



# Extra-Curricular Activities

## College Camping Program

From Year 6 to Year 12 Heights College conducts an annual, **compulsory** camping program with set goals and objectives. This program aims to develop all aspects of every child – body, mind and spirit.

The program is an integral part of each year level's curriculum and provides an opportunity for the teacher to develop aspects of the class program in an alternative environment to the classroom.

Year Level	Venue	Time Length	Details
Year 6	Luther Heights Sunshine Coast	5 days	An opportunity to develop citizenship, teamwork, social, leadership and self-management skills within a fun and challenging environment.
Year 7	Brisbane and Surrounding District	5 days	A cultural trip to complement the Science and History/Geography classroom curriculum.
Year 8	Heights College		Alternative leadership program undertaken at Heights College.
Year 9	Capricorn Coast		Gender-streamed camps conducted at Heights College and the Capricorn Coast.
Year 10	Sunshine Coast	5 days	A camp designed to overcome personal fears and strengthen cohort unity.
Year 11	Emu Gully	3 days	A physically challenging Leadership Camp built around the ANZAC tradition.
Year 12	Sydney	5 days	An opportunity to identify individual giftings in a practical environment with a focus on strengthening group cohesion.

## Sports Program

Interschool Sport at Heights College is a great opportunity for students to represent their College, participate in sport, have fun, compete hard and enjoy what God has created for us. We hope our College community appreciates the alternative that school sport offers, compared with club sport or other endeavours outside of school hours. School sport is valued as a part of educating the whole student and assists in the struggle against being an idle adolescent. We particularly value the volunteer efforts of every coach, supervisor, manager, referee, student and spectator for making interschool sports happen each year, especially acknowledging our parents for allowing their children to play sport and be involved with something that helps to build confidence, friendships and teamwork. We encourage

It has been wonderful to see so many students involved in an ever-widening range of sport activities. The College regularly fields more than 50 teams annually in interschool teams involving students from all ability levels. Sports include:

- 20/20 Cricket
- Rugby League
- Touch Football
- Soccer
- Volleyball
- Futsal
- Basketball
- Netball
- Hockey
- Softball / Teeball
- Oz Tag

## Missions Program

Our 'Heights Way' themes of **Character, Leadership, Influence and Breakthrough** are the golden threads which draw together the aims of the Heights College Missions Program. Each term at a whole school assembly we showcase our Missions Program, so that we can show how the Heights Way is worked out practically in Australia and in other nations.

From our local college community which, early in the year celebrates a **Parade of Nations** indicating the many and various nations represented at our college, to our leadership and influence through involvement in fundraising in each year level to a specific missions outreach, such as Compassion, to our **Missions trips**, Heights College can say that we have a missions program of which to be very proud.

Our missions trips to different parts of the world have so far included Japan, China, Samoa, India, Kokoda, Torres Strait and Cambodia and the Philippines.

In Term 1 we highlight the ethnic diversity of our Heights community by celebrating with a Parade of Nations Day and many activities during that week to teach our students about God's love for every nation, tribe and tongue.

Throughout the year, the College fundraises to support a number of children through Compassion International. Students and staff work together with innovative and fun ideas to show love to those in need.

Senior students (normally Year 10 – 12) are given the opportunity to participate in an overseas missions trip. These are usually organised in conjunction with ministry partners overseas, and destinations to date have included Japan, China, Samoa, India, Kokoda, Torres Strait, Cambodia and the Philippines. Trips usually take place in the September holiday period, and combine wonderful hands-on opportunities to minister as well as some sightseeing fun. The profound impact of their time spent in a totally unfamiliar and challenging environment, and seeing God at work in many situations remains with students forever, and helps to shape their futures as global citizens.

Information about planned trips and applications forms are available from Mr Kevin O'Callaghan or by contacting the College office [admin@heights.qld.edu.au](mailto:admin@heights.qld.edu.au).

Senior School leadership groups facilitate opportunities for their peers to enjoy fellowship. These may include:

- Lunchtime prayer groups
- Buddy groups
- Student Council
- Cross-cultural missions trips
- Student versus Teacher sporting games
- Missions Possible Morning Teas
- Big Day Out

## Music Program

Music frames each day at Heights College. The first 20 minutes of most days include enthusiastic, contemporary Praise and Worship with student-led choirs and bands. Primary classes take turns leading the singing, while for Secondary, Praise and Worship rosters give opportunities for musicians and singers, as well as budding Production technicians, to use their gifts and hone their skills.

Following on from the Primary Music curriculum that runs from Prep to Year 6, our Year 7's experience music as a core subject. From Year 8 – 12, Music is an elective choice.

Our full time instrumental teacher tutors small groups in band and orchestra instruments, and co-ordinates our Concert Band, Jazz Band and other ensembles. We encourage and promote regular performance at school events and competitions for all music groups in local and regional music festivals and orchestral workshops and other opportunities. Each year Secondary Choir and small vocal groups work towards performances in the community and in competitions, while having a great time learning to work together musically.

Individual instrumental tuition is offered in school hours for a wide variety of instruments. Our instrumental teacher is assisted by part time tutors who share the College's values and come in to teach drums, strings and piano. The Instrumental Handbook provides more details of this program.

In Term 3, Heights College participates in the regional Battle of the Bands. This unique competition encourages original composition of music. The winners of the internal Heights competition, fondly known as HC BOB, go on to do their best against other talented groups from schools around Central Queensland in a highly contested evening of great music.

## Other

Other opportunities exist for students to be involved in activities such as Chess and Debating.