St Augustine's College - Sydney

UNITAS
PROGRAMME 2015
January 29 2015

Dear Year 9 Parents and Guardians,

I am happy to inform you that the College will again be running the very successful ‘Unitas’ programme in Year 9 this year.

The aim of the programme is to engage Year 9 students in interesting activities that create a sense of unity among their Tutor Group and year level and help develop a sense of connectedness within their local community.

We are also very aware that these middle years of high school require something different, something challenging and exciting to stimulate interest and engagement at school. We see this programme working side-by-side with Year 9 Outdoor Education experience that encourages working together as a unit within a bush setting and participating in fun activities that challenge the young men both mentally and physically.

Your son will be involved in a variety of challenging, worthwhile and fun activities every second Wednesday (Week B) during period 5 and 6. The boys will participate in their Year 9 Tutor Group consisting of 16 or 17 boys and rotate through the programmed activities so that by the year's end most activities will be covered. Please refer to the yearly planner and details of the activities within this booklet. The costs of this programme will be covered by the existing College fee schedule.

It is the College expectation that all Year 9 boys participate in the programme and contact and medical information will be gleaned from the Student and Family Medical Information Form that is updated each year. Please ensure that any updated information is given to the College before ‘Unitas’ begins.

All the activities will conclude by the end of the school day and all off-site activities will be held at local venues and lunch will need to be supplied for your sons on that day.

Mark Downey, Year 9 Student Formation Leader, will coordinate the programme and I ask that any questions be directed to him. In addition, if any parent or guardian, has concerns with their son’s participation in any activity, I ask them to contact Mark as soon as possible.

I look forward to being involved in, and also witnessing the continued success of, this exciting initiative.

Yours sincerely

Peter Nolan
Dean of Middle School
The image contains a table and a diagram. The table appears to have multiple columns and rows with various entries. The diagram is not clearly visible due to the resolution. The text is not legible enough to transcribe accurately.
PRIMARY IMMERSION
This activity involves a Tutor Group working with the younger children of Brookvale Public School (BPS). Boys will assist with reading, art & craft, sport activities, computers, gardening, lunch time activities and other general classroom activities.

BPS Pittwater Road, Brookvale. School Principal, Beverley Maunder
12:55pm: Walk to BPS
3:15pm: Return to College
Requirements: School Uniform or Sports uniform, Hat & Lunch

SERVICE PROJECTS/CLEAN UP AUSTRALIA
This will involve students providing community service in partnership with ‘Clean Up Australia’. Boys will ‘clean up’ Narrabeen Lakes and surrounding areas. A College staff member will accompany the students on this activity.

12:55pm: College bus departs for Narrabeen Lakes
2:45pm: Bus returns to College
Requirements: Sports uniform, hat and sunscreen & lunch

HEALTHY RELATIONSHIPS
Students will be led by a representative from “Relationships Australia” using classrooms on College grounds. A College staff member will also oversee the seminar.

This course will cover -
- An understanding of healthy, unhealthy and abusive relationships
- Basic understanding of aspects that can impact on a relationship
- Reflection on ways we communicate and the differences in ways to communicate
- Strategies for a good outcome when building relationships

GROOMING & ETIQUETTE
These activities will all be completed on College grounds run by Mary Smith and Kerina Simon. While not taking away from the wonderful work parents are already doing, this experience is aimed at further exposure to some daily duties many boys and men need to master. We will improve skills in ironing, sewing, bed making, tying a Windsor knot, phone etiquette, preparing a menu, setting a table, basic food preparation, baking a loaf of bread.
TASTE OF TAFE

NORTHERN SYDNEY INSTITUTE  Old Pittwater Road, Brookvale.

Boys will be engaged in 2 different ‘Taste of TAFE’ courses:

**AUTOMOTIVE**
Introduction to car maintenance/motor mechanics.

**HOSPITALITY: COMMERCIAL COOKE**
Basic cooking lessons/meal preparation.

Both courses will be run by qualified TAFE teachers and a College staff member will be present to oversee the afternoon’s activities.

12:55pm: Bus to TAFE Accompanied by St Augustine’s College Staff Member
3:10pm: Bus returns to College
Requirements: School Uniform, leather school shoes  (*if available—work boots can be worn*) & Lunch

**POSITIVE PSYCHOLOGY**

Students will be led by a College staff member using classrooms in the College grounds.

Every boy is strong in something. The key issue is many do not actually realise what it is they are strong in. The Positive Psychology unit will allow students to explore and identify their key signature strengths. Using this information they will then be guided through ways that these strengths can be used in a positive way to influence many aspects of their lives and well being.

**MEDITATION AND YOGA**

Students will be led and instructed by College Teacher, Robyn Larbalestier, who is trained in Yoga and is a keen proponent of meditation. A venue at Brookvale TAFE (*NORTHERN SYDNEY INSTITUTE* Old Pittwater Road, Brookvale) will be used. Mats will be supplied.

12:55pm: Bus to TAFE Accompanied College Staff Member
3:10pm: Bus returns to College
Requirements: College sports uniform & Lunch

**MEDIA and TELEVISION PRODUCTION**

Students will learn the finer points of producing a television show, including script writing, camera usage, and ‘green screen’ technology. A college staff member will accompany a qualified NIDA instructor and the course will be run in a suitable venue on College grounds.
GOLF
Boys will receive a ‘one off lesson’ and two sessions of play at the Terry Hills PAR3 short course. A College staff member will accompany the students on this activity.

12:55pm: Bus to Terrey Hills
3:00pm: Bus returns to College
Requirements: Sports uniform, hat & lunch

CPR
Students will undergo basic and introductory CPR training from College staff member, Greg Egan, a qualified instructor. The course will be held in a College classroom and College mannequins will be used.

GYM FITNESS
Led by the College’s Strength and Conditioning Instructor, Mick Simmons, students will be led through some introductory lessons on fitness and appropriate gym equipment.

JIU JITSU
Students will have two introductory lessons by a qualified instructor and learn the finer skills of this ancient sport. This activity will be held off site at a specifically designed Jiu Jitsu gymnasium. Students will also be accompanied by a College Staff member.

Students will travel by bus from the College at 12.55pm, return by 3.20pm, and will need to wear sports uniform.

SINGING FOR OTHERS
Under the guidance of Ben Marshall, boys will learn 5 or 6 songs and by the end of the second session they will perform to a group of willingly listeners, either a group of elderly at a nursing home or a group of children at a special school, The Arranounbai School. The boys will travel to the performance by College mini bus accompanied by Ben and a College staff member.

PARKOUR
This Tutor Group will learn the basic and introductory skills of parkour at a stunt gym. Parkour is an activity using the whole body to negotiate obstacles using jumping, vaulting, climbing, landing and rolling techniques. Boys will be lead by a parkour instructor and be accompanied by a College staff member. Further details about Parkour can be obtained form www.stuntgym.com
Attached to this document is the venue waiver to be completed by parents.

Students will leave College at 1:30pm, return by 3:20pm, and will need to wear sports uniform.
STUNT GYM WAIVER for KIDS & YOUTH ACTIVITIES

Childs Name: ________________________________

Childs D.O.B: ______________________________

Parents Email: ______________________________

Parents Mobile Phone: _______________________

Does your child have any current injuries? ___________________________

Does your child have a history of any of the following?

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<thead>
<tr>
<th>Condition</th>
<th>Yes/No</th>
<th>Condition</th>
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<td>Diabetes</td>
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<td>Knee injury</td>
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<td>Asthma</td>
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<td>Shoulder injury</td>
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<td>Any major surgeries</td>
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<td>Wrist injury</td>
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<td>Any chronic condition</td>
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<td>Back injury</td>
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<td>Hip injury</td>
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<td>Bone fractures</td>
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Release of Liability Waiver & Media Release

I ______________________ (child’s name) have agreed to participate in Stunt Gym activities. The activities include running, jumping, rolling and climbing at height on rope and scaffold, vaulting and agility drills (plus flips, but only in specific classes for tricks & flips). I acknowledge that there are significant risks involved in participating in the Stunt Gym classes, which may result in serious injury. The risks include, but are not limited to: abrasions, sprains, bruising, lacerations, bone fractures, joint dislocations and all manner of injuries caused by the actions of myself and other people.

In consideration of the above mentioned risks and hazards, and in consideration of the fact that I am willingly and voluntarily participating in Stunt Gym activities, I, the undersigned agree to release and discharge Stunt Gym and any of its employees and volunteers from any and all liability and claims related to, arise out of, or are in any way connected to my participation in this program. I agree to indemnify and hold harmless Stunt Gym and any of its employees and volunteers against any liability incurred as a result of injury or loss.

Stunt Gym activities require that I be in good health and have no condition that could endanger my well-being through participation. I will notify Stunt Gym of any such ailments and/or injuries in writing prior to participating in this activity.

I also give consent to the use of my image in any promotional and advertising material produced and published by Stunt Gym.

I have read the above waiver and release and by signing it agree to participate in Stunt Gym activities at my own risk. I fully understand that by signing I am forever giving up in advance, any right to make claims against the parties I am releasing.

PARENTS NAME (PRINT) ___________________ DATE ____________

Signature of Parent or Guardian ___________________________