



Glenlyon Norfolk School

SENIOR SCHOOL CO-CURRICULAR PROGRAM

Revised Spring 2017

Head of School: **Glenn Zederayko**
Senior School Principal: **Doug Palm**

GNS



Glenlyon
Norfolk
School

Do your best through truth and courage

The Senior School Co-curricular Program

We strongly endorse student activities as the other half of a well-rounded education. Academics and student activities together form the core of our program at GNS, hence the phrase co-curricular activities. In Grades 9 to 12, students are required to participate in at least two co-curricular activities per year (not necessarily athletics), though students who limit themselves to this minimum will not benefit fully from their time in the school. All Grade 9s are expected to join at least one co-curricular activity in the Fall Term.

Athletics

Glenlyon Norfolk is a small school and the desire to offer students as wide a range of athletic experiences as possible sometimes conflicts with the goal of ensuring that students have the opportunity to achieve excellence. Faced with these constraints, we have identified three male sports and three female sports that are regarded as the 'major' sports of the school. For girls those are Field Hockey, Basketball and Soccer, and for boys they are Soccer, Basketball and Rugby. In these six sports the school will make every effort to ensure that we have a fully supported program at all age levels, with the explicit goal of being competitive at the Provincial level. There is one major sport offered for both boys and girls in each term.

Other sports are encouraged and supported to the best of our ability, but will be more affected by changes in the availability of coaches and facilities, or the enthusiasm and ability of a particular group of students. The goal for these sports is to be competitive at the local and Island level, though higher aspirations are encouraged.

Tryouts often precede selection to Senior and Junior school teams. Selected students then bear the responsibility to attend all games and tournaments as well as all practices. For some it may mean choosing between two equally appealing co-curricular activities. This cannot be avoided as we compete in various local, Island and Provincial competitions. Most practices and competitions occur Monday through Friday following school hours, but some also involve morning, lunchtime, early evening, and weekend play.

A ten-month athletics calendar is included in this handbook to help you make decisions about your involvement in various GNS co-curriculars during the school year. For information regarding any of the programs offered by the Department of Athletics, please contact the Directors of Athletics, Mr. Duncan Brice (dbrice@mygns.ca) or Mrs. Ali Doerksen (adoerksen@mygns.ca).

GNS Climbing Club

This club is a stepping-stone on the pathway to adventure. Have you ever gazed upon a giant mountain and wondered what the view would be like at the top or felt the spontaneous desire to climb a tree? If you answered, "YES!" then you will enjoy the personal challenge the climbing club offers. For all levels of climbers. This club goes all year long meeting one to two times a week. We usually visit one of the climbing gyms in Victoria but hopefully we will also explore the climbing opportunities around Victoria. It's a fun activity and a great way to get to know some fun people! For more info, contact the teacher sponsor, Mr. Rick Lidstone (rlidstone@mygns.ca).

Senior Debate Club

The Senior Debate Club is a cornerstone co-curricular activity at GNS and has a long history of success. The team is open to all students regardless of their level of experience with speech and debate. Participants who wish to be involved should sign-up during the first week of school at the first meeting, attend the overnight retreat at Camp Thunderbird in the Fall, attend weekly training meetings, and participate in in-school debate competitions throughout the year.

The club will also register teams to participate in out-of-school competitions. These take place approximately once a month, from October to April, and can be held as close as Victoria, Vancouver,

or further afield. Should debaters do well in these competitions, they might qualify for tournaments that occur out-of-province or even country. The GNS debate team also competes at bilingual tournaments (and is currently the reigning provincial champion!), and is always looking for French speaking students to compete.

As debate is a two-person activity, all those interested in signing up, should try to recruit a partner who is committed to them and the club. If you cannot find a partner—fear not—sign up and speak with Ms. Easton about finding you a partner. There are regular after school training meetings one a week, meeting in room S103 from 3:30 to 5:30 p.m. The debate coach is Ms. Elspeth Easton (eeastone@mygns.ca).

The Gryphon

The Gryphon newspaper provides an avenue for young writers and artists to learn the basics of publishing and design, with the goal of producing an edition of the paper each term. We meet for lunch once a week, with extra work sessions as we get closer to deadline. As a member of *The Gryphon*, students will be introduced to the publishing software InDesign, and experienced members will have the opportunity to take on a leadership role as an editor. Although the club runs from September to June, students may choose the level of participation that suits their busy schedule, whether writing an article, doing some photography, or taking the lead with publication and design. The staff sponsor is Mr. Clint Lundgren (clundgren@mygns.ca).

Yearbook

The yearbook is for students from Grade 6 to 12. The yearbook editing team meets twice a week and students can choose to attend either meeting as their schedule allows. There is one extended meeting at the end of each term—in the evening for the first two terms and a daytime meeting after exams are finished. To get started, there is a one-day workshop in September. Anyone interested in being involved in creating a lasting memory for the school year is encouraged to join. Your job is to create the page layouts from the information provided for you, though occasionally you may be required to research some specific information. If you like to take pictures, we could use you as well on an intermittent basis. Sign up for yearbook occurs at the beginning of September. The staff sponsor is Mrs. Cheryl Tradewell (ctradewell@mygns.ca).

Duke of Edinburgh's Award

The Duke of Edinburgh's Award is a self-directed, student-initiated development program for young Canadians age 14 to 25 (as described at <http://www.dukeofed.org>). There are three award levels to achieve: Bronze, Silver and Gold. Achieving an award is as easy as registering for the program, and then setting and achieving your personal goals in the four areas of the program: Community Service, Skills, Physical Recreation and Adventurous Journey. The Award is a program that encourages youth to be active, to participate in new activities and to pursue current interests in the four areas. It offers students the opportunity to set goals and achieve results in fun and challenging ways. A Residential Project (for Gold level only) is an option where you may broaden your experience through living and working with others who are not your everyday friends for five days. Each of the three Award levels has a set length of time. If you are 14 you can go for the Bronze, if you are 15 you can achieve the Silver, and if you are 16 or older you can go for the Gold.

Students who are interested must register with Ms. Patty Wells BEFORE they begin the program. It is recommended they start the Bronze Award in Grade 9 and the Silver Award in Grade 10. Grade 11 and 12 students are then given ample opportunity to earn the extremely prestigious Gold Award. Participation in the GNS optional Grade 9 and 10 Outdoor Education program can be used for the Bronze Award only. For more information contact Ms. Patty Wells (pwells@mygns.ca).

Grad Committee (Grade 12s only)

The Grad Prefect chairs the Grad Committee, which in turn oversees and plans grad functions and grad fundraising activities such as the Grad Show, Grad-wear choices and orders, term dinners for grads, and the Graduation dinner and dance, among other things. As there are many jobs to do and many activities during the course of the Grade 12 year, the various positions are open to all grads. As the Grad Prefect chairs each committee, it is vital that all grads participate in some way over the course of the year. The focus is not only to plan and carry out the activities, but also to develop organizational skills while working in small and large groups. It is hoped that grads will have a sense of accomplishment and connectedness while engaging in some worthwhile and fun activities. Time commitments vary according to the size and duration of the activities. Typically, there would be 5 to 10 hours of involvement for the major activities. Mr. Harvey Thorau is the staff sponsor and may be reached at hthorau@mygns.ca.

Round Square Committee

The Round Square Committee is a group of students and teachers who work to raise awareness and take action on local and global issues. This leadership committee meets once a week, and the student members of the committee, chaired by the Round Square Prefect, lead all activities. Past initiatives include organizing a Hunger Banquet to raise awareness on global poverty, arranging a movie night fundraisers for student-chosen charities, volunteering as a group at the World Partnership Walk, and any other leadership initiatives the group would like to take on.

Other ways to get involved in the Round Square Program at GNS:

- Support the Round Square Committee by attending/participating in any of their initiatives.
- Go on an exchange to another Round Square school and host a Round Square Exchange student for one to three months in Grades 9 to 12.
- Represent the school at a Round Square Conference. Every fall we send a delegation to represent the school at the International Round Square Conference, which is held in a different country each year. Every Spring, we send a delegation to the Round Square Conference of the Americas.
- Participate in an international Service Project. As a member of the Round Square Organization of schools, we can send up to two students to each of the yearly projects (<http://roundsquareprojects.org>). We have also re-developed our own school service project to Costa Rica, which we plan to run every two years.

The teacher sponsor is Señor Dylan Reeves (dreeves@mygns.ca).

Senior Concert Band

All Grade 9/10 Band students participate in this ensemble, and Grade 11/12 students have the option to join as a co-curricular credit course, or as a co-curricular club. Senior Concert Band is a yearlong commitment, from September to June. Students should have at least two to three years playing experience on a brass, woodwind, or percussion instrument, and Grade 9/10 students must be enrolled in a time-tabled band class, except with the permission of the Band Directors. Rehearsals take place on Tuesday and Thursday mornings at 7:30 a.m., as well as during the Performing Arts Block on Wednesdays, and students participate in several performances each term, including festival competition in the Spring Term. Senior Concert Band students are also eligible to participate in performance tours each year to a variety of destinations around North America. For more information about the GNS Senior Concert Band, please contact Mr. Steve Thompson (sthompson@mygns.ca) or Mr. David Suomi Marttinen (dmarttinen@mygns.ca).

		September	October	November
FALL TERM: September 5 to November 25				
Cross country	Coed 9–12	Mr. Paul O’Callaghan		
Field Hockey	Girls 9–12	Ms. Bunny Hughes		
Rowing (limited enrolment)	Coed 9–12	Mr. Duncan Brice		
Soccer – CAIS	Girls U15	Ms. Ali Doerksen		
Soccer – Junior	Boys 9-10	Mr. Sonny Pawar		
Soccer – Senior	Boys 9–12	Mr. Sonny Pawar		
Volleyball – Junior	Girls 9-10	Dr. Calvin Dorian		
Volleyball – Senior	Girls 9–12	Mr. Brent Hall/Ms. Jamie Elbert		
Swimming	Coed 9–12	Dr. Wendy Topic		
WINTER TERM: November 28 to March 6				
Basketball – Junior	Boys 9-10			
Basketball – Junior	Girls 9–10			
Basketball – Senior	Boys 9–12			
Basketball – Senior	Girls 9–12			
SPRING TERM: March 7 to June 9				
Badminton	Coed 9–12			
Golf	Coed 9–12			
Rugby – Senior	Boys 9–12			
Rugby – Senior	Girls 9–12			
Sailing (limited enrolment)	Coed 9–12			
Soccer – Junior	Girls 9-10			
Soccer – Senior	Girls 9–12			
Tennis	Coed 9–12			
Track and Field	Coed 9–12			

Jazz Orchestra

This credit course is open to all Grade 9 to 12 students who are also enrolled in Band 9 to 12 courses (Concert Band). Senior Jazz Orchestra is a yearlong commitment, from September to June. Students should have at least two to three years experience on saxophone, trumpet, trombone, guitar, piano, bass, or drums. Rehearsals take place on Tuesdays at lunch, and on Friday afternoons, from 3:30 to 5:00 p.m., and students take part in several performances each term, including festival competition in the Spring Term. For more information about the GNS Jazz Orchestra, please contact Mr. Steve Thompson (sthompson@mygns.ca).

Performance Studio

This co-curricular course is designed to help students understand the nature of the theatre by actively creating productions and reflecting on them. This course is designed to introduce students to the experience of building a caring ensemble, and performing in front of a live audience. Performance Studio promotes risk-taking while enabling exploration and skill building in the areas of acting and stagecraft (stage management, props, sets, lights, costumes and sound). Participants are encouraged to be open-minded as they work in various styles of theatre, including new forms of movement and vocal work. Two productions are presented in the Senior School: one in Fall Term, and one in Winter Term. Participation in either production qualifies a student to receive course credit. Auditions take place in September and December, and an after-school rehearsal schedule is determined at the same time as casting. If you are cast in a role, or are contributing in a technical capacity (light, sound, costume, props), you will be required to be at the appropriate rehearsals. Lead roles are a major time commitment. The teacher in charge is Ms. Adrienne Smook (asmook@mygns.ca).

Senior Concert Choir

Concert Choir is a co-curricular credit course including students in Grades 9 to 12. Senior Concert Choir is a yearlong commitment, running from September to June. The choir meets Wednesdays during Performing Arts Block, as well as on Thursdays at lunch. A number of performances outside of regular school hours are also a requirement of this group. For more information about the GNS Choir Program, please contact Dr. Marvin Regier (mregier@mygns.ca).

Senior Show Choir

Show Choir is a 'satellite' ensemble of the Senior Concert Choir; students must also be enrolled in Senior Concert Choir. Show Choir is a yearlong commitment, running from September to June. This is an auditioned group and requires significant vocal ability and commitment. Rehearsals are in the Choir Room on Thursdays from 3:30 to 4:30 p.m., and on Fridays at lunch. Show Choir members are required to participate at the Carol Service concert and the Spring Concert as well as special school assemblies and events. In addition to concerts and tours, members are invited to participate in the Spring Musical as well. For more information about the GNS Choir Program, please contact Dr. Marvin Regier (mregier@mygns.ca).

Tech Squad

The Tech Squad is a full year co-curricular that provides students with the opportunity to learn the skills needed to provide technology support for lighting, sound, and media for use in productions, performances, and presentations. Students will be responsible for equipment setup and management for assemblies and special presentations—typically during school hours. Students will also work closely with the Performing Arts productions throughout the school year—typically outside of school hours. The teacher sponsors are: Ms. Adrienne Smook (asmook@mygns.ca) and Ms. Rebekah Johnson (rjohnson@mygns.ca).

Art Club

Join us in the Senior School art room on a drop in basis to work on individual and group art projects. The teacher sponsor is Mr. Leonard Butt (lbutt@mygns.ca).

Photography Club

Photography Club is for beginners, novice hobbyists, and paid professionals who want to see things through a creative lens this year. With discussions on composition, the technical side of the camera, business and resume building, we will explore all types of photography: architecture, family and wedding portrait, head shots, sports, nature, landscape, journalism, surrealism. Running photo booths, judging contests, playing with professional lights, photography field trips, and photo missions - this is a hands-on club and a networking opportunity, as our photographers get news of jobs and service opportunities in the community. Even cellphone selfie experts can improve their art! Photography Club is where you can follow your interests, develop a personal style, and get inspired by an artistic community. For more information contact Ms. Jamie Elbert (jelbert@mygns.ca).

Book Club

For all readers (aka Literary Nerds) who want to join together and discuss books! With an ambitious plan of a book a month, we will meet over many unhealthy and sweet things to talk about characters, plot twists, settings and themes. At the start of the year, we will draw up a list of books we want to read and assign a "book leader" who will facilitate the discussion on a book of their choice. For more information contact the teacher sponsor, Ms. Jamie Elbert (jelbert@mygns.ca).

Investment Club

The GNS Investment Club is a student run co-curricular. The students run activities such as a mock investment game and learn a lot about the different types of investments and real life situations that have affected the stock markets. They also organize guest speakers to talk about Real Estate Investments as well as "Diversifying Your Portfolio." The staff sponsor is Ms. Kirsten Ziegler (kziegler@mygns.ca).

Model United Nations

GNS Model United Nations (MUN) club members experience stepping into the shoes of ambassadors from UN member states to discuss and build consensus on global issues. They learn the intricacies of diplomacy, negotiation, constructing a case, debating and public speaking. The GNS MUN club typically attends two to three MUN Conferences per year and this may vary based on student interest. In the past we have attended UVic Model UN, Vancouver Model UN and Shownigan Model UN. Meeting times are determined based on participants attending each conference. Students are not obligated to join the club for the entire year, rather they can decide which conferences they would like to attend and then commit to preparing for those conferences. No previous experience is required—all are welcome! The teacher sponsors are Mrs. Joanne Bruce-Lockhart (jbrucelockhart@mygns.ca) and Mrs. Rebecca Nielson (rnielson@mygns.ca).

Positivity Project

The Positivity Project promotes 'positivity' through planned acts of kindness. We spend time planning events that will make someone's day just a little better when they least expect it. We enjoy good food together and act to enhance the general well being of our community. The teacher sponsor is Ms. Jouelle Brick (jbrick@mygns.ca).

Cultural Club

Our goal is to promote cultural understanding and to celebrate the many different cultures represented at our school and around the world. We also aim to support international students at

GNS as they transition to life in Canada. The members of the cultural club are interested in studying and celebrating internationalism in all of its forms. During the course of the year we plan field trips, do international potluck dinners, and share international holidays with our school community. The teacher sponsor is Mr. Lucho Davidov (ldavidov@mygns.ca).

The Leap Club

A student lead club focussed on adventures in nature and environmental leadership. Students meet once per week to discuss initiatives that will improve recycling and waste management at GNS and to also educate the community on the importance of protecting our natural resources for the future. Each term the club plans an excursion to a nearby beach or park to simply get into nature. The teacher sponsor is Señor Dylan Reeves (dreeves@mygns.ca).

Explore BC

The Explore BC Club provides opportunities for students to explore Vancouver Island and beautiful, surrounding areas. Trips are open to all Middle and Senior School Students, but we hope that our international students choose to take part. This fall, students have travelled to Salt Spring Island and Cathedral Grove, and more trips are being planned for the upcoming year. The teacher sponsor is Elspeth Horn (ehorn@mygns.ca).

SAC

The SAC is a student-run committee that organizes events for the Senior School, including fundraisers, dances, and activities that promote school spirit. The SAC supports the funds designated for the year, and may organize food and hamper collections for local food banks. They meet once a week during lunchtime in G201. The SAC Prefect chairs the meetings and they run throughout the entire year. During a typical meeting, students might brainstorm the theme for a dance, decor, advertising, poster and ticket designs, sale of tickets, set-up and clean-up crew, and the hiring of the DJ. Mrs. Andrea Harris is the staff sponsor (aharris@mygns.ca).

Sailing Club

The Sailing Club meets twice a week at the Royal Victoria Yacht Club during the Spring Term. The Yacht Club's Sail Canada certified coaches supervise this activity. Beginning sailors learn fundamental sailing skills and all students participate in two regattas, competing against other local schools. The emphasis of this activity is for each student to improve his or her sailing skills in a safe and fun manner. There is a cost attached to this activity and the exact amount will be determined before the Spring Term. Mr. Paul Mais (pmais@mygns.ca) is the staff sponsor for the Sailing Club.

Science Fair

Students undertake independent scientific research in an area of interest to them. The process is mentored by Ms. Dallin and/or scientists in the community. The work is then presented at the Vancouver Island Regional Science Fair (VIRSF), and possibly at the Canada Wide Science Fair if the student qualifies. All experimental work is completed by the end of February. There are no set times for working on projects. All Grade 9 students will complete a project in their science class that may be selected to move on to the VIRSF in mid-April at the University of Victoria. For those who qualify at the Regional Fair there will be the opportunity to compete in the Canada Wide Science Fair in Montreal, Quebec (May 14 to 21, 2016).

The expected level of commitment is what the student wants to make of it! Some students start in the summer and spend a good portion of their break working on their research; others work on it sporadically in the school year. For more information contact the teacher sponsor, Ms. Erin Dallin (edallin@mygns.ca).



Junior School: 1701 Beach Drive, Victoria, BC **Middle & Senior Schools:** 801 Bank Street, Victoria, BC
Admissions Office: 801 Bank Street, Victoria, BC Canada V8S 4A8 250.370.6801 fax 250.370.6838

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