



Extra-Curricular Activities

College Camping Program

From Year 6 to Year 12, Heights College conducts a **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	Heights College	1 - 2 days	Alternative leadership program undertaken at Heights College.
Year 8	Splitter’s Farm (Bundaberg)	5 days	Hands-on farm stay experience.
Year 9	Heights College	1 - 2 days	Alternative leadership program undertaken at Heights College.
Year 10	Emu Gully	4 days	A physically challenging Leadership Camp built around the ANZAC tradition.
Year 11	Emu Gully	4 days	A physically challenging Leadership Camp built around the ANZAC tradition. (2023 only)
Year 12	Canberra	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 endeavour 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 participation and the development of sportsmanship.

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 may include:

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

Missions Program

Our ‘Heights Way’ themes of **Character, Leadership, Influence and Breakthrough** are the threads which draw together the aims of the Heights College Missions Program. 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 Compassion.

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. 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. Overseas mission trips are conditional upon travel restrictions, health advice, costs and availability of opportunities and staff. This will be reviewed each year by the College leadership.

Information about planned trips and application forms are available by contacting the College office: admin@heights.qld.edu.au

Music Program

Music frames each day at Heights College. The first twenty minutes of most days include enthusiastic, contemporary, student-led Praise and Worship. 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.

In Year 5, all students are provided with the opportunity to learn an instrument and perform at school events. 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 teachers tutor 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. The Primary and Secondary Choirs 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:

- Maths Team Challenge
- Maths Quiz Nights
- Chess
- Debating
- Rotary Quiz
- Mooting
- CQ Law Debate
- Titration
- Business Challenge
- Robotics
- Gymkhana
- Surf Lifesaving League