

Extracurricular Handbook



DAKABIN
STATE HIGH SCHOOL

The future lies within



EXTRACURRICULAR ACTIVITIES AND PROGRAMS*

The extracurricular programs offered at Dakabin State High School enhance our core values: Learning, Discipline and Community. Participation in these activities supports learning beyond the classroom and offer students the opportunity to engage with their like-minded peers in new and exciting ways, to further their sense of belonging in the Dakabin community.

We proudly offer an extensive array of extracurricular opportunities including; Sporting Excellence, Health and Wellbeing, STEM, The Arts, Agricultural Science and Digital Technologies. Our Student Support Team also run a variety of programs by invitation.

- Students must be financial for participation in these activities and programs**.
- It is important that students who enrol in the programs are committed and follow school rules and represent the school with pride for their continued involvement.

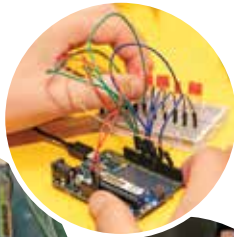
Extracurricular activities are an important part of learning, building character in students, making new friends, boosting self-confidence and ensure that students feel a deep sense of connection to peers. Extracurricular activities also instil pride within our schooling community.

From music and performance, to agriculture and sport, to esports and community service, there are a wide variety of choices at Dakabin State High School.

Extracurricular activities are known to boost your child's academic outcomes, improve attendance and provide purpose in their schooling journey. Students often become role models for others through representing their team/ school and provide opportunities and awareness to future pathways.

*The programs detailed within this handbook are subject to change.

**Note: Prior to a student being considered for participation in an extracurricular program, students are expected to be up to date with their SRS fees, up to and including the term, in which the school activity takes place. Otherwise, regular payments must be made towards the SRS annual participation fee, as previously arranged with the Business Manager.



HEALTH AND WELLBEING

Sporting program

Our students have a wide range of opportunities to engage in extracurricular sporting activities throughout the year. Some of the extracurricular sporting opportunities that we offer include Junior Interscholar Sport, Year 10 District Gala Days, a variety of individual tournaments and weekly after school competitions for Basketball, Futsal, Touch Football, Rugby League, Netball, OzTag and Volleyball. We also run Inter-house Carnivals for Swimming, Cross-Country and Athletics as well as our Signature Basketball Academy Program.



Basketball Academy	Students have access to before school skills work and small group trainings with Academy staff members. Dakabin State High School enters many tournaments, providing students with opportunities to extend their basketball experience. As part of the program, students are given the opportunity to travel to the United States of America for a Basketball Study Tour. *This is not held every year.
School Gym	Students from Years 7 to 12 have the opportunity to access our well-equipped school gym during scheduled break times year round. Students are able to work with, and learn from, our qualified gym instructor teachers while using this facility. Students must complete a Gym Induction with our instructor teachers and learn about gym safety and demonstration of correct technique when performing all exercises.
Representative Sport	Dakabin is within the Pine Rivers District School Sport, which offers district level trials in a range of sports throughout the year. Trials for these sports will be advertised in Student Morning Notices. If students are successful at a District Level and are selected for a Pine Rivers District Sport team, they may progress to a Regional event where they trial to become a Metropolitan North Representative. Successful students will then attend the State Carnival and compete for selection in a Queensland team.
BOSL Sporting Competitions	In addition to our long-standing Basketball commitment in BOSL we now enter teams in both male and female competitions for Volleyball, Touch Football, Netball and Futsal to name a few. This gives students the opportunity to represent the school and compete in high quality sporting competitions within the local community.
Extracurricular Tournaments	There are a range of additional sporting tournaments that students enter throughout the school year. These include All Schools OzTag, Championship Basketball Schools of Queensland, Rugby League 9s Gala Days, All Schools Touch Football, Vicki Wilson Cup Netball, Met North School Boys Trophy Rugby League, Caboolture Schools Indoor Netball and All Schools Volleyball.



STEM

Science – Technology – Mathematics

STEM is an integrated approach to learning and development that integrates the areas of Science, Technology, Engineering and Mathematics. At Dakabin SHS, we offer the following extracurricular opportunities for students to engage and learn in the STEM field.

Dungeons and Dragons	This club meets during the schooling week to learn and play in a supportive environment. Students develop team skills, creative expression and maths skills through an interactive gaming platform.
Esports	Students develop skills around the use of technology for gaming. The students have an opportunity to be involved in a high-performance competition environment which inspires students, enhances connections among school communities, connects students with higher educational opportunities, and develops practical Esports industry skills. The program is open to all students with possibility of competing in competitions against other students and schools.
Robotics	The Robotics Club is a group of students who are interested in learning about and working with robots. Students develop and program their robots to perform tasks in preparation for competitions. This program introduces students to coding and digital technologies in a fun and interactive way with possibilities of entering competitions.
FIRST LEGO League	FIRST LEGO League guides our students through STEM learning and exploration. Students will understand the basics of STEM and apply their skills in an exciting competition, whilst gaining productive learning habits, confidence, and teamwork skills. Friendly competition is at the heart of the challenge, as teams of students aged between 9 and 16 years engage in research, problem-solving, coding and engineering – building and programming a LEGO robot that navigates the missions of a robot game. As part of challenge, teams also participate in a research project to identify and solve a relevant real-world problem. This program is currently available for students in Years 7 to 9.
FIRST TECH Challenge	In the FIRST Tech Challenge students learn to think like engineers. Teams design, build, and code robots to compete in an alliance format against other teams. Robots are built from a reusable platform, powered by Android technology, and can be coded using a variety of levels of Java-based programming. This program is available to our senior students, however any student with high level coding ability are invited to participate. https://www.firstinspires.org/robotics/ftc



THE ARTS

Music – Dance – Drama – Film

The Arts encompass opportunities for students to express themselves and showcase their talents through Dance, Music, Drama and Film. Extracurricular engagements include Dance Squad, Instrumental Music programs, School Musicals, Wakakirri, Film Tutorials and School Bands as examples.

Dance Squad	The Dakabin Dance Squad prepare students for a number of Dance showcases and competitions throughout the year. Students have the opportunity to perform at school events including (but not limited to) Celebration Parades, Arts Showcases and Awards Nights. Dance Squad students develop team and performance skills whilst building strong relationships across Years 7 to 12 students.
Instrumental Music Program	Dakabin students have the opportunity to audition for a range of bands at school. On offer are the Concert Band, Stage Band and Rock Band. With such a wide variety of music styles in each of these bands there is an option for any aspiring musicians. Dakabin's Instrumental Music Program encompasses orchestral strings, woodwind, brass and percussion instruments. Students participate in a weekly group lesson during school time with a qualified Instrumental Music Teacher and students are encouraged to join the Stage and Concert Bands. Students will develop their performance skills through playing at school events, competitions such as the Peninsula Music Festival and have the opportunity to register for the State Honours Ensemble Program run by the Griffith University Queensland Conservatorium, as examples.
School Musicals	School musical productions take place every second year. Dakabin SHS Musicals provide students with the opportunity to audition for acting, dancing and singing roles, as well as play in instrumental music bands. Stage and technical crew positions are also available.
Film Tutorial	Students at Dakabin SHS have access to our senior film and editing equipment during our Film Tutorial. Students are able to work on the production or post-production stages of film creation and seek assistance from teachers while working on their projects. Students learn invaluable skills involving filming and editing and are given time to express themselves and create their own films at school.
Drumming Tutorial	Discover the beat within and unleash your rhythmic potential in the Drumming Tutorial! This program runs once a week and offers a musical experience that will have you rocking to the rhythm in no time. Students will gain a solid foundation in drumming techniques, including proper stick control, rhythm patterns and drumming styles whereby a strong sense of timing, coordination and confidence will be built. Whether you're a complete beginner or a budding drummer looking to enhance your skills, our expert music teacher will guide you through the thrilling world of drumming.



AGRICULTURE

Students studying an Agricultural subject at Dakabin are able to be involved in the following extracurricular activities.

Stud Cattle Show Team	Students have the opportunity to train and show cattle for other cattle studs, as well as breed, train and exhibit our school cattle including Square Meater Stud, Lowline Stud and Show Steers. The students represent Dakabin State High School at various shows held within Southeast Queensland.
Poultry Show Bird Preparation	The school has several pure-bred varieties of poultry. Students handle, select and prepare them for several local shows throughout the year.
Promotional activities	Each year the staff and students set up displays at various local events to showcase Dakabin SHS and the Agricultural Department to the community.
Small animal nurseries	Students, including Years 11 and 12 Certificate III Agriculture and Certificate II in Animal Care, run several animal nurseries each year at our school and local primary schools as well as community festivals. These are organised mainly on the weekends and they give students the opportunity to learn vital animal, team and people skills.
Bee keeping	Dakabin SHS has a hive that the students maintain during the year. They produce quality honey that is sold around the school by students.
Hy-line brown school egg laying competition	The Royal Queensland Show (the Ekka) has partnered with the Australian Egg Corporation Limited and Specialised Breeders Australia to provide schools with 6 eight-week-old Hy-Line Brown hens. Schools submit their 3 best hens to compete with at the Exhibition, with the competition judged on three main elements: birds, eggs and project.
External agricultural program opportunities	Future Experiences in Agriculture, Science and Technology (FEAST) is a four-day residential program to inspire high school students about rewarding science careers in the agriculture, animal, plant and food industries. It is open to students in Years 11 and 12 and is held in July at UQ Gatton. Ag Inspirations is a 3-day industry specific tour organised by the AgForce School to Industry Program, allowing students from Years 10 to 12 to visit multiple agribusiness enterprises.



DESIGN & TECHNOLOGIES

Home Economics - ITD - Early Childhood and Visual Arts



The Technologies Department provide opportunities for students to express themselves and showcase their talents within a range of different areas including metal work, wood work and design. Students use multiple materials including food, textiles and plastics and have the opportunity to also develop their fine art skills in the areas of painting, drawing and ceramics.

Extracurricular engagements include ITD Tutorials, Art Tutorial, Coffee Club, Sewing Club, and we additionally support programmes with our local primary schools through Farm to fork and Fun with fabric.

ITD tutorial	An after-school session is offered to students for extra assistance on their projects or wanting extra time to improve their skills. This is offered for students in Engineering and/or Furnishing subjects. This provides additional practice with both metal and timber products. Additionally during the year a skateboard fabrication course may be offered, with students producing a skateboard deck from scratch.
Art tutorial	Visual Art offer a tutorial once a week for students to develop and/or extend their art knowledge and skills. This might be in the area of drawing, painting or ceramics. Students who are studying Visual Art may use this time to work on their assessment items or further develop their own skills. Tutorial time is a fantastic opportunity for students to produce and enter work for local competitions including the Pine Rivers Show and Moreton Bay Regional Youth Art Awards.
Café	The Café operates once a week between 7:30am-8:30am. Students sell and deliver coffee and other hot beverages to staff and students. This opportunity is open to all students.
Sewing Club	Sewing Club is a space where students have the chance to meet with friends and relax while they work on their individual textile-based projects.



STUDENT SUPPORT TEAM

Wellbeing - Connection - Sharing

The Student Support Team provide a variety of group supports. They are organised at lunch and during curriculum time. Students can self-elect to join groups that are conducted at lunchtime. Curriculum time groups are invite only and require guardian consent. Students who are referred to the Student Support Team are at times identified as being a student who could benefit from a short-ongoing intervention. It is these students who may be offered an invite to join a group that operates during curriculum time.

Rock and Water*	Rock and Water is an action-based program. It uses the foundations of self-control to control and focus energy as opposed to suppressing energy. Rock and Water provides self-reflection and evaluation to think about ways things can be done differently to build self-confidence and self-control.
RAGE*	The purpose of the RAGE program is to assist the young person to develop better strategies in coping with, and developing, an understanding of their emotions. It is a strengths-based, solutions-focused program, which is hands-on, practical and fun.
Shine*	The "Shine from Within" is a group program focusing on improving identity and self-worth which teaches participants to value and respect themselves.
Feeling Fantastic	This is a 6-week course that helps young people understand their emotions, feelings and moods. The course focuses on managing and expressing feelings of depression and anxiety in healthy ways.
Chillax	This is a 6-week skill building course that aims to help young people manage their ADHD symptoms and channel them into constructive zones.
Resume writing	Our School Youth Officer assists young people to develop resumes and prepare for job interviews. This activity builds the capacity of students to develop skills in preparation to gain employment and be ready to embrace job opportunities both in school and beyond.
LGBTQI+ Group	Facilitated by the Support Team, the LGBTQI+ group is an opportunity for students to discuss and gather information from the Support Staff by accessing support through community agencies. This group also create a voice in school and promotes awareness around gender and sexual identity.
Drum Beat *	This program is designed for students to build resilience through rhythm and mindfulness activities. It utilises rhythmic intervention to build emotional regulation which increases emotional control and reduces anxiety.
Love Bites*	This program promotes respectful behaviours in relationships and focusses on healthy sexual relationships, consent and personal safety.
Teen Mental Health First Aid	The purpose of educating students in Years 7 and 10 is to equip teenagers with the skills to recognise and respond to a friend who may be experiencing a mental health problem or crisis situation. This will be taught to students through their Pathways class.

INDIGENOUS PROGRAMS

These programs focus on supporting Aboriginal and Torres Strait Islander students to reach their potential, connect with community and improve their health outcomes. These programs are invitational only and run at different times throughout the year in conjunction with community services/groups.

The Beyond Broncos Girls Academy	<p>The features of this program include:</p> <ul style="list-style-type: none"> • In-school mentoring and support from our school-based Brisbane Broncos support staff • Semester challenges and rewards for attendance and behaviour • Group presentations on topics including culture, lifestyle and careers • Support in completing Year 12 and developing career pathway plans • Exclusive access to Brisbane Broncos staff, players, facilities and events.
Deadly Choices*	<p>The Deadly Choices Education Program is a health education and capacity development program aimed at supporting students to be positive role models and mentors for their family, peer group, and community by leading a healthy lifestyle.</p> <p>The eight-week program is delivered in a flexible manner to suit school environments and timetables, and addresses healthy lifestyle topics such as:</p> <ul style="list-style-type: none"> • Leadership • Chronic disease • Tobacco cessation • Nutrition • Physical activity • Harmful substances • Healthy relationships • Access and health checks
MomenTIM Program*	<p>The MomenTIM mental health education program is for tomorrow's Indigenous Men. The program encourages participants to build capacity and connection to health services and community supports, including family.</p> <p>This program is delivered within secondary schools, and tackles issues such as self-care, healthy relationships, mental health and culture/identity.</p>
Deadly Choices Sistas Program*	<p>The Deadly Choices Sistas mental health education program is for young Indigenous women and encourages participants to build capacity and connection to health services and community supports, including family.</p> <p>This program is delivered within secondary schools, and tackles issues such as self-care, healthy relationships, mental health and culture/identity.</p>



STUDENT LEADERSHIP

Dakabin State High School strives to build real world skills and capabilities for our students. This is through the various tiers of Student Leadership, that our driven students can aspire towards*.

**Students must join the Aspirants Years 8 and 11, to be considered for Leadership Roles in Years 9 and 12.*

<p>Student Representative Council</p>	<p>The Dakabin State High School Student Representative Council's mission is to promote a sense of community within the school, act as a voice for students, work with school staff, provide community awareness and raise funds for charitable causes and school improvements.</p> <p>There is a dedicated teacher who collaborates and guides the Student Representative Council. Dakabin State High School values the SRC and student voice within our community.</p> <p>The aims of the Dakabin State High School Student Representative Council are:</p> <ul style="list-style-type: none"> • To encourage participation in school activities • To help in matters concerning the welfare of our school's student body • To provide opportunities for leadership • To cater for Dakabin State High School's diversity • To support the activities of other groups within the school • To provide a forum to determine and discuss students' opinions • To support community initiatives and charities.
<p>House Captains</p>	<p>Our House Captains are exposed to real world experiences working in the Sport & Recreation Industry. They assist in the organisation, marketing, set up and execution of Swimming, Athletics and Cross-Country Carnivals.</p> <p>House Captains are also responsible for organising Inter-House competitions held at lunch time. They organise and facilitate a variety of sports for all students to feel welcomed and be involved by either participant or part of the cheer squad. They are responsible for the equipment hire room each break and do routine maintenance and safety checks on these items.</p> <p>Lastly, they assist in organising and presenting at our end of year Sports Awards Night, to celebrate the amazing sporting success we have each year at Dakabin State High School.</p>
<p>Senior Leadership Team</p>	<p>The Senior Leadership Team comprises of School Captains, Senior Leaders and the Deadly Leader from Year 12. Student leaders represent Dakabin State High School in our local community and provide a voice for the student body. Student Leaders will participate in the organisation of school events such as Year Level Assemblies, Anzac Day Ceremonies, Open Days and Celebration Events.</p>
<p>Junior School Leaders</p>	<p>The Junior School Leaders comprise of Junior Captains, Junior Leaders and the Deadly Leader from Year 9. Student leaders represent Dakabin State High School in our local community and provide a voice for the student body. Student leaders will participate in the organisation of school events such as Year Level Assemblies, Anzac Day Ceremonies, Open Days and Celebration Events.</p>
<p>Senior Future Leaders</p>	<p>Students in Year 11 undertake school and community tasks to show leadership potential. They are supported by the Senior School HOD and participate in leadership learning workshops, to develop their leadership skills.</p>
<p>Junior Future Leaders</p>	<p>Students in Year 8 undertake school and community tasks to show leadership potential. They are supported by the Junior Secondary HOD and participate in leadership learning workshops.</p>

COMMUNITY & OPPORTUNITIES

<p>Farm to Fork</p>	<p>This program partners with our local primary school students in developing and providing opportunities to understand where food comes from and how it can be used i.e. cheese and wine making.</p>
<p>Fun with Fabrics</p>	<p>This program partners with our local primary school students in developing and providing opportunities to understand how to sew and make clothes i.e. shorts.</p>
<p>Famous Frames</p>	<p>This program works with our local primary school students in developing and providing opportunities in Visual Art. Students create and produce work of arts.</p>
<p>Gold Club</p>	<p>Gold Club allows students to celebrate their hard work through incentives such as excursions. This is for high achievement in effort, behaviour and attendance. Junior Students are acknowledged and celebrated.</p>
<p>Events throughout the year (not limited to)</p>	<p>Students are encouraged to participate and create awareness within the schooling community with various event days (not limited to): Valentine's Day, Bullying No Way day, World Gratitude Day, World Environmental Day and R U OK? Day, Sports Days, 100% Attendance celebrations, Celebration Parades, Harmony Day. The days bring all students together.</p>
<p>Homework Club</p>	<p>One afternoon a week Staff provide the opportunity for students to attend the Resource Centre to study, ask questions of staff and complete their homework or assessment in this time. This club is open to all students.</p>





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