability is achieved through a range of hands-on activities. We would love to see students from Year 7-12 get involved in the organisation and running of events.

When does it happen?

Monday lunchtime each week

Contact Teacher

Ms Budge, budge.sally@mazenod.wa.edu.au

Ms Wynn, wynn.michelle@mazenod.wa.edu.au

Mrs Botica, botica.helen@mazenod.wa.edu.au

Ms Biffin, biffin.susanne@mazenod.wa.edu.au

## Chemistry Titration Stakes Competition Club

Senior Chemistry students prepare to take part in the annual Titration Stakes competition.

When does it happen?

Weekly during Term 2 (Competition at end of Term Two), and then weekly in Term 3 if students make the National Competition. Times will be negotiated with students depending on student availability.

Who can participate?

Senior Chemistry students.

Contact teacher

Ms Overton,

overton.marie-clare@mazenod.wa.edu.au

## "Brain Bee" Neuroscience and Psychology Club for Year 10s

This is a group that will be learning about how the brain functions and how the mind works in preparation for the Australian Brain Bee Competition.

When does it happen?

Friday lunchtime from the 10min bell

Contact Teacher

Mr Tuohy, tuohy.tyrone@mazenod.wa.edu.au

## **Anime Club**

Social group for students and teachers who enjoy anime and manga.

When does it happen?  
Every Tuesday lunchtime

Where does it happen?  
SB11

Contact Teacher  
Ms Hewett, hewett.jessica@mazenod.wa.edu.au

## **Competitions Club**

Meet weekly for guidance and tutelage on how to enter the many academic competitions on offer. From National History Challenge, Anzac Prize, Simpson Medal, Geography Competition, GAWA Competitions, Dr Evatt Competition and others?

When does it happen?  
Wednesday lunchtime each week

Where does it happen?  
Library Annex

Contact Teacher  
Ms Wynn, wynn.michelle@mazenod.wa.edu.au

## **CSIRO Crest Award**

Undertake a Science research project and report your findings. Students are guided through the inquiry process by the CREST teacher and gain a certificate and medallion at the end of the project from CSIRO. Year 8 and 9 students only.

When does it happen?  
Tuesday 3:30-4:30pm Terms 1 to 3.

Where does it happen?  
Room 215

Contact Teacher  
Ms Jessica Hopkins  
hopkins.jessica@mazenod.wa.edu.au





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