



# MERIDEN COCURRICULAR ACTIVITIES



**MERIDEN**  
AN ANGLICAN SCHOOL FOR GIRLS

Meriden girls  
make their *marks.*

Meriden's cocurricular offerings allow girls to explore a range of interests, develop their skills and make new friendships outside the classroom.

All cocurricular activities are planned with girls' growth, wellbeing and future-readiness in mind. They may be delivered inside or outside school hours but always in learning areas provisioned with cutting-edge equipment and led by specialist teachers, coaches and industry professionals.

These groups allow girls to make the most of the comprehensive education Meriden offers and to build a portfolio of achievement that will pave their way to success after school. Above all, these clubs and activities are forums in which girls can feel a sense of belonging and thrive.

# MERIDEN COCURRICULAR ACTIVITIES

## Getting started

Each term, girls may choose to try a new cocurricular activity or continue with one they already enjoy. Students and parents can find the timetable and information for each term's activities on eVe. Individual staff members are responsible for coordinating a cocurricular activity and students are welcome to contact the relevant staff member in person or via email for further information. Parents should register their daughter for an activity online via the Parent Lounge portal. When registering, parents will be advised whether additional fees or permissions are required for offsite ventures.

## Key skills

Cocurricular activities provide young people with a multitude of life skills. This resource includes some of the key attributes students acquire when participating in a group, however, all activities encourage growth in many additional areas, including strategic decision-making, time management, personal responsibility and leadership.

	Commitment to global citizenship		Empathy and emotional intelligence
	Communication		Focus and memory
	Community connection		History and culture
	Cooperation and collaborative thinking		Physical health and wellbeing
	Coordination and motor skills		Resilience and adaptability
	Creative and critical thinking		STEM

# Ambassadors



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## KEY SKILLS

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Communication



Focus and memory



Community connection

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OPEN TO STUDENTS IN **Year 10**

ACTIVITY TAKES PLACE **inside and outside school hours**

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Meriden students have a long history of representing and showcasing our School for visiting members of the public.

Year 10 girls are invited to apply to become Ambassadors and those with demonstrated qualities such as responsibility, leadership and respect for the School's values are selected to join this important group of Meriden representatives. Students are provided with training and opportunities to practise speaking about the School and to use appropriate etiquette when interacting with members of the public.

Student Ambassadors assist staff in preparing for school events and host visitors at Open Mornings, parent functions and new student events. Students work together in small groups of two or three at these functions.

Meriden highly values the contributions Ambassadors make to the reputation of our School. Visitors often remark upon the eloquence and accomplishment of our student Ambassadors and the presentation skills girls hone in this role serve them well in their Senior School years and beyond.

# Art Clubs

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## KEY SKILLS

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Creative and critical thinking



Coordination and motor skills



History and culture

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OPEN TO STUDENTS IN **Years 7 to 11**

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ACTIVITY TAKES PLACE **outside school hours**

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Junior (Years 7 and 8) and Senior (Years 9 to 11) Art Clubs offer students the opportunity to develop a rich array of skills that extend beyond the canvas! Girls learn the cultural and historical significance of art, develop their technique in different artistic mediums and build confidence in their ability to create original pieces that reflect their ideas and experiences.

Each term, students explore a different medium, such as painting, drawing, ceramics or printmaking. Working on a long-term project allows girls to refine their skills, develop persistence and experience a sense of achievement at the end of each project. Art Club is a wonderful way to wind down at the conclusion of the school day.

At the end of each year, student works are presented in school exhibitions and girls also have the opportunity to enter their pieces in external competitions and showcases.

For students who are undertaking the Duke of Edinburgh's International Award, Art Club is an eligible activity for the 'Skill' component of the program.

# Cadets

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## KEY SKILLS

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Resilience and adaptability



Cooperation and collaborative thinking



Physical health and wellbeing

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OPEN TO STUDENTS IN **Years 8 to 12, Year 7 from Term 4**

ACTIVITY TAKES PLACE **outside school hours**

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*Detailed information  
about the program can  
be found in the Meriden  
Cadet Handbook.*

The Australian Army Cadets is a Commonwealth assisted youth development program and Meriden's largest cocurricular activity. Meriden girls have been members of the Trinity Grammar School Army Cadet Unit since 2018 and the unit now comprises more than 500 girls and boys. Cadets are supervised by staff from both schools and our students are consistently selected to hold the highest leadership positions available.

Cadets get the opportunity to develop foundational skills that prepare them for life after school. They learn bushcraft, survival skills, navigation, first aid, activity planning, risk management and safety. All training and activities are geared towards participants' personal development: fostering a sense of responsibility, belonging and purpose, and teaching initiative and leadership skills.

Cadets wear the Australian Army uniform and use the Australian Army rank structure, however, there is no compulsion for cadets to join the Defence Force at any time. The Army's lesson methodology is used to train young people in topics such as drill, camouflage and concealment and to learn practical skills while conducting oneself with courage and integrity.

Students who participate in Cadets may be eligible to earn formal recognition and awards, including the Duke of Edinburgh's International Award, the Adventure Training Award (the highest Cadet award) and annual School and Unit prizes.

# Chess Club

## KEY SKILLS



Creative and critical thinking



Focus and memory



Resilience and adaptability

OPEN TO STUDENTS IN **Years 7 to 12**

ACTIVITY TAKES PLACE **outside school hours**



Chess is a game of strategy and intellect and Chess Club nurtures these skills in a relaxed, supportive environment.

The club welcomes players of all abilities and every student is mentored to develop her critical thinking and problem-solving skills and to learn the tactical manoeuvres that make chess a dynamic brain game! Young people who build their skills on the board also develop their general resilience, focus, decisiveness and memory.

Students have the opportunity to make connections with likeminded individuals in their own and other year groups, and all girls, from Year 7 to Year 12, can assume leadership positions as team captains.

Meriden chess players engage in friendly competition at school but they can also choose to compete in some of the state's most prestigious tournaments at which our teams frequently place amongst the top achievers.

Students may fulfil the 'skill' component of the Duke of Edinburgh's International Award through their Chess Club involvement.

# da Vinci Decathlon

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## KEY SKILLS

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Creative and critical thinking



Cooperation and collaborative thinking



Resilience and adaptability

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**OPEN TO STUDENTS IN** **Years 7 to 11 by competitive selection only**

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**ACTIVITY TAKES PLACE** **inside and outside school hours**

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The da Vinci Decathlon is an interschool gala day, held annually, where teams of high potential students work their way through regional, state, national and international events.

At each tournament, Junior (Years 7 and 8) and Senior (Years 9, 10 and 11) teams solve complex challenges across ten academic areas: engineering, mathematics and chess, code breaking, art and poetry, science, english, ideation, creative producers, cartography and legacy (general knowledge).

The Decathlon challenges and stimulates students, extending their academic learning by inviting them to apply their knowledge in creative, practical ways. The competition is focused on innovation and rewards teamwork, resourcefulness, time management and an awareness of global issues.

Students are invited to apply to join a Decathlon team. If selected, girls attend training with Meriden teachers and professional mentors who develop their subject matter expertise and their critical and creative thinking skills. They also support students to work strategically and collaboratively and to manage their time and emotions under pressure.



# Debating Club

## KEY SKILLS



Creative and critical thinking



Communication



Resilience and adaptability

OPEN TO STUDENTS IN **Years 7 to 11**

ACTIVITY TAKES PLACE **inside and outside school hours**



In a good debate, critical thinking meets effective communication; indispensable skills at school, in the workplace and in life!

Girls who participate in debating are mentored by a team of experienced coaches who support them to embrace diverse perspectives, sharpen their research abilities, hone their communication skills and grow in confidence. Students who expand their capacity to actively listen to their peers, structure sound arguments and engage in civil discourse see these transferable skills boost their performance in a range of subject areas.

Students involved in Debating Club may be selected to join teams that represent Meriden at competitions throughout the year. For example, students in Years 7 and 8 may take part in the Meriden Friendly Debating Competition. Students from Year 7 to Year 11 may be invited to participate in debates with students from Trinity Grammar School or compete at the highly-competitive IGSA Archdale Debating Competition.

Meriden debaters do not just win arguments, they become well-rounded individuals equipped to navigate the complexities of our global world.

# Drama Club

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## KEY SKILLS

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Creative and critical thinking



Communication



Empathy and emotional intelligence

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OPEN TO STUDENTS IN **Years 7 and 8**

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ACTIVITY TAKES PLACE **outside school hours**

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Drama Club is a fun way for Years 7 and 8 students to dip their toes into the performing arts.

Teachers support participants to develop a range of skills, from acting and directing to stagecraft and storytelling. Students are encouraged to express themselves, find confidence to perform in front of an audience and to appreciate the cultural and interpersonal value of theatre.

The girls work collaboratively to create original plays by developing characters, plots, themes and staging. They engage



in theatresports, a form of improvisational theatre that encourages creativity, adaptability and collaboration. At the end of the year, students consolidate their skills with a major performance, an event that is always highly-anticipated by the girls and their friends and family who attend.



# Duke of Edinburgh's International Award

## KEY SKILLS



Community connection



Resilience and adaptability



Physical health and wellbeing

OPEN TO STUDENTS IN **Years 9 to 12**

ACTIVITY TAKES PLACE **inside and outside school hours**



The Duke of Edinburgh's International Award is a prestigious program that encourages personal development and achievement in young people.

All students who work towards a Bronze, Silver or Gold Award complete activities in four key areas: Service, Skill, Physical Recreation and Adventurous Journey. They undertake volunteer work that positively contributes to their community (Service); develop a personal skill or interest, such as learning a musical instrument, photography, cooking, coding, or any other skill they are passionate about (Skill); take part in a physical activity or sport to promote health and fitness (Physical Recreation); and embark on an outdoor expedition that involves planning, teamwork, endurance and navigation skills, such as hiking, camping and kayaking (Adventurous Journey).

At the Gold level, participants also undertake a Residential Project, where they spend time away from home with a group of young people, engaging in a shared activity or experience.

The program is transformative, supporting participants to set goals and embrace new challenges. It empowers young people to recognise their own potential and helps to instil in them a sense of purpose and adventure.

# FabLab

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## KEY SKILLS

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Creative and critical thinking



STEM



Coordination and motor skills

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside school hours**

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A FabLab is a digital fabrication laboratory; a specialised STEM workspace where budding innovators can experiment with technology and use digital manufacturing processes to create products and prototypes.

Students are given the freedom to invent new devices using high-tech and low-tech materials and tools, including coding and design software, robots, AI platforms, Makey Makey (which turn everyday objects into touchpads), LEDs, soldering irons, circuits, 3D printers and a laser cutter.

In addition to learning the practical skills that help them bring their technical plans to life, students in FabLab have the opportunity to enrol in a program with the Academy for Enterprising Girls. They complete a series of ten eLearning modules to develop the mindset and skills for entrepreneurial and STEM-based careers.

Additionally, each year, students develop their own concepts, experiments and technologies inspired by the theme for National Science Week and their projects are exhibited and awarded for their skill and innovation.

FabLab gives young women time to explore their creativity through technology and ignites in them the passion to become leaders in the STEM fields that are shaping the future.

# Green Team

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## KEY SKILLS

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Commitment to global citizenship



Communication



Cooperation and collaborative thinking

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside school hours**

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Students who join the Green Team are champions of a sustainable future. They meet to educate themselves and their friends about ecological sustainability but their interest in supporting the planet isn't just academic; the Green Team takes action on our school campus.

The girls create and implement innovative solutions that contribute to the development of responsible and environmentally sustainable habits for the school community. This can include driving projects like 'Nude Food Week', where students and staff are encouraged to pack lunches that are not wrapped in plastic; or an initiative which asks students to bring to school plastic food packaging in which seedlings can be planted and then returned home and nurtured.

Students join the Green Team because they have a sense of personal responsibility and they choose to use their knowledge and skills to lead others, sowing the seeds of change for a brighter future.



# Interact

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## KEY SKILLS

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Commitment to global citizenship



Communication



Cooperation and collaborative thinking

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OPEN TO STUDENTS IN **Years 10 and 11**

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ACTIVITY TAKES PLACE **inside school hours**

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A youth initiative that runs in association with the Rotary Club of Strathfield, Interact develops leadership skills in students looking to have a positive impact on their local and global communities. Students who take part become members of a global organisation - there are over 14,000 Interact clubs around the world.

Each year, students in Interact complete at least two community service projects, one of which furthers international understanding and goodwill. Club members have input into the projects they undertake and the means by which they go about their fundraising or acts of service.

Beyond volunteerism, Interact fosters personal growth, offering students opportunities to develop leadership and organisational skills and broaden their perspectives. It is a platform where passion meets purpose and where each member contributes her unique strengths to create a collective impact and become part of a network of global changemakers.

# Interschool Book Club

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## KEY SKILLS

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Creative and critical thinking



Community connection



Communication

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OPEN TO STUDENTS IN **Years 7 to 12 by application**

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ACTIVITY TAKES PLACE **inside school hours**

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The Interschool Book Club is a unique opportunity for a small group of students to develop their love of reading while fostering connections with peers from other schools. Designed to grow a strong reading culture, the book club brings students together to discuss recent books, exploring elements such as characterisation, narrative structure and overarching themes. Through these lively and thoughtful discussions, participants deepen their understanding of literature and broaden their perspectives on various topics.

Being part of the Interschool Book Club offers numerous benefits. Students enhance their critical thinking, communication and analytical skills, while sharing their insights in a supportive and collaborative environment. They are encouraged to think creatively, articulate their opinions, and actively listen to others.

The book club also nurtures a sense of community, as students connect with like-minded peers who share their passion for reading. This enriching experience inspires a lifelong love of books and helps students build confidence, empathy and interpersonal skills.

# Library Committee

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## KEY SKILLS

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Creative and critical thinking



Communication



Community connection

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside school hours**

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The Library Committee allows students to be actively involved in the running of Meriden's Hudson Library and Research Centre.

Here, young readers get a chance to make friends with fellow bookworms. They meet to discuss and recommend novels to be added to the Library's catalogue to help maintain a fiction section that appeals to young people. They also help others on their reading journeys by promoting specific literary works, and reading in general, to the student body. They do so by composing and presenting book reviews, producing digital book trailers and brainstorming and implementing new Library and Reading Room themes and displays.

The Library Committee is a supportive group that values the interests and views of each member and nurtures girls' love of reading.





# Manga Anime Club

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## KEY SKILLS

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Creative and critical thinking



History and culture



Coordination and motor skills

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside school hours**

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In the Manga Anime Club, students dive into the world of Japanese art, storytelling and culture. Girls explore a diverse range of manga and anime publications, sharing plots, characters and themes that captivate their imagination.

Student members have the advantage of exclusive first access to new manga and anime books and magazines that are procured by the Hudson Library and Research Centre. They may also recommend their favourite titles for consideration for the school's collection.

When they are not consuming anime and manga in print, these girls are enjoying film screenings, learning to draw their own manga characters and developing stories using tropes of the genre.



# Media Team

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## KEY SKILLS

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Creative and critical thinking



Communication



Cooperation and collaborative thinking

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **outside school hours**

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The Media Team gives students an opportunity to develop and explore technical skills in video, photography, podcasting and film production.

Students get practical experience working with their peers to capture photographs, footage and audio recordings of school events. They learn to use state-of-the-art digital equipment whilst also acquiring the creative and technical abilities needed to shape a narrative and tell a compelling story.

Girls in the Media Team are encouraged to pursue personal projects about which they feel passionate, creating project briefs, breaking deliverables down into stages and working towards a final body of work. Girls may choose to use their projects as vehicles to support charities or organisations of interest, or create works for submission to competitions in order to develop their professional portfolios.

Students undertaking the Duke of Edinburgh's International Award may fulfil their 'Skill' or 'Community Service' components through involvement in the Media Team.



# Mock Trial

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## KEY SKILLS

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Creative and critical thinking



Communication



Cooperation and collaborative thinking

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OPEN TO STUDENTS IN **Years 10 and 11**

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ACTIVITY TAKES PLACE **inside and outside school hours**

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Through Mock Trial, students participate in simulated court cases, taking on the roles of barrister, solicitor, witness and court officer. This practical learning helps them understand Australian law, how laws are applied and how the court process operates.

Participating in Mock Trial allows girls valuable insight into what it is like to embark on a career in the legal profession.

Students attend training sessions to learn legal procedures, terminology and rules of evidence. They are encouraged to analyse complex situations, construct compelling arguments and anticipate, and counter, opposing arguments. At a Mock Trial event, the girls are presented with a fictitious legal case that is based on a real scenario. The proceedings mirror those of a criminal or civil trial, involving two opposing sides, the prosecution/plaintiff and the defence.

Students may be selected to participate in the Law Society of New South Wales' Mock Trial competition, in which teams from different schools go head-to-head in the courtroom. These events are presided over by a practising solicitor, barrister or magistrate.

# Music



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## KEY SKILLS

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Creative and critical thinking



Coordination and motor skills



Focus and memory

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ACTIVITY TAKES PLACE **inside and outside school hours**

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There are many exciting musical opportunities available to girls in the Senior School. All students are encouraged to be involved in the Music program through participation in ensembles or through tuition at the Meriden Music Academy.

### **Musical performances**

Musical performances are held throughout the year. These include concerts for large ensembles, recitals for soloists and smaller groups, twilight concerts for those taking individual instrumental or vocal tuition, and performances at assemblies and on Open Mornings. Meriden musicians also take part in combined schools and community performances.

The School runs an annual music camp at which all Meriden musicians enhance their skills under the tutelage of experienced teachers.

Students in advanced ensembles attend masterclasses with world-renowned visiting musicians and conductors and may undertake interstate and international tours.

## Composition Club

Students of all ages and abilities are invited to join Composition Club to work on their own music creation projects and seek specialised help for in-class composition tasks. Through this group, girls have access to computers that offer music production software and notation software. They compose music guided by their own interests or by briefs from the producers of school productions. Participants may choose to enter their work in Meriden's annual Composition Showcase.

## Senior School ensembles

Meriden has a broad offering of cocurricular Music ensembles, which cater to students of all ability levels. An audition is required for advanced ensembles and chamber groups unless specifically stated.

Choir	Years 7 to 12	All those who enjoy singing. No audition required.
Intermediate Singers	Years 7 to 9	Advanced or more experienced choral singers.
Senior Singers and Madrigals	Years 9 to 12	Advanced or more experienced choral singers.
Instrument ensembles	Years 7 to 12	Brass ensemble, clarinet ensemble, flute ensemble and percussion ensemble. All levels welcome.
Concert Band	Years 7 to 12	All woodwind, brass and percussion players. Grade 1 AMEB and above.
Wind Symphony	Years 7 to 12	Advanced woodwind, brass and percussion players. Grade 5 AMEB and above.
Jazz Band	By invitation only	Advanced brass, saxophone, bass and percussion players.

Sinfonia	Years 5 to 12	All string, woodwind, brass and percussion players. Grade 3 AMEB and above.
Symphony Orchestra	Years 7 to 12	Advanced string, woodwind, brass and percussion players. Grades 5-6 AMEB and above.
Intermediate Chamber Strings	Years 7 to 12	Intermediate string players. Grade 3 AMEB and above.
Senior Chamber Strings	Years 7 to 12	Advanced string players. Grade 6 AMEB and above.
Chamber music	By invitation only	Advanced players in trios, quartets and quintets. Grades 5–6 AMEB and above.
Trios, Quartets and Quintets	Years 7 to 12	Instrumental combinations vary according to the musicians who are at the required level each year. Combinations may include: <ul style="list-style-type: none"> <li>— string trio, quartet, quintet</li> <li>— woodwind trio, quartet, quintet</li> <li>— brass quartet, quintet</li> <li>— piano trio</li> </ul>
Chapel Band	Years 7 to 12	Contemporary Christian music including vocals, piano, guitar, bass, drums and lead instruments.
Rock Band	Years 7 to 12	Rock music including vocals, piano, guitar, bass, drums and lead instruments.
Club 88	Years 7 to 12	Open to all pianists. No audition required.



# Philosophy Club

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## KEY SKILLS

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Creative and critical thinking



Commitment to global citizenship



Communication

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside school hours**

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Philosophy Club is a forum for students to explore life's fundamental questions about existence, knowledge, ethics and the nature of reality. Participants examine topics that stem from different branches of philosophy, including ethics, logic, epistemology and metaphysics.

In meetings, curiosity reigns, and members engage in thought-provoking discussions, analyse arguments and contemplate diverse perspectives. Discussions are both teacher- and student-driven, and girls are encouraged to propose topics that interest them for analysis by the group.

Members of Philosophy Club also have the opportunity to be selected for participation in thought-provoking interschool philosophy events.

Girls in Years 7 to 9 may be selected to attend the Ethics Olympiad, a competition in which teams from schools across the state participate in ethical discourse on a range of topical issues. In preparation for this competition, students develop an understanding of different frameworks through which ethical decisions can be made.

Students in Years 8 to 11 who are chosen to participate in the NSW and/or Australasian Philosothon compete in community-of-inquiry discussions. Previous topics have explored questions such as 'What makes something a work of art?', 'Is privacy a right?' and 'Is all knowledge gained by experience?'. Concepts such as truth, freedom, justice and fairness are also examined.

Philosophy fosters in young people a deeper understanding of the world, encouraging them to question, reflect and engage in meaningful discourse. Participating in the Philosophy Club empowers students to think more deeply about themselves and the world around them and to navigate life's complexities with a more profound sense of reasoning.





# Public Speaking

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## KEY SKILLS

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Creative and critical thinking



Communication



Focus and memory

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside and outside school hours**

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Students who join one of Meriden's many cocurricular public speaking activities hone their ability to craft persuasive arguments and speak with clarity before an audience.

Meriden Music Academy offers Speech and Drama lessons, which have a strong focus on diction. The broad curriculum encompasses drama selections, prose reading, speeches, poetry and mime. Examinations are open to all students and are conducted through the Australian Music Examination Board (AMEB), International Music Examinations Body (IMEB) and Trinity College London.

At Speak Up Club, students master the techniques that produce polished speeches, poetry readings and recitals. Here, students learn the foundational skills that help them succeed in public speaking assessment tasks and competitions.

Speak Up Club allows students to research a topic of interest and present their views in the format of a TED Talk. These presentations are filmed and submitted to TED-Ed Student Talks in the USA, where talks are published to their YouTube channel.

Some of the prestigious events in which Meriden public speakers compete include the Rostrum Voice of Youth Competition, the Plain English Speaking Award, the Legacy Junior Public Speaking Award, the Captivate the Future Competition and the IGSA Festival of Speech.



# Service Learning Club

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## KEY SKILLS

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Commitment to global citizenship



Community connection



Cooperation and collaborative thinking

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**OPEN TO STUDENTS IN** **Years 10 to 12 by application**

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**ACTIVITY TAKES PLACE** **inside school hours**

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The Service Learning Club is a cocurricular activity for senior students that fosters leadership, teamwork and social responsibility by engaging in meaningful service and community projects. The club partners with a range of charitable organisations and community groups, including Compassion, to make a positive impact to disadvantaged communities.

A distinctive feature of the club is its student-led approach, which empowers members to find their agency, form strong connections and cultivate a lifelong commitment to service. The group is dynamic in responding to the needs of the community, organising initiatives such as fundraisers, donation drives and awareness campaigns that highlight important social justice issues.

Members also focus on building relationships with students from the Ti Tree and Neutral Junction communities in the Northern Territory as part of the school's city-country partnership. Students will participate in joint projects, cultural exchanges and online collaborations.

Through planning and executing initiatives, students enhance their leadership, problem-solving, and organisational skills. The Service Learning Club inspires students to take proactive roles in their communities, promotes cross-cultural understanding and encourages students to be advocates for social justice to create a lasting impact on both their own lives and the lives of others.



# Science Clubs

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## KEY SKILLS

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Creative and critical thinking



Cooperation and collaborative thinking



STEM

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OPEN TO STUDENTS IN **Years 7 to 11**

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ACTIVITY TAKES PLACE **inside school hours**

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Meriden's Science Clubs take girls on a journey of discovery and inquiry. Years 7 and 8 students are invited to join the Junior Science Club, while Years 9, 10 and 11 students attend the Senior Science Club, with content tailored to each group's abilities and interests.

Students in both clubs enjoy practical experimentation, collaborative problem-solving and the development of an understanding of scientific concepts across various disciplines. Topics of study take students into the real world of scientific application, from medicine to marine research, agriculture and mining. The aim is always to tap into girls' creativity and curiosity to help them learn foundational scientific concepts that will serve them well in their future STEM pursuits.

Senior students may be selected to join teams that attend high-profile STEM-based events, including the RACI NSW Crystal Growing Competition, the University of Sydney and Australian Museum Sleek Geeks Science Eureka Prize and the NSW Paper Plane Competition.



# Sport

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## KEY SKILLS

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Physical health and wellbeing



Resilience and adaptability



Coordination and motor skills

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside and outside school hours**

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At Meriden, all students have the chance to pursue excellence in sport. Our programs cater to everyone, from beginners to high-performing student-athletes.

The sports offered at Meriden include Athletics, Badminton, Basketball, Cross Country, Diving, Football, Netball, Swimming, Tennis, Touch Football, Volleyball and Water Polo.

Specialised coaches support girls to develop their fitness and skill and, if they choose, to compete in national and international sporting arenas.

Our students participate in interschool sport through the Independent Girls' Schools Association (IGSA), and other invitational competitions. IGSA hosts Saturday morning competitions and championships. Throughout the year, students have the opportunity to represent Meriden at IGSA Athletics, Cross Country, Swimming and Diving Championships and at the prestigious Tildesley Tennis tournament.

Every student in Years 7, 8 and 9 must participate in sport during the year. Students in these years are required to accumulate a minimum of two sporting points in the year, which is the equivalent of two Saturday sports. In Years 10 – 12, most students choose to play at least one or more sports. Pre-season sport training is also offered for many sports.

Meriden has its own Tennis Academy which offers individual coaching, small group coaching, development squads and high-performance training.

*Sport forms part of a holistic education, encouraging good mental and physical health, confidence, responsibility and resilience. For detailed information about all our sporting programs, please see the Meriden Sport Handbook.*

# Student Christian Groups

## KEY SKILLS



Empathy and emotional intelligence



Community connection



Communication

OPEN TO STUDENTS IN **Years 7 to 12**

ACTIVITY TAKES PLACE **inside and outside school hours**



Meriden's Student Christian Groups (SCG) are diverse and welcoming forums in which girls forge strong connections with their peers, engage in meaningful discussion and deepen their Christian faith. Together with their friends, girls learn about the good news of the Bible, pray and consider what it means to follow Jesus each day. The groups are supported by members of the School Chaplaincy team and senior students, who offer guidance and opportunities for service, personal growth and reflection.

The SCG helps girls to find like-minded friends and learn from the Bible.

Meriden girls from all year groups can elect to participate in Inter-CRU events hosted at Meriden and other schools. These events will include music, prayer and Bible teaching activities.

Our girls, along with boys from Trinity Grammar School, attend FUEL Camp, a three-day voluntary event of faith, fellowship and fun.

All SCG events are aimed at providing students with a supportive community in which they can nurture their Christian beliefs and values, and the opportunity for non-Christian students to explore the Christian faith.



# Student Fitness

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## KEY SKILLS

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Community connection



Physical health and wellbeing



Resilience and adaptability

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside and outside school hours**

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Held in the Meriden Fitness Centre, Student Fitness is a holistic program of physical activity that caters for girls at all levels of fitness, from beginners to those who exercise regularly.

Students attend sessions with specialist coaches who support them in developing their athletic skills through custom-designed programs. Girls work with the coaches to set fitness goals; they may aim to work toward becoming more active in general or they may train for improvement in specific areas to support their performance in a particular sport.

Students who attend Fitness sessions and meet the requirements of the program are awarded 0.25 sport points each term, which contribute to sports awards.

Beyond physical health, this program champions resilience, positive mental health and camaraderie among participants.

# Tech Angels

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## KEY SKILLS

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Creative and critical thinking



STEM



Resilience and adaptability

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OPEN TO STUDENTS IN **Years 8 to 11**

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ACTIVITY TAKES PLACE **inside school hours**

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Tech Angels are student AV technicians who assist with the many audiovisual technology requirements of assemblies, Chapel services and special events at the School, including livestreaming.

In Years 8 and 9, students are given an opportunity to join Tech Angels. In Meriden's state-of-the-art performance spaces, they learn how to run a professional sound and lighting desk, prepare a band for amplification, roll microphone cables correctly, set up and pack away AV equipment and, most importantly, troubleshoot technical AV issues, while keeping a cool head when things don't go to plan.

In Years 10 and 11, students who have shown great interest in, and aptitude for, AV production are encouraged to remain in the group as senior Tech Angels and take on mentorship roles for younger students.



# Tech Club

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## KEY SKILLS

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Creative and critical thinking



Cooperation and collaborative thinking



STEM

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **outside school hours**

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At Tech Club, students learn to be discerning consumers and creators who understand how technology works before they go on to use it in innovative ways.

Students will learn about robotics and coding, and will have the opportunity to work collaboratively to design and build robots, using various robotics kits. The hands-on activities support students' development in using technology to solve practical problems and enhance their growth in key academic subjects, including Science and Mathematics.

The girls' learning culminates in their entry in the FIRST Australia Tech Challenge Robotics Competition. At these events, students design, build and program robots to navigate complex tasks and they undertake a research project to identify and solve a real-world problem. They are assessed on the quality of their design, innovative thinking, team spirit and sportsmanship, and their efforts in promoting STEM in the community.





# Theatresports

## KEY SKILLS



Creative and critical thinking



Communication



Resilience and adaptability

OPEN TO STUDENTS IN **Years 9 to 12**

ACTIVITY TAKES PLACE **outside school hours**



Theatresports merges the art of improvisation with the thrill of performance. It allows students to develop the ability to embrace spontaneity as they think on their feet to produce quick-witted imaginative scenes on stage.

Students audition to join the Theatresports team and are mentored by a professional acting coach. At training, girls learn by participating in improvisational games and exercises, storytelling challenges and on-the-spot scenes. Throughout the year, they have the opportunity to extend their performance skills into the broader community, including by training with student actors from Trinity Grammar School and attending Theatresports meets with young people from other schools.

Meriden Theatresports teams compete in two external competitions, the Impro Australia Theatresports Schools Challenge and the All Girls' Shield. These competitions score students on their technique, teamwork, narrative and entertainment value.

# Tournament of Minds



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## KEY SKILLS

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Creative and critical thinking



Cooperation and collaborative thinking



Resilience and adaptability

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OPEN TO STUDENTS IN **Years 7 to 10 by competitive selection only**

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ACTIVITY TAKES PLACE **outside school hours**

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Tournament of Minds is an international educational program in which teams of high-performing students solve complex, open-ended challenges in the Arts, Language Literature, Social Sciences and STEM.

High potential students may be invited to apply for a Meriden Tournament of Minds team.

In the lead-up to the competition, girls practise working collaboratively and strategically, applying their individual strengths to achieve a collective goal. Six weeks prior to the event, they begin working on a problem of their own choosing, devising a solution that they present before a panel of adjudicators on competition day. In addition to this presentation, the team also participates in an unseen spontaneous challenge.

Tournament of Minds values and rewards teamwork, creativity, originality and respect. It empowers students to embrace challenges and explore their full potential in a supportive and stimulating environment.

# Writing Groups

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## KEY SKILLS

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Creative and critical thinking



Communication



History and culture

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OPEN TO STUDENTS IN **Years 7 to 12**

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ACTIVITY TAKES PLACE **inside school hours**

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In Writing Groups, budding authors develop independent literary projects and receive constructive feedback from their peers. They learn how to use language and stylistic techniques to develop a high quality major work and gain confidence in their writing abilities. Girls are encouraged to pursue genres and topics about which they are passionate and to be inventive and bold when finding their voice.

Over the course of each semester, students are supported to write and refine compositions which are considered for the twice-yearly publication of *Equilibrium*, the Meriden anthology of student literary works. Students produce a broad range of pieces from poetry to opinion editorials, podcast scripts, short fiction and more.

Students of all skill levels are welcome to join this group, so long as they are committed to honing their craft and attending regular meetings. They must also be prepared to share their work with their peers, as well as give and receive constructive feedback.

Students in Years 7 to 9 may join the Junior Writing Group, while students in Years 10 to 12 attend the Senior Writing Group.



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