



ST HILDA'S SCHOOL
GOLD COAST

Student Handbook

2026 MIDDLE AND SENIOR SCHOOL – SERVICE, CO-CURRICULAR AND EXTRA-CURRICULAR HANDBOOK

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INTRODUCTION

This handbook has been designed to help you and your daughter navigate your way through the wide and varied range of Middle and Senior School Service, Co-Curricular and Extra-Curricular activities available at St Hilda's School.

The information contained in this handbook includes a description of each activity and the benefits to participants, including details such as the venue, times, dates, and contact information for key staff.



SERVICE ACTIVITIES

Our School Motto, **Non Nobis Solum (Not for Ourselves Alone)**, is a key driver at the heart of all that we do here at St Hilda's School. It is the essence of being a St Hilda's girl. As a reflection of this, **we strongly encourage all girls to participate in at least two Service Activities each semester.**

As a school community, we believe the ethos of our School should reflect our core values: Love, Compassion, Forgiveness, Hope and Grace. We want St Hilda's students to consider these values, thereby developing knowledge, skills and attitudes that enable them to develop as reflective learners, mindful of how their actions can have a positive impact on those around them.

Through our range of Service Activities, St Hilda's students learn that **the purpose of their education is to have a positive impact on the people and the world around them.** During their time in our School, each student is expected to develop and grow into a citizen who contributes positively to their local, national and international community.



Amnesty International

Coordinators	Miss Arlie Hollindale
Email	ahollindale@sthildas.qld.edu.au
Year Levels	Years 7-12
Terms	1-4
Venue	St Hilda's School, JR8
Times	Monday lunchtimes

Activity Description

Amnesty International is an organisation that raises awareness regarding violations of human rights on a global scale. This group looks to advocate and educate our school and wider community, giving students a voice by campaigning in various ways, when human rights are denied. Fundraising in various forms takes place each term, with organization of events and assemblies hroughout the Middle and Senior School.

Special Notes

- Students can continue their participation in the group after graduation from the school environment.
- Students participate in assemblies as part of their active voice campaigns.
- Students organise and participate in a variety of awareness raising events at School.



Big Sisters

Coordinator	Mrs Linda Swanepoel
Email	lswanepoel@sthildas.qld.edu.au
Year Levels	Year 9
Terms	1-4
Venue	Various
Times	Various

Activity Description

The Big Sisters program offers support and information to Year 7 students as they adapt to life in St Hilda's School. Big Sisters play an important role in promoting and developing the students' sense of connection with others. The program also assists the students to develop relationship, leadership and citizenship skills.

Special Notes

Big Sisters:

- will have several little sisters from a selected Year 7 Thrive class to get to know.
- are role models and encourage Year 7s to get involved in co-curricular activities at School.
- will organise and run lunchtime activities for the Year 7 students, such as skipping, games and handball.
- assist and help with any Year 7 games or activity afternoons if required.
- will be involved in The Southport School (TSS)/St Hilda's School activities.
- help with Transition Day in Term 4.



Buddy Program

Coordinator	Heads of Year – 7-9
Email	Year 7 – Mrs Miranda Magee – mmagee@sthildas.qld.edu.au Year 8 – Miss Monique Garamy – mgaramy@sthildas.qld.edu.au Year 9 – Mrs Linda Swanepoel lswanepoel@sthildas.qld.edu.au
Year Levels	Years 7-9
Terms	1-4
Venue	Schoolwide
Times	Term time

Activity Description

The Buddy Program is an integral aspect of our School culture and is considered to be an important leadership role. Buddies assist new students with their transition into school life by helping them to establish social networks, assisting them to find their way around the campus, and familiarising them with the way our school operates.

To prepare for becoming a buddy, Buddy training is provided. At Buddy training, you will meet other students from Years 6, 7 and 8 and learn about the role and responsibilities of the position. Students participate in a range of activities where you will learn important skills needed to be a successful buddy.

Special Notes

- Buddies support new students to help make them feel welcome at St Hilda's School.
- Buddies assist new students where possible so they will know how our school operates, where places are and who is who in our school.



Coaching Junior Sports Teams

Coordinator	Mrs Olivia Blair
Email	oblair@sthildas.qld.edu.au
Year Levels	Years 10-12
Terms	1-4
Venue	Various
Times	Before and/or after school on various days

Activity Description

This is a great opportunity to develop the sporting talents of our Junior St Hilda's girls. Coaching teams and assisting to coach teams is a brilliant way to develop leadership skills and to encourage students to perform at a high level in various sports.

Special Notes

Commitment to coaching needs to be 100%, both before and/or after school.



Cultural Connections Committee

Coordinator	Mrs Alice Neldner
Email	aneldner@sthildas.qld.edu.au
Year Levels	Year 9
Terms	1-4
Venue	To be confirmed
Times	To be confirmed

Activity Description

The Cultural Connections Committee strives to promote understanding through opportunities for cultural, social and intellectual exchange. The committee meets regularly to share ideas and experiences and inspire creativity and action regarding diversity initiatives.

Special Notes

Members of the Cultural Committee will:

- promote global understanding through the sharing of culture and ideas.
- be an advocate for diversity awareness and understanding.
- model behaviours exemplifying a multicultural environment.
- initiate projects promoting different cultural experiences.
- coordinate with other support groups, such as Amnesty International.
- present information at assemblies as required.



The Duke of Edinburgh's International Award

Coordinator	Miss Mikayla Meyer
Email	mmeyer@sthildas.qld.edu.au
Year Levels	Years 9-12
Terms	1-4
Venue	St Hilda's School, Sports Complex Classroom
Times	When required

Activity Description

The Duke of Edinburgh's International Award is an exciting youth development program for people aged between 14 and 24 and comprises three levels – Bronze, Silver and Gold. Each level involves participating in an Adventurous Journey, Physical Recreation, Skills and a Voluntary Service element. Young people choose their own activities and set their own goals to complete their chosen Award level.

The Duke of Edinburgh International Award provides participants with an opportunity to get involved in something different. They will develop new skills, explore new places and meet new friends. Students in Years 10 to 12 can also earn credits towards their Queensland Certificate of Education. The Award is increasingly recognised by tertiary institutions and can even help participants with securing a job.



Timelines

- Bronze: 3 months (updated).
- Silver: 12 months if Bronze not completed prior, 6 months if Bronze level completed.
- Gold: 18 months if no Silver award completed prior, 12 months if Silver level completed.

Economics Club

Coordinator	Mrs Mandy-Jane Ellis
Email	mellis@sthildas.qld.edu.au
Year Levels	Years 10-12
Terms	1-3
Venue	JR Building
Times	Friday Lunch – Week B

Activity Description

Are you curious about how money moves, markets work, and decisions shape the world? Our club brings economics out of the textbook and into real life. From mastering financial literacy to exploring the stock market, trading currencies, and analysing global trends, we focus on practical skills that matter. Whether you dream of becoming an investor, entrepreneur, or simply want to make smarter financial choices, this is your chance to learn, experiment, and grow. Join us and turn economic theory into real-world power!

Economics Club is an activity led by students, for students – giving you the chance to take ownership of your learning and share ideas with peers.



ECONOMICS CLUB
TURNING KNOWLEDGE
INTO WEALTH

Gold Coast City Junior Council

Coordinator	Mrs Leah Potts
Email	lpotts@sthildas.qld.edu.au
Year Levels	Years 10 and 11
Terms	1-4
Venue	Home of the Arts (HOTA), Bundall and Gold Coast Sports and Leisure Centre, Carrara
Times	Five morning meetings per year. Dates to be advised

Activity Description

Through exploration of civic leadership, this two-year program provides students with the opportunity to actively participate in their local community, by:

- developing an understanding of local government;
- discussing and raising awareness of current community issues; and
- enhancing skills required for effective advocacy, such as public speaking and teamwork, through workshops and volunteer opportunities.



Non Nobis Solum Committee

Coordinator	Mrs Lisa Roper
Email	lroper@sthildas.qld.edu.au
Year Levels	Years 9 and 12
Terms	1-4
Venue	St Hilda's School, Middle Senior School Centre
Times	TBA

Activity Description

Committee members demonstrate active participation in building the spirit of 'not for ourselves alone' in our school community as well as individual and community wellbeing. They promote the need for a safe and supportive school environment and encourage students to display 'random acts of kindness'. They promote and support students in various service activities throughout the school and wider community. They also raise funds and communicate with the students that St Hilda's School sponsors at the School of St Jude's in Arusha, Tanzania.



Reading and Mathematics Volunteer Support Program

Coordinators	Mrs Justine Bishop	Mrs Marina Jacovou-Johnson
Email	jbishop@sthildas.qld.edu.au	mjacovoujohnson@sthildas.qld.edu.au
Year Levels	Years 10-12	Prep to Year 3
Terms	1-2 (Year 12) 1-4 (Years 10-11)	1-4
Venue	Various Junior School locations	

Activity Description

The Reading and Mathematics Volunteer Support Program is a learning initiative which involves students in the Middle Senior School reading and working on mathematical skills with the students from Prep to Year 3 three times a week prior to school. The aim of the program is to improve the reading and mathematical proficiency of the younger students and give the older students an opportunity to support their fellow students.

Special Notes

If you feel passionate about learning and you can commit to working with younger students a few mornings a week, then this is a great opportunity to be part of someone's learning journey within our learning community.



Roo Brew Coffee Shop

Coordinator	Ms Jacqueline Harrys
Email	jharrys@sthildas.qld.edu.au
Year Levels	Years 11 and 12
Terms	1-2 (Year 12) 3-4 (Year 11)
Venue	St Hilda's School, Jennifer Reeves Cafeteria
Times	Opening times: 7.30am-1.15pm Closed for lunchbreak: 11.00am-11.30am Student rostered hours by negotiation

Activity Description

The Coffee Shop – 'Roo Brew' operates throughout the term in the Jennifer Reeves Cafeteria. It is a student-based initiative, selling coffee, hot and cold beverages, and tasty treats. Shifts are available each morning and during lunchtimes on a rostered schedule. The Coffee Shop raises substantial funds for a nominated charity (determined by the student body each year).

Involvement will develop broad barista skills, such as customer service and beverage preparation. Trained baristas are encouraged to join in. Participation will be acknowledged by a certificate at the end of each year.



Rosies – Friends on the Street

Coordinator	Mrs Leanne Gentile
Email	lgentile@sthildas.qld.edu.au
Year Levels	Years 11 and 12
Terms	Term 2 and Term 3
Venue	Surfers Paradise and Southport – meeting place: St Kevin’s School, Benowa
Times	Select Tuesdays 6.15pm-9.45pm – more details to come

Activity Description

St Hilda’s School has been part of the Rosies’ School Outreach program since 2016 and will once again be a part of it for 2024. We are looking for **three students each evening** to go on outreach – please see above for this year’s dates.

The program will involve staff and students going out with Rosies’ volunteers on a Tuesday night from 6.15-9.45pm throughout the year. There will be training provided at School for both staff and students. Prior to going out, there is an information session and at the conclusion, a debrief with all the volunteers.

Rosies is about building connections with the homeless and disadvantaged. During the outreach program, staff and students will hand out snacks, and hygiene packs as well as make connections through social interaction.

Rosies – Friends on the Street, a not-for-profit organisation that works with the homeless all across Queensland. Our organisation does street outreach in Surfers Paradise and Southport throughout the week and has partnered with multiple schools in the Gold Coast area that come along on outreach with us. This is an incredible opportunity for senior students to engage with people who may have radically different life experiences than their own and participate in social justice activities. It also allows young people to profoundly develop their personal and religious values and make a real impact on the lives of people in need in their community.



Student Academic Mentors

Coordinator	Mrs Justine Bishop
Email	jbishop@sthildas.qld.edu.au
Year Levels	Years 9 and 11
Terms	1-4
Venue	As agreed with Head of Middle and Senior School
Times	As agreed with Head of Middle and Senior School

Activity Description

Student Academic Mentors (SAMs) are Year 9 students trained to work with younger students on the development of skills necessary for academic success such as time management, organisation, and study strategies. SAMs draw on their personal experiences as well as their training to mentor students in Years 7 and 8. During the first few weeks of school, SAMs are also invaluable in helping new students access the resources available in the School that will assist them with their learning journey.

Special Notes

"The mentor acts as a facilitator and a catalyst for learning rather than as a 'teacher'. The learner is responsible for their own learning. The mentor is responsible for supporting, facilitating, and learning with the learner."



Student Ambassadors

Coordinator	Head of Middle Senior School
Email	lroper@sthildas.qld.edu.au
Year Levels	7-12
Terms	1-4
Venue	As agreed with Head of Middle and Senior School
Times	As agreed with Head of Middle and Senior School

Activity Description

The new student and family visit is one of the most important events in the process of selecting a school. Student ambassadors serve as hosts for prospective students and their families throughout the year, helping to answer any questions and assisting visitors from a student's perspective. Student ambassadors participate in a variety of activities and events and are trained to assist with various aspects of school life. They need to be knowledgeable about St Hilda's history and become familiar with the school campus and facilities.

Special Notes

Student Ambassadors:

- enjoy meeting new people.
- are passionate about school life.
- are friendly and like dealing with different groups of people.
- enjoy helping and inspiring others.
- are interested in participating in the broader school community.



Year 9 Student Leadership Team

Coordinators	Mrs Lisa Roper	Mrs Linda Swanepoel
Email	lroper@sthildas.qld.edu.au	lswanepoel@sthildas.qld.edu.au
Year Levels	Year 9	
Terms	1-4	
Venue	Schoolwide	
Times	As agreed with Head of Year 9	

Activity Description

The Year 9 Student Leadership Team works together to provide direction and inspiration for the School community. The students are given a high level of responsibility, through meaningful and productive leadership roles. One key element of daily routine is to undertake Honour Guard duties relating to the Australian flag, namely:

- undergoing training in flag etiquette, showing flag, always courtesy respecting the flag.
- being a role model to others.
- raising and lowering the flag at the beginning and end of each school day.
- showing reliability and responsibility whilst carrying out these and other duties.

The team includes the House Leaders, Sports Leaders and Year 9 Student Council Representatives. These students report directly to the Head of Students, Research and Engagement and meet each fortnight. They participate in regular mentoring sessions enabling them to run a range of student activities, including some assemblies and Year Level Meetings.



ADDITIONAL BOARDING SERVICE ACTIVITIES

Coordinator	Miss Caitlin Hannigan
Email	channigan@sthildas.qld.edu.au
Year Levels	5-12
Terms	1-4
Venue	Onsite and within our community
Times	Various

Activity Description

Just like our day school initiatives in service learning, Boarders are encouraged to live out the School motto, "Not for Ourselves Alone", by contributing to 20 hours of service throughout the year.

Each Big Sister Family must organise and deliver a chapel service, a house activity, a community challenge and charity event. On top of this participate in the various community service activities such as Clean Up Australia Day and Anzac Day.

Giving back and forming strong connections with our wider community, assists individuals to increase their sense of self efficacy and social responsibility.

The students plan the service activities at the beginning of each year via our Big Sister Family groups and Leadership Program.



Boarding Leadership Program

Coordinator	Mrs Amanda Rigby
Email	arigby@sthildas.qld.edu.au
Year Level	12
Terms	1-4
Venue	Onsite and within our community
Times	Various

Activity Description

Boarding House Captains

Working alongside the Head Boarder and Big Sisters, the House Captains provide valuable leadership for the boarders within their assigned house. Opportunities to lead Chapel, House projects and service activities assist our community to meet the goals of increasing Care, enhancing Connection, and providing a positive Community atmosphere.

Big Sisters

Big Sisters provide mentorship for our younger boarders, supporting and guiding them through the challenges of living away from home.

Boarding Student Council

The Council meets twice per term to share their voice and plan for major community events. The Boarding Student Council consists of Head Boarder, Prefects and House Captains.



CO-CURRICULAR ACTIVITIES

Excellence Beyond the Classroom

Sections:

- Performing Arts
- Academic Extension
- Music Ensembles
- Sporting Activities

We aspire to help St Hilda's School students to become future generations of successful, resilient women of integrity.

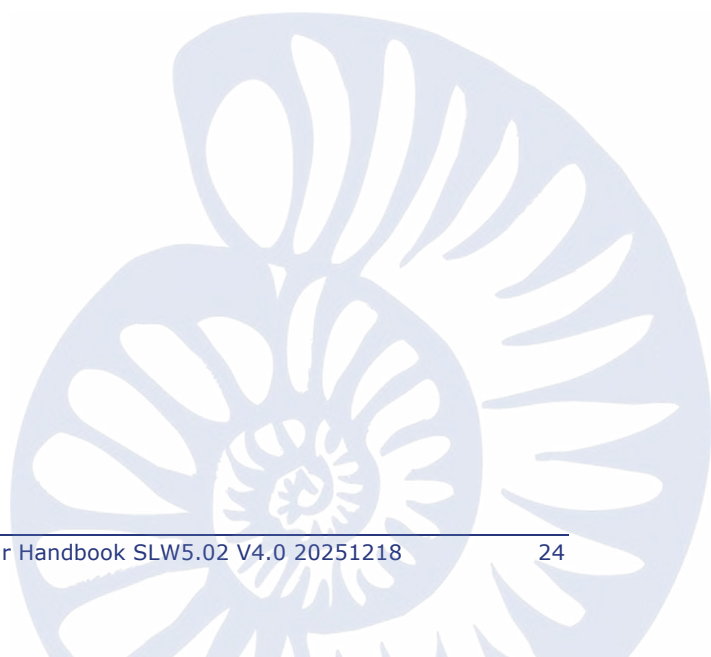
To support that aspiration, we offer a wide range of co-curricular activities. Many significant life skills are taught or may be learned in these programs. These include:

- leadership
- decision-making
- commitment
- taking responsibility
- teamwork
- motivating others
- organising others
- negotiating

Through their involvement in these activities, students develop a sense of accomplishment and enhance their self-confidence by using their talents and responding to the challenges presented to them.

Our co-curricular activities form an integral part of the learning and development of all St Hilda's School students as they augment our formal curriculum. We strongly encourage **each student in Years 7-12 at St Hilda's School to participate in at least two co-curricular activities each semester.**

The variety of co-curricular activities offered at St Hilda's School aims to accommodate the diverse range of our students' interests and abilities. Most of the co-curricular activities are offered at no extra cost. However, a small number of activities will have a small charge for special requirements.



SECTION (I): PERFORMING ARTS

Drama Pocket Criteria~

Drama	Gold (Full pocket)	Red (Half pocket)	Blue Line
<p>The following qualifying guidelines must be applied to each nomination:</p> <ol style="list-style-type: none"> Attendance at rehearsal must be 85%. 100% attendance at all performances is expected. Application to rehearsal and performance of role (on and/or off-stage) to a good standard. Attitude and behaviour must be such that it brings credit to the school. 			
<p>GOLD: Meet three GOLD criteria RED: Meet three RED criteria BLUE: Meet three BLUE criteria</p> <p>GOLD STAR: Awarded to students in a significant role on stage or in production who consistently demonstrate excellence across all three criteria (Level of performance, teamwork, attendance and behaviour). This may be also awarded in instances where the production has entered competitions and student has received award to acknowledge level of skill/performance (e.g. Best Actor at GCSSDF).</p> <p>This is only awarded with a FULL (Gold) Pocket.</p>	<p>(a) Level of performance: Very high level of skill demonstrated in onstage and/ or production role. (This may also include recognition at Festival or Competition such as Highly Commended.)</p> <p>(b) Teamwork: Demonstrates leadership and responsibility pro-actively supporting the development of the ensemble and production.</p> <p>(c) Attendance/Behaviour: Very high level of attendance at rehearsals and exemplary behaviour.</p>	<p>(a) Level of Performance: High level of skill demonstrated in onstage and/or production role.</p> <p>(b) Teamwork: Demonstrates willingness to consistently contribute towards and actively support the development of the ensemble and the production.</p> <p>(c) Attendance/Behaviour: High level of attendance at rehearsals and high standard of behaviour.</p>	<p>(a) Level of Performance: Competent level of skill demonstrated in onstage and/or production role.</p> <p>(b) Teamwork: Contribute towards the development of the ensemble and production with assistance.</p> <p>(c) Attendance/Behaviour: Satisfactory level of attendance and behaviour throughout the production process.</p>
<p>The following qualifying guidelines must be applied to each nomination: Awardees must be a member of a School Drama Production/ School Drama Program at which:</p> <ul style="list-style-type: none"> Attendance at rehearsal must be 85% (Co-curricular Agreements may be signed in exceptional cases). 100% attendance at all performances is expected. (Exceptions may only be granted in writing in advance of performances.) Application to rehearsals and performance of parts to an excellent standard. Attitude and behaviour must be such that it brings credit to the School. <p>Achieves one of the descriptors listed below#. Please note that it is the responsibility of the student to notify the School of achievements obtained as part of criteria 2.</p>			
<p>Performance</p> <p>COLOURED STAR: Awarded in conjunction with Full, Half or Blue Line Pockets if a Distinction is achieved in any examination.</p>	<p>#The achievement of one of the following standards in any recognised performance discipline.</p> <p>(a) ASCA/Trinity (or equivalent) Diploma or Grade 8 with at least a credit grading.</p> <p>(b) Selection in any nationally auditioned performance group/ production.</p> <p>(c) Placing in national competition.</p>	<p>#The achievement of one of the following standards in any recognised performance discipline.</p> <p>(a) ASCA/Trinity (or equivalent) Grade 7 or Grade 6 with at least a credit grading.</p> <p>(b) Championship or Scholarship awards at a recognised Eisteddfod Style competition</p> <p>(c) Selection by audition in any community and/or professional ensemble outside of local context where featured/ lead/leadership roles are undertaken</p> <p>(d) Placing in state competition.</p>	<p>#The achievement of one of the following standards in any recognised performance discipline.</p> <p>(a) ASCA/Trinity (or equivalent) Grade 5 with at least a credit grading.</p> <p>(b) Two or more placings in sections (with 5 or more competitors) at an Eisteddfod type competition.</p> <p>(c) Selection by audition in any local community ensemble where featured/lead/ leadership roles are undertaken.</p> <p>(d) Placing in local drama/theatre competition.</p>

~Pocket criteria extract from the Awarding Pockets Guidelines

Drama Troupe Years 7 and 8

Coordinator	Mrs Belinda Gravel
Email	bgravel@sthildas.qld.edu.au
Year Levels	7-9
Terms	1-4
Venue	St Hilda's School, Langford Theatre
Times	Tuesday 3.30pm-5.00pm
Cost	To be advised – payment per Semester

Activity Description

Facilitated by teaching artists from the Australian Acting Academy students, students will engage in weekly sessions learning a range of skills in performing and creating theatre, developing their passions, confidence, and talents in Performing Arts. Membership of the Middle School Drama Troupe will be capped at 20 students. This activity runs both Semester 1 and Semester 2 with students invited to take part of this program for the full year.

The Australian Acting Academy is a long-established company whose philosophy of creating safe spaces for young people to take creative risks, giving students a head-start in acting and performance within a strong, inclusive and collaborative community aligns with the goals we have for our Drama students. The Academy's training curriculum complements the courses in Middle and Senior Drama as well as providing for students whose passion and interest lie within the Performing Arts.

We invite students who have a passion for drama, an interest in developing their acting skills and creative talents, to apply.

Special Notes

As numbers are capped at 20 students, with a minimum number of participants needed to run the program. This is a fee-paying activity.



Middle School Production and Senior School Production

Coordinator	Mrs Belinda Gravel
Email	bgravel@sthildas.qld.edu.au
Year Levels	Middle School Production – 7, 8 and 9 Senior School Production – 10 11 and 12
Terms	2-3
Venue	St Hilda’s School, Langford Theatre
Times	Middle School Drama Production – Thursdays 3.30pm-5.00pm Senior School Drama Production – Fridays 3.30pm-5.30pm Auditions will take place Term 1, Week 5 Performance will take place Term 3 Week 3

Activity Description

Drama plays a significant role in the cultural life of St Hilda’s School with opportunities to take part in School Productions in one for Middle School Years 7, 8 and 9 and another for Senior School Years 10, 11 and 12.

Open to all students in those years, students are invited to take on a number of roles, not only on stage but also behind the scenes, thereby ensuring each production develops seamlessly from start to finish, culminating in performances at the Treading the Boards Drama evening in Term 3.

In 2026, we will be collaborating with local performers and directors, guiding and extending students through the production process.

Students have the opportunity to contribute as producers, choreographers, actors, designers, wardrobe managers, stage managers and lighting and sound operators. This is an outstanding opportunity to develop valuable skills through teamwork, problem-solving and creativity.



Middle Senior School Musical

Coordinator	Mrs Belinda Gravel
Email	bgravel@sthildas.qld.edu.au
Year Levels	7-12
Terms	1-2
Venue	St Hilda's School, Langford Theatre, Granowski Auditorium Performance – Annand Theatre, The Southport School
Times	To be advised

Activity Description

Held every two years, the Middle Senior School Musical is a much-anticipated event in the school calendar. In 2025, we produced the remarkable production of *Shrek! The Musical*, with over 120 students making up the cast, crew and orchestra.

The musical offers opportunities for students to engage with on-stage roles nurturing skills in singing, dancing, and acting, musicians to play a professional score, off-stage roles in sets, props, costumes, and backstage management. Participation as a cast member is by audition.

Our key goal for the musical is for every girl to achieve her personal best, learning vital life skills of teamwork, self-discipline and grit, all the while having a joy-filled experience within the Performing Arts.

For 2026, our brother school, The Southport School (TSS) are producing the musical *Crazy For You*. Auditions and casting occurred in Term 4, 2025. *Crazy For You* will be performed at the Annand Theatre, The Southport School.

Special Notes

Casting for our 2027 Middle Senior School production will take place in Term 4, 2026.



SECTION (III): ACADEMIC EXTENSION

Book Club Years 7-9

Coordinator	Mrs Leah Potts
Email	lpotts@sthildas.qld.edu.au
Year Levels	7-9
Terms	1-4
Venue	St Hilda's School, Middle Senior Library
Times	Friday lunchtime

Activity Description

Students in Years 7–9 meet every Friday lunchtime in the Middle Senior Library to share their love of reading. The group enjoys discussing books and exchanging ideas about what they have read. From time to time, they choose a particular book, author, or series as a focus for deeper discussion. The club aims to inspire a love of reading, broaden literary interests, and connect students through their shared enjoyment of stories.

Special Notes

- **This year, there is an opportunity for members in Years 7 and 8 to participate in the CBCA Readers' Cup competition.**



Chess Club

Coordinators	Mr Jed Hogan Mr Scott Mudge
Email	jhogan@sthildas.qld.edu.au smudge@sthildas.qld.edu.au
Year Levels	7-12
Terms	1-4
Venue	St Hilda's School, Middle Senior Library
Times	Monday lunchtime

Activity Description

Chess is a board game between two players. It is sometimes called International Chess or Western Chess to distinguish it from related games, such as Xiangqi (Chinese Chess) and Shogi (Japanese Chess). The current form of the game emerged in Spain and the rest of Southern Europe during the second half of the 15th century. Today, Chess is one of the world's most popular games, played by millions of people worldwide.

Students are welcome to join us each Friday lunchtime in the library. Challenge yourself to learn to play a game that can offer a new and enriching environment for current and new Chess players. It gives a chance for players to develop many new skills or develop certain skills such as planning, problem-solving and pattern recognition.

Special Notes

- To meet the co-curricular commitment in any one term, students must participate in the lunchtime session each week.
- Interested new participants, please see Mr Hogan or Mr Mudge.



Creative Writing Group

Coordinators	Ms Caitlin Craik
Email	ccraik@sthildas.qld.edu.au
Year Levels	Years 7-12
Terms	1-4
Venue	To be confirmed
Times	Lunchtimes

Activity Description

Writing Group – Unleash your imagination and bring your stories to life with our Creative Writing Group! Whether you are drawn to poetry, short stories, fan fiction, or novels, this group offers a year-round opportunity to connect with fellow writers during lunchtimes, to explore your creativity, and share your work in a supportive, inspiring environment. You will get to engage in exciting writing prompts, workshops, and excursions, all designed to help you hone your craft and develop your unique voice. There will be opportunities to publish your work on the school website and in the Spirit Magazine. Plus, you will have the chance to work on a piece to enter into the prestigious St Hilda’s Prize for Creative Writing. No experience required – just your passion for storytelling!

Let’s build new worlds together, one word at a time.

Interested participants will:

- attend lunchtime meetings and workshops throughout the year
- attend a creative writing excursion to Somerset Storyfest (subject to change)



St Hilda's Prize for Creative Writing

Coordinators	Mrs Cate Park-Ballay	Students: To be confirmed
Email	cpark-ballay@sthildas.qld.edu.au	
Year Levels	Preparatory to Year 12	
Terms	1-4	
Venue	To be confirmed	
Times	Lunchtimes	

Activity Description

St Hilda's Prize – The St Hilda's Prize for Creative Writing was established in 2023 to provide a creative platform for the School's literary enthusiasts. The Prize encompasses four distinct age categories, spanning the Junior and Middle Senior Schools. Within the Middle Senior School, these categories are defined as Years 7-9 and Years 10-12.

The Prize launches in Term 1 Week 5 and closes in Term 3 Week 1.

Interested participants will:

- enrol in the St Hilda's Prize for Creative Writing Co-curricular activity,
- submit, by the deadline, their original written work that is linked to the relevant theme and is deemed suitable for publication within the St Hilda's School Community.

Each age category is accompanied by specific word limit guidelines:

- Years 7-9 - 2000-word limit
- Years 10-12 - 5000-word limit

Students can submit any form of creative writing including:

- short stories,
- compressed narratives,
- flash fiction,
- micro-stories,
- epistolary narratives,
- vignettes,
- fan fiction,
- graphic short stories (illustrated by the author),
- poetry,
- etc.

Students may submit up to two entries. Entries are shortlisted and then judged for each category to determine winners and runners-up.

Prizes for the 2026 St Hilda's Prize for Creative Writing are being generously donated by the Parents and Friends' Association.

Debating

Coordinator	Mr Paul Letters
Email	pletters@sthildas.qld.edu.au
Year Levels	7-12
Terms	1-3
Venue	Various schools in Northern and Southern Gold Coast – depending on year level
Times	Wednesday evenings (generally every two to three weeks for each team) – Debates begin at 6.00pm, with short-prep debates requiring students to attend from as early as 4:00pm, depending on year level.

Activity Description

Debating is for students who can commit to the schedule and are interested in current events in Australia and the world. With the support of Debating Coaches, students are given the opportunity to construct detailed and persuasive arguments. Students grow in self-confidence through public-speaking, and they develop the ability to defend their arguments against critiques. Debaters learn to embody the debating spirit by articulating polite, passionate, and persuasive speeches.

Special Notes

- Debating is highly popular at St Hilda's and, as such, we will invite expressions of interest from students who can commit to being available on Wednesdays 4.00pm-7.00pm from March until early September. Students are expected to attend coaching sessions as arranged by their coach and the coordinator (at lunchtimes and/or after school).
- **Parent transport to and from venues is required.**
- Debates take approximately 1 hour, in teams of four. Short-prep debates require students to be at the debating venue from 4.00pm-4.45pm until around 7.00pm.
- Students in Years 7-12 participate in the Gold Coast Debating Association Competition against other schools.



eSports

Coordinator	Miss Jayne Schinckel Mr Andrew Webster
Email	jschinckel@sthildas.qld.edu.au awebster@sthildas.qld.edu.au
Year Levels	7-12
Terms	1-4
Venue	St Hilda's School, Jennifer Reeves Building – Level 1
Times	Lunchtime – to be advised

Activity Description

Sporting champions are no longer to be found exclusively in games like AFL, rugby, soccer, cricket, tennis, and netball. These days they might be in front of a computer screen. Rather than being stuck alone in their rooms playing online games students are using their skills to play in teams where the emphasis is on the '4Rs' of online safety: Respect, Responsibility, Reasoning and Resilience.

Within the framework developed by the Anglican Schools Commission, competition in eSports is being developed alongside a cyber safety and wellbeing program for its schools. eSport competitors develop industry skills for roles such as coaches, mentors, strategist commentators and artists.

Respectful competition promotes personal wellbeing and for some it provides a pathway to further education at university in areas such as dedicated eSports degrees, ICT, psychology, business communication and sports administration.

During this lunchtime activity, games of various complexity are played in both social settings and competitions when available through QGSSSA and FUSE.



Ethics Club

Coordinator	Mrs Catherine Syms
Email	csyms@sthildas.qld.edu.au
Year Levels	10-12
Terms	1-4
Venue	St Hilda's School, JR8
Times	Tuesday morning tea, Week B

Activity Description

The ethics club is an activity led by students, for students, providing senior girls with the opportunity to explore and debate a selection of contemporary ethical issues in preparation for living in the modern world.



Film Buffs and Media Makers

Coordinator	Mr Jaron Winter
Email	jwinter@sthildas.qld.edu.au
Year Levels	10-12
Terms	1-4
Venue	St Hilda's School, Horton Media – Loft
Times	Friday lunchtime

Activity Description

Media students are invited to join the Film Buffs and Media Makers' group. Students will have the opportunity to create short film projects, critique films and, on occasions, attend relevant talks and current film screenings.



International Group

Coordinators	Mrs Catherine Syms Mr Paul Letters Ms Kelly Chase
Email	csyms@sthildas.qld.edu.au pletters@sthildas.qld.edu.au
Year Levels	Years 7-12
Terms	1-4
Venue	St Hilda's School, JR8
Times	Thursday lunchtime, weekly

Activity Description

The International Group is an activity where students interested in the current world meet weekly to discuss topical political, social and ethical issues. The Group also holds events to raise awareness of social justice issues, for example participating in Red Hand Day.

Questions for consideration this year may include:

- Why is there conflict between Russia and Ukraine?
- Why does China claim Taiwan?
- Is it inevitable that a rising superpower will bully other nations?
- Why does Australia follow the USA in terms of foreign policies?
- Who is to blame for the Israeli-Palestinian problem and can it ever be resolved?
- The US and several of its allies have nuclear weapons, so why shouldn't North Korea?
- Is the Cold War just history?
- Should Australia become a republic? Australia Day or Invasion Day?



Meta Masters

Coordinator	Mrs Majda Benzenati
Email	benzenati@sthildas.qld.edu.au
Mentors	Mrs Majda Benzenati
Year Levels	10-12
Terms	1-4
Venue	St Hilda's School, JR14
Times	Tuesday lunchtime

Activity Description

At St Hilda's School, we are dedicated to preparing our girls not only for academic success but also for life beyond the classroom. In today's rapidly evolving world, young people need more than academic knowledge to thrive; they must cultivate emotional intelligence, critical and creative thinking, and resilience to tackle real-world challenges. Recognising this, St Hilda's School offers Meta Masters, a dynamic platform designed to help our girls develop and practise these essential 21st-century skills in a supportive environment, complementing the work done in our classrooms.



Meta Masters provides opportunities for our girls to engage in meaningful discussions and real-world applications, equipping them with the tools they need to succeed in the future. Meeting weekly, the Meta Masters group explores topics such as inclusion, governance, taxation, motivation, superannuation, gender equity, investment, leadership, entrepreneurship and financial literacy. These inclusive sessions create a space for the girls to voice their opinions, support one another, learn from experts, and ask insightful questions.



Twice a year, the group takes their learning to the next level by organising two flagship events: Croissants & Conversations for International Women's Day and the SheLeads™ Summit. Designed and run entirely by the Meta Masters girls, these events showcase their skills, bring their learning to life, and inspire others to do the same.



Model United Nations Assembly at St Hilda’s School and Bond University

Coordinator	Ms Peta Noyes
Email	pnoyes@sthildas.qld.edu.au
Year Levels	7-10 (St Hilda’s Model United Nations Assembly) 10-12 (Bond University High School Model United Nations Assembly)
Terms	Years 7-10 – Term 1 (Preparation and Participation) Years 10-12 – Term 1 (Preparation) and Term 2 Participation
Venues and Times	In-school preparation – TBA, St Hilda’s School, JR12 St Hilda’s School Model United Nations Assembly – Tuesday, 31 March 2026 Bond University Model United Nations Assembly – Dates TBA

Activity Description

A Model United Nations is a simulation with delegates adopting the persona of an allocated country. Students will need to research their allocated country’s viewpoint in relation to a specific global issue and prepare and submit a position paper. The position paper is an essay that details the country’s policies relating to the global issue. Students will then use the position paper to present their ideas during the simulation event.

Special Notes

- **15-20 students** from each year level, Year 7-10, will participate at St Hilda’s School in Granowski.
- A total of **5-8 students** across Years 10-12, plus two journalists will participate at Bond University.



National High School Mooting Competition (Virtual) – Bond University

Coordinator	Ms Peta Noyes
Email	pnoyes@sthildas.qld.edu.au
Year Levels	11-12
Terms	1 (Preparation) 2 (Participation)
Venue	Organised online and on campus by Bond University
Times	Initial rounds of the competition, held online – Dates TBA National Grand Final on campus at Bond University – Dates TBA

Activity Description

Teams of students from participating high schools will compete in the preparation of persuasive arguments on behalf of fictitious clients and present their arguments before judges including Bond Law academics and experienced members of the judiciary. The competition is open to students in Years 11 and 12.

Special Notes

- The team consists of **two or three students and a teacher**.



NUCLEI – Medical Pathway Exploration Group

Coordinator	Miss Arlie Hollindale
Email	ahollindale@sthildas.qld.edu.au
Year Levels	10-12
Terms	1-4
Venue	JR1 – opposite Pathway Centre
Times	Fortnightly Monday Lunchtime (1.00pm)

Activity Description

NUCLEI: 'clusters of brain cells with the same job or connecting to the same places'

This group forms a network of students in Year 10-12 who are interested in exploring and/or following a pathway into Medicine. It enables and encourages our girls to connect with each other, gain relevant and informative knowledge around the application process and meet with Medical industry professionals, mentors and students. The group forms a network of support along the lengthy journey they will take toward a career within Medicine, assisting them to begin their preparations as early as possible.

Fortnightly meetings will cover various and targeted topics, news, and information sessions around applying to Medicine, domestic entry pathways, UCAT and GAMSAT considerations, developing support networks and assistance, the importance of wellbeing within this profession, practical skill and extra-curricular exploration support, visitations from professionals and medical students, medical program opportunities and timeframes and key dates associated with domestic medical-entry and its application process.

Please note: UCAT preparation is not offered within these sessions.



R.A.C.I. Titration Competitions

Coordinator	Ms Shannon Cavanough
Email	scavanough@sthildas.qld.edu.au
Year Levels	10-12
Terms	1-3
Venue	St Hilda's School, SP4
Times	Two days a week (lunchtime and after school)

Activity Description

The RACI titration competitions are designed to encourage those students who enjoy Chemistry, particularly its practical side, to develop their scientific skills and understandings, and to reward those who attain a high level of proficiency. **Entrants compete in teams of three.**

In the state-based competitions, each team member performs two sets of acid-base titrations to determine the unknown concentration of a weak acid in a solution that is supplied to them. This weak acid is either ethanoic acid (commonly known as acetic acid) or oxalic acid. This acid is standardised against a solution of the strong base, sodium hydroxide, which is first standardised against a standard solution of an acid (either hydrochloric acid or oxalic acid). The top 15 teams in the State competition are invited to compete in the National Finals.



Soapbox

Coordinator	Mrs Catherine Syms, interested staff members and students from The International Group
Email	csyms@sthildas.qld.edu.au
Year Levels	7-12
Terms	3
Venue	St Hilda's School, JRC
Times	Lunchtime – to be advised

Activity Description

Make your voice heard! The Ethics Soap Box is a unique initiative, held during lunchtime in Term 3 in the Jennifer Reeves Cafeteria.

Historically, soapboxes were used by people to stand on to make an impromptu speech. At St Hilda's School, we provide an ethics 'Soap Box' for students to learn how to talk about issues relating to right and wrong. Ethical issues are often controversial and can cause people to hold differing views.

Examples might include: Is it right to fight a war? Should parents be allowed to read your Facebook page? Is it ever right to use physical violence against bullies? Do you think we should do more to help the poor? Should live animals be exported? Is capital punishment, right?

Speak out and speak up!



STEM Ambassador Program

Coordinator	Ms Shannon Cavanough
Email	scavanough@sthildas.qld.edu.au
Year Levels	7-11
Terms	1-4
Venue	St Hilda's School, Science Building
Times	Thursday Lunchtime

Activity Description

In partnership with Griffith University, the STEM Ambassador program aims to connect students in Years 7 to 11 who are interested in exploring and promoting science, technology, engineering, and mathematics. As STEM Ambassadors, students will have the opportunity to:

- Help design and lead school activities for National Science Week.
- Promote and develop the St Hilda's School Science Fair.
- Represent St Hilda's School at STEM events and competitions.

Participation in certain events and competitions may be limited.



SECTION (IV) MUSIC ENSEMBLES

St Hilda’s School Music Department offers a wide variety of music ensembles that rehearse on a weekly basis during the school year, with numerous performances both in School and in the wider community. Some ensembles are open to all interested musicians whilst others require members to undertake an audition. It is the usual expectation that these ensembles require a year commitment.

Music Pocket Criteria~

Music	Gold (Full pocket)	Red (Half pocket)	Blue Line
<p>The following qualifying guidelines must be applied to each nomination:</p> <ol style="list-style-type: none"> Attendance at rehearsal must be 80% (Co-curricular Agreements may be signed in exceptional cases). 100% attendance at all performances is expected. (Exceptions may only be granted in writing in advance of performances.) Application to rehearsals and performance of parts to a good standard. Attitude and behaviour must be such that it brings credit to the School. Achieves one of the descriptors listed below* 			
<p>ENSEMBLES:</p> <ul style="list-style-type: none"> Senior String Ensemble Strings Chamber Ensemble Junior Strings Senior Concert Band Junior Concert Band Big Band Rhythm and Blues Band Senior Choir Senza Ragazzi <p>COLOURED STAR: Awarded in conjunction with Full, Half or Blue Line Pockets if the ensemble was placed 1st (or at the highest award level) in any competition.</p>	<p>*Evidence of the following 3 descriptors:</p> <ol style="list-style-type: none"> An active solo performer on instrument in this ensemble, in Examinations, Concerts, competitions and/or auditioned group. Demonstrates leadership with their School Ensemble. Is a member of at least one other School Ensemble in which the qualifying guidelines above are exhibited. 	<p>*Evidence of any 2 of the following 3 descriptors:</p> <ol style="list-style-type: none"> An active solo performer on instrument in this ensemble, in Examinations, Concerts, competitions and/or auditioned group. Demonstrates leadership with their School Ensemble. Is a member of at least one other School Ensemble in which the qualifying guidelines above are exhibited. 	<p>*Evidence of any 1 of the following 3 descriptors:</p> <ol style="list-style-type: none"> An active solo performer on instrument in this ensemble, in Examinations, Concerts, competitions and/or auditioned group. Demonstrates leadership with their School Ensemble. Is a member of at least one other School Ensemble in which the qualifying guidelines above are exhibited.
<p>MUSIC OUTSTANDING ACHIEVEMENT</p>	<p>The following qualifying guidelines must be applied to each nomination:</p> <ol style="list-style-type: none"> Awardees must be a member of a School Music Ensemble at which: <ul style="list-style-type: none"> Attendance at rehearsal must be 80% (Co-curricular Agreements may be signed in exceptional cases). 100% attendance at all performances is expected. (Exceptions may only be granted in writing in advance of performances.) Application to rehearsals and performance of parts to an excellent standard. Attitude and behaviour must be such that it brings credit to the School. Achieves one of the descriptors listed below#. Please note that it is the responsibility of the student to notify the School of achievements obtained as part of criteria 2. 		
<ul style="list-style-type: none"> Vocal Music Instrumental Music Music Composition <p>COLOURED STAR: Awarded in conjunction with Full, Half or Blue Line Pockets if a High Distinction is achieved in any examination.</p>	<p>#The achievement of one of the following standards in any recognised musical discipline.</p> <ol style="list-style-type: none"> AMEB/Trinity (or equivalent) Diploma or Grade 8 with at least a credit grading. Selection in any nationally auditioned performance group. Placing in national composition competition. 	<p>#The achievement of one of the following standards in any recognised musical discipline.</p> <ol style="list-style-type: none"> AMEB/Trinity (or equivalent) Grade 7 or Grade 6 with at least a credit grading. Championship or Scholarship awards at a recognised Eisteddfod Style competition. Selection in State Honours Ensembles or any state auditioned performance groups eg Qld Youth Orchestra. Placing in state composition competition. 	<p>#The achievement of one of the following standards in any recognised musical discipline.</p> <ol style="list-style-type: none"> AMEB/Trinity (or equivalent) Grade 5 with at least a credit grading. Two or more placings in solo/duet/trio/quartet sections (with 5 or more competitors) at an Eisteddfod type competition. Selection by audition in any local community ensemble where solo/leadership roles are undertaken. Placing in local composition competition.

~Pocket criteria extract from the Awarding Pockets Guidelines

Big Band

Coordinator	Mr Antony Zambolt
Email	music@sthildas.qld.edu.au 07 5577 7235
Year Levels	7-12
Terms	All year commitment
Venue	St Hilda's School, Granowski Building
Times	Wednesdays 6.50am-8.05am

Activity Description

Big Band is an instrumental ensemble that focuses on Jazz and Rock Repertoire. The band consists of a Rhythm Section (piano, bass, guitar, drums and auxiliary percussion), Brass Section (four trumpets, four trombones) and a Reed Section (saxophones, 2 Alto, 2 Tenor and 1 Baritone). **Auditions for this extension ensemble are held in Term 4 of the previous year and are open to students in Years 6-11.**

Special Notes

- The Band performs at a variety of School functions and Eisteddfod-type competitions.
- Students must be a member of the Senior Concert Band to be eligible to be part of the Big Band.
- Big Band is suited to musicians who have considerable experience on their instrument.
- Performers in this Ensemble wear the Senior Music Performance Uniform, which is hired through the Parent Support Group, Supporters of the Creative Arts (SOCA) for \$50.00 per annum.



Senior Concert Band

Coordinators	Mr Chen Yang Mr Antony Zambolt
Email	music@sthildas.qld.edu.au 07 5577 7235
Year Levels	7-12 Students may be admitted outside these year levels depending on skill level
Terms	All year commitment
Venue	St Hilda's School, Granowski Building
Times	Thursdays 3.30pm-4.45pm

Activity Description

Senior Concert Band is an instrumental ensemble which consists of woodwind, brass and percussion instruments and plays a variety of styles including marches, jazz, folk songs, movie themes and much more.

Special Notes

- The band performs at a variety of events including School functions and Eisteddfods.
- Year 7 instrumentalists may be offered leadership positions in the Junior Concert Band as well.
- Performers in this Ensemble wear the Senior Music Performance Uniform, which is hired through the Parent Support Group, Supporters of the Creative Arts (SOCA) for \$50.00 per annum.



Rhythm & Blues Band

Coordinator	Miss Janette Kelly
Email	music@sthildas.qld.edu.au 07 5577 7256
Year Levels	8-12
Terms	All year commitment
Venue	St Hilda's School, Granowski Building
Times	Tuesdays 5.00pm-6.00pm

Activity Description

Rhythm & Blues Band is a small ensemble, consisting of rhythm section (piano, guitar, bass, drums), saxophones, brass players and vocalists. The Band plays a variety of pop/rock standards from the last 50 years. The Band has one player per part and **auditions may be required where more than one student is interested in a certain part. Vocalists are limited to four.**

Special Notes

- The Band performs at a variety of School functions throughout the year.
- Students must be a member of another School Band or Choir to be eligible to be part of the Rhythm & Blues Band.
- Auditions for Rhythm and Blues Band vacant positions are held at the end of each academic year for the following year.
- Performers in this Ensemble wear the Senior Music Performance Uniform, which is hired through the Parent Support Group, Supporters of the Creative Arts (SOCA) for \$50.00 per annum.



Senior Choir

Coordinator	Miss Janette Kelly
Email	music@sthildas.qld.edu.au 07 5577 7235
Year Levels	7-12
Terms	All year commitment
Venue	St Hilda's School, Granowski Building
Times	Wednesdays 3.30pm-5.15pm

Activity Description

Senior Choir develops vocal quality and technique, part singing, self-confidence and presentation skills. The choir sings a wide variety of styles from pop to sacred. Choir is a "team sport" and a year commitment. This requires students to attend rehearsals every week so that the choir can perform at its best. **No audition is required to be a member of this choir** – all interested students can participate.

Special Notes

- Senior Choir performs at School functions as well as Eisteddfod-type competitions.
- Performers in the Ensemble wear the Senior Music Performance Uniforms, which is hired through the Parent Support Group, Supporters of the Creative Arts (SOCA) for \$50.00 per annum.



Senior String Ensemble

Coordinator	Mr Chen Yang
Email	music@sthildas.qld.edu.au 07 5577 7235
Year Levels	7-12 Students may be admitted outside these year levels depending on skill level
Terms	All year commitment
Venue	St Hilda's School, Granowski Building
Times	Tuesdays 3.30pm-4.45pm

Activity Description

Senior String Ensemble offers music extension to advanced music students of violin, viola, cello and double bass. Senior String Ensemble performs regularly at School concerts and functions as well as participating in the annual Gold Coast Eisteddfod.

Special Notes

- Members of Senior String Ensemble **may be invited to audition** for Chamber Ensembles. Rehearsals for Chamber Ensembles are held on Mondays from 4.45pm-5.15pm.
- Performers in this Ensemble wear the Senior Music Performance Uniform, which is hired through the Parent Support Group, Supporters of the Creative Arts (SOCA) for \$50.00 per annum.



Senza Ragazzi Show Choir

Coordinator	Mr Antony Zambolt
Email	music@sthildas.qld.edu.au 07 5577 7235
Year Levels	8-12
Terms	All year commitment
Venue	St Hilda's School, Granowski Building
Times	Mondays 3.30pm-5.00pm

Activity Description

Senza Ragazzi (which means "without boys") is a 16-20 voice Show Choir aimed at extending the vocal and performance skills of students interested in singing. **Auditions are held at the end of the year** for the incoming ensemble of the new year.

Special Notes

- Members must be a member of at least one other School Music Ensemble.
- Members must have been a member of a School Choir for at least one year prior to auditioning.
- Senza Ragazzi performs at School Functions and Eisteddfod type competitions.
- Performers in the Ensemble wear the Senior Music Performance Uniform, which is hired through the Parent Support Group, Supporters of the Creative Arts (SOCA) for \$50.00 per annum.



Rock Bands, Percussion Ensemble and Guitar Ensemble

Coordinator	Mr Lawson Hamilton Mr Blair Hamilton
Email	music@sthildas.qld.edu.au 07 5577 7235
Year Levels	7-12
Terms	Project based across the year
Venue	St Hilda's School, Granowski Building
Times	Rehearsal times will vary according to ensemble performance opportunities and the availability of interested students. Rehearsals are planned to be at regular intervals for 30-minute duration at lunchtimes or before/after School.

Activity Description

These small ensembles are designed to extend the ensemble skills of rock musicians (singers, guitarists and drummers), rhythm guitarists and percussion players (drummers, tuned and auxiliary percussionists).

Special Notes

- Performers in these Ensembles may be required to wear the Senior Music Performance uniform, which is hired through the Parent Support Group, Supporters of the Creative Arts (SOCA) for \$50.00 per annum.



SECTION (V): SPORTING ACTIVITIES

At St Hilda's, we celebrate and nurture the unique strengths of our female athletes. We value resilience, integrity, and teamwork, encouraging students to pursue excellence while demonstrating respect, inclusivity, and sportsmanship. Our athletes are supported to be confident, courageous, and committed—both on and off the field—developing leadership, self-discipline, and a lifelong love of physical activity. We aim to empower every girl to reach her potential, embrace challenges, and contribute positively to her team and community.

Sport Associations and Opportunities

St Hilda's competes across an extensive range of sports through its membership in the QGSSSA, BSRA, GCTA, and SCNA, providing students with access to high-quality interschool competition. In addition to these associations, students also have opportunities to represent the school in a number of State Secondary School competitions.

Sports offered at St Hilda's include Australian Rules Football, Artistic Gymnastics, Athletics, Badminton, Basketball, Cricket, Cross Country, Hockey, Netball, Rowing, Football (Soccer), Swimming, Tennis, Touch Football, and Volleyball, ensuring a diverse and engaging program for all students.

Queensland Girls' Secondary Schools Sports Association (QGSSSA)

The Queensland Girls Secondary Schools Sports Association (QGSSSA) has been a leading organisation in girls' sport since 1908, bringing together secondary schools across Southeast Queensland. St Hilda's has proudly been a member of the Association since 1911, contributing to and benefiting from its long tradition of excellence in schoolgirl sport.

The QGSSSA is committed to excellence, inclusion, and opportunity, offering high-quality sporting competitions that promote participation, skill development, and high performance within a respectful and supportive environment.

As a long-standing leader in schoolgirls' sport, the QGSSSA continues to inspire young women, encouraging a lifelong commitment to physical activity, teamwork, and personal achievement.

Club Sport

To complement inter-school sport and provide high-quality, year-round sporting opportunities, St Hilda's also participates in a range of local club competitions. This model has been highly successful, offering students additional opportunities to represent the school and engage with the wider community. Many of our club sports allow girls to begin in Junior School and continue through to Year 12, fostering long-term development, skill progression, and a sense of belonging. These sports may include:

- Netball
- Touch Football
- Swimming

For any sport involvement, students are required to bring water bottles, sunscreen and cap. Students who require an asthma inhaler or Epi-Pen are required to always carry it with them. Students who choose not to wear the correct school sports uniform to trials/training or games will not be allowed to participate.

Representative Sport

Our school competes in the Hinterland District and South Coast Region for interschool sport competitions. Students interested in representing the school at District or Regional trials are invited to participate in the nomination process at the start of each year. A survey is sent to families to register student interest in trialling, and students who complete the survey are added to sport-specific mailing lists. All trial information and updates are communicated via these emails.

Representation in QGSSSA/Andrews Cup competitions is a requirement to nominate for District or Regional trials. As places are limited, the Sports Department will confirm successful nominations via email. If nominations exceed the quota, coach input will be used to determine selection. Students who do not follow this process will not be permitted to attend trials, and trial information is not to be shared, as only successful nominations receive it.

District and Regional paperwork require the Director of Sport's signature, while State trial paperwork requires the Principal's signature. Once selected for a District team, students are advised of regional trial details via South Coast School Sport.

Some sports, such as golf, surfing, or triathlon, may proceed directly to regional trials. In these cases, the Sports Department will email students, who must reply with relevant information (e.g., handicap, times, club membership, previous regional experience) and submit their nomination directly to South Coast School Sport.

Sport Registration and Team Selection

Students will register for sport online through a link provided via email. Only students can complete the registration. Registration opens for two weeks at the start of each sporting season (Summer, Autumn, Winter), during which students nominate the sport/s they wish to participate in.

Following registration, the Sports Department will email students with details about trials and training schedules. St Hilda's aims to select the most competitive teams possible while offering broad participation within the guidelines of each sport's governing body.

In instances where team or competition limits prevent all students from being placed, students will be supported in finding alternative co-curricular options.

Team selections may be adjusted during the season to ensure balanced, safe, and well-functioning teams. Changes may occur due to injury or illness, new students joining, team dynamics, or athlete development. Any adjustments are made carefully by coaching staff and communicated directly to students, with consideration for both individual needs and overall team performance.

Attendance and Absentee Procedure

Students are expected to attend all training sessions punctually and in the appropriate uniform. Students who are unable to attend a session or game must email [Sport Absentee](#) and their coach, preferably in advance or within a reasonable timeframe. Updates regarding training changes, cancellations (e.g., due to weather), and weekly competition schedules are posted on the school app and emailed to the students.

To be eligible for a pocket, students are required to attend **100% of games** and at least **80% of training sessions**. Approved absences from games are only granted by the **Director of Sport**, typically in cases supported by medical certificates or other special circumstances. Absences without notification will be recorded as unapproved and may affect pocket eligibility.

Middle Senior School Sport Department Contact Information

Mrs Lindy Culverwell
Director of Sport
P: +61 7 5577 7281
E: lculverwell@sthildas.qld.edu.au

Mr Jon Trovas
Head of Rowing | Assistant
Director of Sport
P: +61 7 5577 7278
E: jtrovas@sthildas.qld.edu.au

Sports Department Office
P: +61 7 5577 7278
E: sport@sthildas.qld.edu.au

Sports Pocket Criteria~

General Criteria: Students must attend 80% of training and 100% of games. Approved absences from games are only given by the Director of Sport and Coaching due to medical certificates/special circumstances. Elite Athletes are required to seek prior approval from the Director of Sport & Coaching regarding the attendance of specific training days due to their outside training schedule. In addition to a high level of participation and attendance the School's Expectations of Students policy needs to be adhered to in relation to uniform and conduct at training and competitions. *If no pocket awarded, please contact the Sports Office for further clarification if needed.				
Sport	Blue Pocket	Red Pocket	Gold Pocket	Notes
QGSSSA Core Sports: Athletics Cross Country Swimming	Awarded to: 1. An individual for involvement in School sport under the guidelines listed in the General Criteria for all Sports Pockets.	Awarded to: 1. An individual or relay team who is placed in the top 50% for their race in an A grade/1st division competition. 2. An individual or relay team placed 1st or 2nd in a B grade/2nd division competition.	Awarded to: 1. An individual or relay team placed 1st or 2nd in an A grade/1st division competition.	Students in multiple events will be awarded a pocket based on their highest result.
QGSSSA Fixture Sports: Artistic Gymnastics Badminton Basketball Cricket Football Netball Tennis Touch Football Volleyball *competition with 6-10 teams	Awarded to: 1. An individual for involvement in School sport under the guidelines listed in the General Criteria for all Sports Pockets.	Awarded to: 1. An individual or team placed 1st or 2nd in a B grade or 2nd division competition or lower. 2. An individual or team placed 3rd or 4th in an A grade or 1st division competition.	Awarded to: 1. An individual or team placed 1st or 2nd in an A division or 1st division competition.	GOLD STAR awarded to: 1. Premiership Gold Star awarded in conjunction with a full pocket to an individual or team placed 1st in an A grade or 1st Division competition and the School wins the Premiership.
QGSSSA Fixture Sports *competition with less than 6 teams	Awarded to: 1. An individual for involvement in School sport under the guidelines listed in the General Criteria for all Sports Pockets.	Awarded to: 1. An individual or team placed first in an A grade or 1st division competition.	N/A	
BSRA Rowing	Awarded to: 1. An individual for involvement in School sport under the guidelines listed in the General Criteria for all Sports Pockets.	Awarded to: 1. A Crew placed 1st or 2nd in 2nd division (Crew 2 or lower) in three regattas. 2. A Crew placed 1st or 2nd at the Head of the River Competition in 2nd division (Crew 2 or lower). 3. A Crew placed 3rd and 4th at the Head of the River in the 1st division Crew	Awarded to: 1. A Crew placed 1st or 2nd in the 1st division (1st Crew) in three regattas. 2. A crew placed 1st or 2nd at the Head of the River Regatta in the 1st division (1st Crew). 3. Any first division crew that has an undefeated season.	Gold Star awarded to: 1. Members of the First Eight for first place in the actual Head of the River Race.

~Pocket criteria extract from the Awarding Pockets Guidelines

Championship Sport

Championship sports are one-day championship events that mark the culmination of several weeks of focused training and preparation. Each sport demands a high level of participation, performance, and teamwork, with students working together to refine their skills and represent St Hilda's with pride. These events provide a rewarding opportunity for athletes to showcase their commitment and collective effort in a competitive, high-energy environment.

Swimming		
Training	Training squad members are expected to attend two sessions per week , supporting steady skill development and ensuring swimmers gain the fitness, technique, and consistency needed for competition. These regular sessions allow coaches to provide meaningful feedback, monitor progress, and build strong training habits. Swimmers are encouraged to commit to their scheduled sessions to maximise improvement, contribute to squad culture, and prepare confidently for the QGSSSA championship.	
Competition	All squad members take part in lead-up practice competitions to build confidence, refine technique, and gain valuable race experience. Following these events, a selected representative team is chosen to compete at the QGSSSA Swimming Championship on 4 March , representing St Hilda's at the highest level of school competition.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA swimmers, cap and goggles • QGSSSA Swimming team shirt • PE shorts 	<ul style="list-style-type: none"> • St Hilda's swimmers, cap and goggles • PE shirt and shorts
QGSSSA Competition	Wednesday 4 March – Chandler Aquatic Centre	



Artistic Gymnastics		
Training	Athletes participate in three training sessions per week , allowing them to build strength, flexibility, technique, and confidence across all apparatus. Regular training supports steady skill progression and gives coaches the opportunity to provide focused guidance and feedback. Consistent attendance is essential to prepare students effectively for team routines and upcoming competition demands.	
Competition	Students compete in bars, beam, floor, and vault , showcasing their skills across all apparatus as part of graded teams. These competitions provide valuable performance experience and promote teamwork, precision, and resilience. The season culminates with the QGSSSA Artistic Gymnastics Competition on 31 March , where selected teams represent St Hilda's at this major championship event.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA leotard 	<ul style="list-style-type: none"> • Sportswear (bike pants, t-shirt)
QGSSSA Competition	31 March – Clayfield College	



Cross Country		
Training	Cross Country squad members participate in regular training sessions focused on building endurance, strength, and overall race fitness. These sessions help runners develop strong foundations, improve technique, and prepare both physically and mentally for the demands of competition.	
Competition	As the season progresses, all runners take part in lead-up meets , giving them opportunities to practise pacing, gain race experience, and refine their performance. These events help prepare the squad for the major carnival, where a selected representative team competes at the QGSSSA Cross Country Championship on 23 May , proudly representing St Hilda's.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Athletics singlet • QGSSSA Cross Country team shirt • Navy blue bike pants/AFL shorts 	<ul style="list-style-type: none"> • PE shirt or athletics singlet • Navy blue bike pants/AFL shorts
QGSSSA Competition	Saturday 23 May – John Paul College	



Athletics		
Training	Athletics squad members participate in regular training sessions designed to focus on developing event technique. These sessions, aided with track, jumps or throw coaches, enable athletes to improve technique, and prepare both physically and mentally for the demands of competition.	
Competition	All squad members take part in lead-up practice meets to build confidence, refine technique, and gain valuable race experience. Following these events, a selected representative team is chosen to compete at the QGSSSA Track and Field Championship on 17 September , representing St Hilda's at the highest level of school competition.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Athletics singlet • QGSSSA Athletics red team shirt • Navy blue bike pants/AFL shorts (Spikes recommended) 	<ul style="list-style-type: none"> • PE shirt or athletics singlet • Navy blue bike pants/AFL shorts
QGSSSA Competition	17 September – Queensland State Athletics Facility (QSAC)	



Badminton		
Training	Training focuses on developing strong fundamentals, footwork, and doubles game strategy. Students are expected to train twice per week, show commitment, and work positively with teammates.	
Competition	Competition is played in a championship format, with each team consisting of two doubles pairings. Students are selected into teams based on their skill and overall playing level to ensure fair and competitive matches. Games are played either to time or to a set number of points, depending on the competition level, providing a dynamic and engaging experience for all athletes.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Volleyball shirt • PE shorts 	<ul style="list-style-type: none"> • PE Shirt and shorts
QGSSSA Competition	10 October – Senior Badminton (Years 10-12) 17 October – Junior Badminton (Years 7-9) Multiple QGSSSA venues	



Summer Sport

Australian Rules Football		
Training	Training consists of two sessions per week, where students focus on developing their individual skills — including kicking, handballing, marking, tackling technique, and evasive movement — while also building their understanding of effective attacking and defensive team play. Sessions are designed to develop confidence, game awareness, and cohesion, ensuring athletes are well-prepared for the demands of competition.	
Competition	The QGSSSA AFL competition is split across two terms. Years 10-12 students play AFL in Term 1, and Years 7-9 play in Term 4. Matches are played on Saturday mornings at various venues across Brisbane. Teams compete in skills-based divisions.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • AFL singlet • AFL shorts and AFL socks Mouthguard is compulsory Football boots recommended	<ul style="list-style-type: none"> • PE Shirt • AFL Shorts Mouthguard is compulsory
QGSSSA Competition	Senior competition – Term 1 <ul style="list-style-type: none"> • 14, 21, 28 February • 7 & 14 March Multiple field venues	Junior competition – Term 4 <ul style="list-style-type: none"> • 24 & 31 October • 7, 14, 21 November



Cricket		
Training	Students train twice week, with sessions focusing on developing individual skills – including batting technique, bowling accuracy, fielding and wicketkeeping. Students utilise the Queens Cricket Club and TSS Prep Oval practice nets to enhance their technical development in a high-quality training environment.	
Competition	QGSSSA games are held at the Alberton Cricket Club on Wednesday afternoons in Term 1. Teams are selected from students in Years 7-11 and are based on skill level and playing experience.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Tennis Shirt • Cricket baggy cap • White cricket pants (non- St Hilda's) Students to supply own cricket gear (gloves, helmet, batting pads etc	<ul style="list-style-type: none"> • PE Shirt • PE Shorts
QGSSSA Competition	Wednesday afternoons – Term 1 <ul style="list-style-type: none"> • 4, 11, 18, 25 February • 3, 11, 18, 25, 30 (Monday) March Venue: Alberton Cricket Club	



Autumn Sport

Basketball		
Training	Basketball training consists of two sessions per week, giving students the opportunity to develop their individual skills — including ball-handling, shooting, passing, footwork, and defensive technique — while also enhancing their understanding of team structures and game strategy.	
Competition	Basketball is played as part of the Autumn Fixture season, with matches scheduled on Friday evenings. Teams compete in both home and away fixtures across a nine-week season, providing consistent opportunities for students to apply their skills and teamwork in a competitive environment.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Basketball singlet • QGSSSA basketball shorts 	<ul style="list-style-type: none"> • PE Shirt • PE Shorts
QGSSSA Competition	Friday evenings – Terms 2 and 3 <ul style="list-style-type: none"> • 13, 20, 27 March • 24, April • 1, 8, 15, 21, 29 May Multiple QGSSSA venues	



Football (Soccer)		
Training	Soccer training is held twice per week and provides students with the chance to strengthen their individual skills — such as dribbling, passing, first touch, shooting, tackling and goal keeping skills — while also developing their understanding of team formations, movement, and game tactics.	
Competition	Football is played as part of the Autumn Fixture season, with matches scheduled on Friday evenings. Teams compete in both home and away fixtures across a nine-week season, providing consistent opportunities for students to apply their skills and teamwork in a competitive environment.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Football shirt • AFL shorts • QGSSSA Football socks (long) Shin pads compulsory	<ul style="list-style-type: none"> • PE Shirt • PE Shorts Shin pads compulsory
QGSSSA Competition	Friday evenings – Terms 2 and 3 <ul style="list-style-type: none"> • 13, 20, 27 March • 24, April • 1, 8, 15, 21, 29 May Multiple QGSSSA venues	



Touch Football		
Training	Touch Football training is conducted twice per week. Sessions aim to develop students' ability to perform passing, catching, wraps, switches, 2-on-1's, attacking line strategies and defensive formations. Trainings are performed at high intensity, replicating game scenarios.	
Competition	Touch Football is played as part of the Autumn Fixture season, with matches scheduled on Friday evenings. Teams compete in both home and away fixtures across a nine-week season, providing consistent opportunities for students to apply their skills and teamwork in a competitive environment.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Touch Football Singlet • AFL shorts Football boots recommended	<ul style="list-style-type: none"> • PE Shirt • AFL shorts
QGSSSA Competition	Friday evenings – Terms 2 and 3 <ul style="list-style-type: none"> • 13, 20, 27 March • 24, April • 1, 8, 15, 21, 29 May Multiple QGSSSA venues	



Winter Sport

Netball		
Training	Netball training consists of two sessions per week, allowing students to refine their individual skills — such as passing, catching, shooting, footwork, and defensive positioning — while also strengthening their understanding of team structures, positional play and on-court strategies.	
Competition	Netball is played as part of the Winter Fixture season, with matches scheduled on Saturday mornings. Teams compete in both home and away fixtures across a nine-week season, providing consistent opportunities for students to apply their skills and teamwork in a competitive environment.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Netball dress • Navy blue bike pants 	<ul style="list-style-type: none"> • PE Shirt • PE Shorts
QGSSSA Competition	Saturday mornings – Term 3 <ul style="list-style-type: none"> • 18, 25 July • 1, 8, 15, 22, 29 August • 5, 12 September Multiple QGSSSA venues	



Tennis	
Training	Tennis training consists of two sessions per week, providing students with opportunities to develop their individual skills – including serving, groundstrokes, volleys, footwork, and match-play strategy – while also enhancing their tactical awareness and competitive mindset.
Competition	Tennis is played as part of the Winter Fixture season, with matches scheduled on Saturday mornings. Teams compete in both home and away fixtures across a nine-week season, providing consistent opportunities for students to apply their skills and teamwork in a competitive environment.
Uniform	Competition
	Training
QGSSSA Competition	<ul style="list-style-type: none"> • QGSSSA Tennis Shirt • White Skirt • Red Visor
	<ul style="list-style-type: none"> • PE Shirt • PE Shorts
	<p>Saturday mornings – Term 3</p> <ul style="list-style-type: none"> • 18, 25 July • 1, 8, 15, 22, 29 August • 5, 12 September <p>Multiple QGSSSA venues</p>



Volleyball		
Training	Volleyball training consists of two sessions per week, providing students with the opportunity to develop their individual skills – including serving, passing, setting, attacking, blocking, and defensive movement – while also building their understanding of team systems and on-court communication.	
Competition	Volleyball is played as part of the Winter Fixture season, with matches scheduled on Saturday mornings. Teams compete in both home and away fixtures across a nine-week season, providing consistent opportunities for students to apply their skills and teamwork in a competitive environment.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Volleyball shirt • School bike pants/AFL shorts Knee pads recommended	<ul style="list-style-type: none"> • PE Shirt • PE Shorts
QGSSSA Competition	Saturday mornings – Term 3 <ul style="list-style-type: none"> • 18, 25 July • 1, 8, 15, 22, 29 August • 5, 12 September Multiple QGSSSA venues	



EXTRA-CURRICULAR ACTIVITIES

Rowing		
Training	Rowing is available to students in Years 8–12, with training made up of both on-water and land-based sessions to develop stroke technique, fitness, and overall boat cohesion. On-water training takes place at The Southport School (TSS) Boatshed, while land sessions, including ergometer (ergo) work, are conducted in the Sports Complex. (See the Rowing Manual for further details.)	
Competition	The rowing season consists of five regattas leading up to the Head of the River. These events provide valuable opportunities for crews to fine-tune their technique, build race experience, and prepare for the demands of the final championship event. All regattas are held at Wyaralong Dam, offering a consistent and competitive environment throughout the season.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • School Zootie • White Rashie • Red visor and softshell jacket 	<ul style="list-style-type: none"> • School Zootie • White Rashie • Red visor and softshell jacket
BSRA Competition	BSRA Regattas – Saturdays Term 3 <ul style="list-style-type: none"> • 25 July • 1, 8, 15, 22 August BSRA Head of River – 29 August Venue: Wyaralong Dam	



Club Sport

Club Sport provides students with the opportunity to participate in a variety of sports that take place across extended seasons, often running outside the traditional school sport calendar. These programs allow students to further develop their skills, build strong team connections, and engage in regular competition. Club Sport is offered as a fee-based program, with participant contributions supporting competition fees, equipment, and associated expenses. Participation is optional, and students are encouraged to choose sports that align with their interests and commitments.

Club Touch Football		
Training	Students participating in Club Touch Football are expected to train once per week. Training sessions aim to develop individual skills, attacking and defensive plays.	
Competition	Club Touch Football competes in the Gold Coast Touch Football competition. The competition takes place Wednesday evenings in the Senior Ladies competition. Students are selected in a club team sport based on their age and ability.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • QGSSSA Touch Football singlet • Navy blue bike pants/AFL shorts 	<ul style="list-style-type: none"> • PE Shirt • PE Shorts

Club Netball		
Training	Students participating in Club Netball are expected to train once per week. Training sessions aim to develop individual skills and team match play.	
Competition	Club Netball competes in the Southport Carrara Netball Association competition. The competition takes place Monday evenings in the Ladies competition and Monday afternoon for the Intermediate competition. Students compete in the division based on their age and ability.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • St Hilda's Netball Dress • Navy blue bike pants 	<ul style="list-style-type: none"> • PE Shirt • PE Shorts

Club Swimming		
Training	St Hilda's Aquatics Club offers a range of training pathways to support swimmers at every stage of their development. From introductory squad through to national and international performance squads, programs are designed to help athletes progress confidently and effectively. Training squads cater to varying ages and abilities, with sessions focused on technique, endurance, and overall aquatic fitness.	
Competition	Swimmers have the opportunity to participate in a variety of club nights and swim meets throughout the year, allowing them to gain valuable race experience and track their progress. St Hilda's Aquatics Club supports athletes in preparing for school, club, and regional meets, with pathways for those striving for higher-level events. Competitions are structured to suit a range of abilities, encouraging participation, confidence, and a strong sense of team spirit.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • St Hilda's School swimmers, cap and goggles 	<ul style="list-style-type: none"> • Swimmers, cap and goggles

External Provider – Pure Tennis

Pure Tennis at St Hilda’s offers students the chance to further develop their tennis skills through specialised coaching and regular on-court practice. Operating across extended seasons, the program provides consistent training opportunities that complement school sport while allowing players to progress at their own pace. Pure Tennis is offered as an optional, fee-based program. Participation is optional, and students are encouraged to engage at a level that suits their goals, experience, and broader commitments.

Contact: 07 5577 7271

Pure Tennis		
Training	Students can access a variety of tennis training options to suit their goals and experience. Our Performance Squad supports advanced athletes, while Cardio Tennis offers a fun, high-energy workout for all levels. Junior Development Squads help younger players build strong foundations, and private lessons provide personalised coaching for individual progress.	
Competition	Students have the opportunity to in a range of tennis competitions held throughout the year. These events allow players to apply their skills in a competitive environment, develop match experience, and build team spirit. Competitions are available for various age groups and ability levels, with schedules designed to complement training commitments.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • St Hilda’s School Tennis Shirt • St Hilda’s School Tennis skirt 	<ul style="list-style-type: none"> • PE Shirt • PE Shorts

External Provider – Delta Gymnastics

Delta Gymnastics provides students with the opportunity to develop strength, coordination, and confidence through high-quality gymnastics coaching delivered onsite at St Hilda's. Programs cater to a wide range of ages and ability levels, offering pathways from foundational skill development through to more advanced training. Sessions focus on building strong fundamentals in a supportive, encouraging environment, while helping students progress at a pace that suits their individual goals. Participation is optional and delivered as a fee-based program that complements students' broader school and co-curricular commitments.

Contact: www.deltagym.com.au

07 3262 0066

Delta Gymnastics		
Training	Delta Gymnastics offers a variety of training programs to suit students of all ages and skill levels. Sessions focus on building strength, flexibility, coordination, and confidence, with pathways from beginner to advanced gymnastics. Classes are held after school and on Saturdays , providing flexible options for families. Training is delivered in a supportive environment, with opportunities for personalised coaching to help students progress at their own pace and achieve individual goals.	
Competition	Students have the option to participate in gymnastics competitions throughout the year, providing the chance to showcase skills, gain performance experience, and develop confidence in a competitive setting. Competitions are available for a range of abilities and encourage personal growth, teamwork, and school spirit, while complementing ongoing training programs.	
Uniform	Competition	Training
	<ul style="list-style-type: none"> • Sportswear (bike pants, t-shirt) 	<ul style="list-style-type: none"> • Sportswear (bike pants, t-shirt)



as well as making friends and having fun.

Extra Speech and Drama – ASCA (Australian Speech and Communication Association), Trinity College of London Curricular

Coordinator	Mrs Belinda Gravel
Contact	bgravel@sthildas.qld.edu.au drama@sthildas.qld.edu.au
Year Levels	4-6 (Junior) 7-12 (Middle Senior)
Terms	All year
Venue	St Hilda's School, Granowski Building – G2.01
Times	Lessons are timetabled at the beginning of the School Year either as a set lesson time, or on rotation, based upon teacher and time availability, grade/s studied and year level of the student.
Cost	See 'Special Notes' below

Activity Description

St Hilda's School Drama Faculty offers tuition in Speech and Drama in partnership with Australian Speech and Communication Association (ASCA) and Trinity College of London. Both ASCA and Trinity College of London are examining bodies that offer a range of syllabi and exams in disciplines such as Speech and Drama, Acting, Communication, Performing Arts and Performing Text. Lessons are conducted for individuals and pairs. Students are encouraged to participate in Exams, Performers Festivals and Eisteddfods. Students may come to the program with a range of goals such as to develop their skills and confidence in speech, performance and communication and nurture appreciation for literature and foster their passion and talents for Drama.

Special Notes

Fees are calculated per semester. Each semester consists of 15 lessons. Fee Schedule 2026:

- \$685.00 – Individual Lessons per semester (15 x 30-minute lessons – 1 student per class)
- \$385.00 – Pair Lessons per semester (15 x 30-minute lessons – 2 students per class)

Tuition fees are payable in advance through Parent Lounge. Once enrolments have been processed, parents will receive an invitation to accept and make payment. Payment of fees is expected before lessons commence in Semesters 1 and 2. It is recommended that students studying Grade 5 and above should undertake individual lessons. Other costs may include the purchase of books and exam/competition entry fees. For any further information, please refer to the School website. View Speech and Drama Terms and Conditions [here](#).



Individual Music Tuition

Coordinator	Miss Janette Kelly
Contact	music@sthildas.qld.edu.au 07 5577 7235
Year Levels	Junior and Middle Senior School years (Commencement of tuition for students in lower Junior School may be dependent upon factors such as physical development and/or maturity)
Terms	All year
Venue	Various rooms in Junior and Senior Music areas – dependent on teacher
Times	In general, lessons will be scheduled during class time, with all available lesson times outside of School hours (lunchtimes, before and after school) allocated preferentially to all Years 11 and 12 students, very young Junior School students or students with special needs. Middle Senior School students will have lessons on a rotating timetable, so that lessons are at a varying time each week during the school day. Junior School students generally also have rotational lesson times during class at varying times each week. Please note, however, that only one 30-minute lesson per week can be scheduled during class time. If your daughter learns two or more instruments, then lessons for these extra instruments will be scheduled outside class time.
Cost	See 'Special Notes' below

Activity Description

St Hilda's School is able to offer music tuition in the following musical instruments for 2024: Piano, Contemporary Keyboard, Organ, Voice (singing), Flute, Oboe, Clarinet, Bassoon, Saxophone, Trumpet, French Horn, Trombone, Euphonium, Tuba, Drums/Percussion, Guitar, Violin, Viola, Cello and Double Bass. Tuition is also available in Music Craft, Theory of Music and Musicianship.

Special Notes

- **Fee Schedule 2025**
 - Individual Lessons per semester (15 x 30-minute lessons) \$721.00
 - Group Lessons per semester (15 x 30-minute lessons) \$400.00
- **Group lessons** are only recommended for beginners, i.e. students with fewer than twelve (12) months' tuition. Group lessons can only be provided weekly if a suitable partner of equal standard is available to form a group. If no suitable partner is obtainable, girls will receive fortnightly individual lessons at the same cost as weekly group lessons.
- **Longer lesson times** may be recommended for advanced students, and fees then increase proportionally from those stated above e.g.
 - Individual Lessons per semester (15 x 45-minute lessons) \$1081.50
 - Individual Lessons per semester (15 x 1-hour lessons) \$1442.00
- Tuition fees are payable in advance through the Parent Lounge Portal.
- Once enrolments have been processed you will receive an invitation to accept and make payment. Payment of fees is expected before lessons are commenced in Semester 1 and Semester 2. View Music Tuition Terms and Conditions [here](#).

Year 9 Dance Classes with The Southport School

Coordinator	Mrs Lisa Roper
Contact	lroper@sthildas.qld.edu.au Mr Mark Wilson – mark@markwilsondance.com
Year Levels	9
Terms	3
Venue	St Hilda's School, Sports Complex
Times	Wednesdays 6.00pm-8.00pm <ul style="list-style-type: none">• 23, 30 July• 6, 13, 20, 27 August• 3 September
Cost	To be advised

Activity Description

Quick Step Dance offers social dance classes to Year 9 students. The classes are held in the Multi-Purpose Centre at St Hilda's School with students attending from TSS. Students learn a variety of dances including Jive, Tango, Rock, Cha, Cha, line dances and some modern, fun dances.

Not only will you learn new dance steps, you will also have the opportunity to meet some new friends.

Special Notes

- All abilities welcome.
- No previous dance experience required. This is a beginner's level course.



EDUCATIONAL TOURS AND EXCURSIONS

St Hilda's School offers opportunities for students to experience a range of tours and excursions plus Year 10 students can apply for the International Exchange Program. Exchange host schools are based in New Zealand, Japan, United Kingdom and United States of America. to support our classroom-based learning.

Tours and excursions are advertised through School communications during the course of the academic year.

Japan Trip

In 2026, students are travelling to Japan in the April school holidays. Students will enhance their Japanese through language lessons and cultural experiences; embrace their identity as global citizens via integration and cultural exchange with our two sister schools – Mukogawa Girls' School and Hakata Girls' School; and experience cultural enrichment by experiencing multiple facets of Japan's culture and history.



Central Australia First Nations Cultural Immersion

St Hilda's students in Years 5-8 and their mothers (mother-figures) will travel with Red Earth on the Central Australia First Nations Cultural Immersion which will be an amazing opportunity to make meaningful, personal connections with First Nations people and to learn about the rich culture of the land from its custodians while contributing to community projects.

Amongst other experiences, the program highlights will include exploring Uluru, meeting Traditional Owners on the Kurku Homeland, participating in a jewellery workshop, digging for witchetty grubs, visiting the Watarrka National Park, swimming in waterfalls, learning about Aboriginal history and culture on Traditional homeland with Traditional Owners.

Red Earth are deeply connected with the Traditional Owners of the lands we will be visiting. They have provided school trips with authentic immersive experiences and service for over 15 years, partnering with more than 40 homelands to provide unique experiences to their participants.

Visual and Performing Arts and Culture Tour

The Music, Creative and Visual Arts Faculties are exploring an Arts and Culture Tour to Melbourne, Victoria in 2026. We anticipate this tour to occur either in the June school holidays (22-26 June) or September school holidays (21-25 September), dependent on scheduling constraints and is expected to be a 4–5-day trip. This inaugural tour's aim is to provide a rich and bespoke immersion experience across the Visual and Performing Arts. Over the tour, students will engage in hands-on and practical masterclasses, workshops and performances across a range of arts disciplines, each area and experience designed to extend, enrich and enliven creative process and practice as well as visit key cultural institutions in Melbourne.

Key highlights being explored include:

- Bespoke workshops with practicing mixed media visual artists, performers, actors, filmmakers, musicians.
- Workshop experiences with companies and organisations such as NIDA, Melbourne Theatre Company, Koori Heritage Trust (Scar Tree Experience), Dreamscreen Australia, Arts Centre Melbourne (music).
- Tours of Art Galleries and Museums such as the National Gallery of Victoria, Heide Museum of Modern Art, Melbourne Laneways Walking Tour to explore street artscapes, National Performing Arts Museum, ACMI (Australian Centre for Moving Image in Federation Square).
- Attend Performances at iconic Melbourne Theatre venues such as the Arts Centre Melbourne, Regent Theatre and Princess Theatre.

This tour is open to students in Years 10, 11, 12 who are studying and/or are involved in the co-curricular programs of Visual Art, Drama, Film, Media and/or Music. The cost of the tour will include return flights to Melbourne, coach travel, accommodation, most meals, and participation in the range of activities.

International Exchange Program

The Year 10 International Student Exchange Program has always been seen as a valuable adjunct to the St Hilda's School academic and co-curricular programs. It offers students an opportunity to undertake a cultural exchange to another country. In 2026, we are pleased we have been able to engage with schools in Japan, New Zealand, United Kingdom and the USA to offer a small number of current Year 9 students the opportunity to attend a four-week exchange.

The International Exchange Program and school partnership is designed to provide a unique opportunity for students to participate in a lived experience – learning through doing. Students are provided the opportunity to participate in another school community and culture, where they can immerse themselves in learning through participation and through relational learning with their peers.

For St Hilda's School, the International Exchange program is embedded within the School's strategic pillars and aims to create confident global citizens. The partner schools hold similar values to our own and seek to promote a broad worldview for their students, providing an opportunity to appreciate the value of change and diversity, and life in another country.

Participating students are expected to possess the appropriate personal characteristics that will

assist them in flourishing in the exchange opportunity, where they will share joy and interest within their host school community. The exchange program builds leadership capacity and personal development for participating students, alongside personal growth of character, resilience, and independence – all traits that are integral to their pathway to young adult life and their future careers.

Our partner schools maintain the same high expectations of their students as we do with our own girls, seeking to build on the long history of excellence offered to girls and young women of the Gold Coast and surrounding areas. The exchange program is an extension of the diverse and robust learning environment offered on campus at St Hilda's School and our partner school.

The goals of the International Exchange Program are:

- To broaden students' knowledge through undertaking a schooling experience in another country and context.
- To broaden students' horizons generally, by being challenged to act independently and with maturity in developing positive and lasting relationships with others and by appreciating a different geographical, cultural, and social context.
- To provide unique opportunities for students to experience life in another country.
- To enrich the school communities of both schools through the students' participation in the life of the school and the contribution they make during the time of the exchange program.
- To provide the opportunity for students from both schools to make meaningful and lasting relationships with people from another country and thus develop a lifelong interest and deep appreciation of the value of "learning" from other communities.
- To promote St Hilda's School and our partner school within each school community during each student's exchange and sharing their experiences with their home school community upon their return.

Year 9 students who are interested in undertaking a four-week exchange in 2027, and their parents, are invited to attend an Information Session, facilitated by Deputy Principal – Strategic Projects, People and Culture, Ms Julie Jorritsma. More details will be shared in our School Newsletter in Term 2.



Type: School Handbook	Name: Middle Senior School – Service, Co-Curricular and Extra-Curricular Handbook	Policy No: SLW5.02
Implementation Date: Unknown	Last Reviewed: January 2026	Review Date: January 2027
Policy Review Leader: Deputy Principal – Middle and Senior School Operations		

Middle Senior School – Service, Co-Curricular and Extra-Curricular Handbook

Related documents

- **St Hilda's School**
 - Awarding Pockets Guidelines
 - Sport Handbook
- **Anglican Schools Commission**
 - [Code of Conduct for Anglican Schools and Education & Care Services](#)
 - [Creating Environments for Students to Thrive – An Induction Overview](#)

Document Control

Version	Description	Date
V1.0	Document created. Updated annually.	Unknown
V2.0	Document updated for 2024 service, co-curricular and extra-curricular offerings. <ul style="list-style-type: none"> • Updated formatting to current branding. • Added new front and back covers. • Added policy page (last page of handbook – exclude from PDF version for School website) • Removed: <ul style="list-style-type: none"> ○ Environment Committee (not running 2024) ○ Media Group (not running 2024) ○ Japanese Kaiwa Club (not running 2024) ○ Mother's Day Classic ○ Shrove Tuesday ○ Sustainable Community Native Garden ○ Honour Guard (absorbed in Year 9 Leadership section) • Added: <ul style="list-style-type: none"> ○ Fashion Design ○ St Hilda's Prize for Creative Writing • Changed reference of Middle/Senior to Senior School • Updated Sport General Criteria for Pockets 	21/11/2023
V2.1	Updated Coordinator names in line with staff changes	01/02/2024
V2.2	Coaching Junior Sports Teams – changed from Y7-12 to Y10-12 Updated Coordinator for Debating	09/02/2024
V3.0	Minor updates including Coordinators and dates. Changed reference of Senior School to Middle Senior School. Updated fees for individual music tuition and extra speech and drama. Removed: <ul style="list-style-type: none"> ○ 170 Days of Service. Added: <ul style="list-style-type: none"> ○ Creative Writing Group. ○ Fabric and Fun (replaced Fashion Design). 	04/02/2025

	<ul style="list-style-type: none"> ○ Middle Senior School Musical – Shrek. ○ Rock Bands Percussion Ensemble and Guitar Ensemble. 	
V3.1	Added Ethics Club	14/02/2025
V3.2	Added NUCLEI – Medical Pathway Exploration Group	20/02/2025
V4.0	Document reviewed and updated including: <ul style="list-style-type: none"> • Change Middle Sisters to Big Sisters. • Removed Surfers Paradise Anglican Crisis Centre Christmas Appeal. • Removed Student Ambassadors. • Removed The Theatrical Prowess (Musical). • Moved International Group to Academic Extension section. • Added: <ul style="list-style-type: none"> • Crochet Club in the Fabric and Fun section • Dance Group • Economics Club • STEM Ambassador Program • Drama Pocket Criteria • Reference to Awarding Pockets Guidelines • Changed Sport Manual to Sport Handbook. • Changed Senior School to Middle Senior School. • Copied content from the 2026 Sport Handbook for the Sporting Activities and Extra-Curricular Activities. • Changed Staff Portal to Ammonite. 	18/12/2025

Distribution Checklist

No.	Recipient	Responsible	✓
1	Document location: St Hilda's SharePoint>Policies and Procedures\1. Student Learning and Welfare\Co-curricular and Extra-curricular	EA to the Deputy Principal	✓
2	Ammonite – PDF format, all St Hilda's staff access	EA to the Deputy Principal	✓
3	St Hilda's School website sthildas.qld.edu.au	St Hilda's School marketing team marketing@sthildas.qld.edu.au	✓
4	Printed form: <ul style="list-style-type: none"> • Principal's office 	EA to the Deputy Principal	X



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