

TERM ONE

PRIDE

PROJECTS



A' La Mode

What is this project about?

This project is for the fashionistas of RHS! 'A' La Mode' is a French phrase meaning 'on trend' or 'in style', which is the driving force behind this project. Students will learn about fashion as the continually evolving form of self-expression through clothing. This will be explored through a series of fun, creative, hands-on activities that will build on students' knowledge of the elements of 'a' la mode' fashion.

What will your outcomes be?

- Learn about the historical significance of fashion
- Apply design skills associated with the four elements of fashion: colour, shape and form, line, and texture
- Work independently and collaboratively to produce a body of work
- Expanding creativity and giving back to the community

What impact will it have on the school or community?

Students will encourage the RHS community to donate unused clothing items through a campaign known as 'Offload to A' La Mode'. This will be placed in RHS as a clothing bin. Students will work with some of these unused clothes to create 'outfit packs' for organisations such as Salvos and Vinnies, which will then be donated.

What will you create?

- A selection of student works will be presented at an expo night.

How long will this go for?

Term 1 - 10 Weeks

Boardgame Bonanza

What is this project about?

Consider yourself a problem solving strategist? Want to hone your skills in mental cognition? Board Game Bonanza is for you! Give your brain a workout while working for the RHS Board Gamer Champion title. Each week you will verse fellow board gamers in card or board games, with your scores being recorded on the tournament tracker. The overall winning team will receive a trophy, individual medals and be named RHS Board Gamer Champions.

What will your outcomes be?

- Students can learn to use their working memory to solve problems
- Learn life skills such as; teamwork, cooperation, respect, fair play etc

What impact will it have on the school or community?

Students will track their scores each week.

What will you create?

- Students will create a boardgame.

How long will this go for?

Term 1 - 10 Weeks

Chess Tournament

What is this project about?

Students will learn how to play chess which will improve their organisational abilities and future planning and strategies.

This game assists students in thinking ahead and consequences of each move, a valuable skill in life.

What will your outcomes be?

- To teach chess to new participants
- Continue learning skills for those who already have knowledge of the game

What impact will it have on the school or community?

Interschool tournaments.

What will you create?

- Chess team competing against other schools.

How long will this go for?

Term 1 - 10 Weeks

CPR (Coach, Play, Referee) OzTag

What is this project about?

This pride project will involve students delivering, playing and refereeing OzTag sessions. Students will develop many essential skills including teamwork, leadership and communication. Each week two groups will deliver the coaching lessons and will be required to referee all of their activities. By the conclusion of the term, students should of obtained their level 0 refereeing qualifications for OzTag, allowing them to work as a referee outside of school.

What will your outcomes be?

- Enhancing life skills such as: teamwork, communication, cooperation, time management, problem solving, focus under pressure, and respect, and leadership

What impact will it have on the school or community?

Students will work towards attaining their level 0 OzTag refereeing certificate, allowing them to potentially seek employment as a referee. Students will also create and deliver coaching clinics at the local primary school.

What will you create?

- Creation of coaching lessons at the local primary school

How long will this go for?

Term 1- 10 Weeks

What will you need?

- You will need to wear your PE uniform or appropriate clothes for playing and refereeing OZTag.
- You will need to bring a drink bottle to each session.
- You will need to bring a whistle to each session

Dance

What is this project about?

Are you someone who loves to dance and perform in front of people? Then Dance is the pride project for you. In Dance, you will have the opportunity to learn and build skills in a variety of different dance genres such as Jazz and contemporary. Throughout the semester you will work as a part of a team to learn a 3-4 minute routine, which will be performed at both school and external events such as local dance competitions.

What will your outcomes be?

- Enhancing life skills such as: teamwork, communication, confidence cooperation and respect
- Developing performance skills such as: Dance technique in a range of dance styles e.g. strength, coordination, flexibility, endurance,

What impact will it have on the school or community?

Students will work in partnership with the teacher to create a 3-4 min-dance work. This will be showcased to the school and wider community

What will you create?

- A group performance to perform at school and external events

How long will this go for?

Semester 1 (Terms 1 & 2)

What will you need?

- You will need to wear appropriate clothes for dancing.
- You will need to bring a drink bottle to each session.

Drumming Upcycled

What is this project about?

Do you like marching to the beat of your own drum? What if there was a project where you could create your own beat and drum? In this project students will form a percussion ensemble using ordinary items (junk) and repurpose them to create a physical theatre performance.

What will your outcomes be?

- Students will develop drumming and musical skills and knowledge
- Students will participate in a fun physical activity
- Students will creatively design and re-produce item for a new use

What impact will it have on the school or community?

Give students a creative outlet that is hands on, promotes sustainability and represents our school with PRIDE.

What will you create?

- A performance (either live or pre-recorded) to be shown to our partner primary schools.

How long will this go for?

Term 1- 10 Weeks

Friday Craft-a-noon

What is this project about?

Are you interested in doing crafts or making items but are not sure that you want to be "locked in" to one craft for 20 hours then this is the PRIDE Project for you! Find that craft that you are passionate about - Tie-dyeing, Weaving, Card-Making, Knitting, Patchwork, Stitching, Up-cycling clothing and Macramé. Try one or try a few small quick projects, some of which are student led. Crafting lets you up-skill whilst socialising, building patience, resilience and positive wellbeing. The students will then use their knowledge of the crafts to make projects suitable for a market stall. Environmentally friendly ideas and the sourcing and use of recycled and natural materials will be encouraged.

What will your outcomes be?

- Promote handcrafts to provide us with the opportunity to sharpen the saw and enjoy our leisure time.
- Develop products such as: tie dye clothing, bags, wall hangings, macramé jewellery etc.

What impact will it have on the school or community?

This project is for personal growth and life balance (Habit 7), with the potential to learn about recycling materials and/or setting up a small craft business where products can be sold at a market or online

What will you create?

- Finished products to be displayed or sold in a market stall.

How long will this go for?

Term 1 - 10 Weeks

Future Authors

What is this project about?

Is there a story inside of you wanting to escape? Do you want to become a better, more engaging writer? This is the project for you!

We will be working as a writer's workshop, supporting and guiding each other as we come up with ideas, have dedicated time for writing, and share our stories with one another. We'll discover how to overcome writer's block and silencing our inner critic.

What will your outcomes be?

- Improve literacy
- Build writing confidence
- Develop creativity
- Learn to provide effective and useful feedback

What impact will it have on the school or community?

more casual setting. Students develop their literacy and critical thinking skills.

What will you create?

- Creative writing projects

How long will this go for?

Term 1 - 10 Weeks

Garden Market Stall

What is this project about?

Do you want to learn how to grow and sell a variety of plants and produce? In our Garden Market Stall project we'll be growing plants and drying seeds to sell at the Wednesday Markets in Penrith. We'll be taking clippings from succulent plants, and seeds from unused vegetables and fruits to sustainably grow our product. You'll also get hands on experience in caring for our farm animals including our chickens, and with any luck some baby chooks! This project will help you to build both your agricultural and business marketing skills.

What will your outcomes be?

- Researching the market; deciding what to grow and how much; deciding what inputs are needed; financial management and budgeting; planning use of income; keeping records; bookkeeping and accounting; storing/preserving/processing the product; packaging and promoting the product; publicising and marketing the project.

What impact will it have on the school or community?

Through the Garden Market Stall program, students will learn practical agriculture and business marketing skills. Students need to work together; employing a respectful, cooperative attitude. Problem solving skills will be fostered through team and individual student-led tasks. Students will take turns, build respect, listen to others and share their input appropriately. The program aims to foster a sense of pride in community; whilst building valuable practical skills in growing and selling plants and produce.

What will you create?

- Market Stall.

How long will this go for?

Term 1 - 10 Weeks

The Great Riverstone Bakeoff

What is this project about?

Do you enjoy baking and decorating cakes or cupcakes or are you looking to learn about the steps in design and creation of fondant cakes? The Great Riverstone Bake Off will allow you to learn skills in the steps of planning, designing, baking and decorating of a range of baked goods. You will also engage in mini masterclasses to build knowledge in different decoration styles such as fondant and piping. Throughout this project you will work to build skills to design and create your own submission for the Sydney Royal Easter show decorated cakes completion.

What will your outcomes be?

- Build skills in cake decorating
- Learning to read, measure ingredients and follow recipes
- Enhancing life skills such as: teamwork, communication, cooperation, time management, problem solving, focus under pressure, and respect.

What impact will it have on the school or community?

Students will gain skills in design and creativity to produce a decorated cake. Both the decorated cake and a perishable food choice will be entered into the annual Sydney Royal Easter Shows Art and Crafts competition for judging.

What will you create?

- Cooking entries to be placed into the Royal Agricultural Society of NSW, Arts & Crafts competitions at the 2021 Sydney Royal Easter Show.

How long will this go for?

Term 1 - 10 Weeks

Introduction to Football Officiating

What is this project about?

Students will learn the official rules of the game and learn how to officiate in a match setting.

What will your outcomes be?

- A certificate from Football Federation Australia recognising their understanding of the game
- Greater knowledge of Football

What impact will it have on the school or community?

Students will develop an appreciation of:

- Leadership
- Officiating roles
- Community service

What will you create?

- Students will receive a certificate from Football Australia which can be used to gain access to the Level 4 Referee accreditation course.

How long will this go for?

Term 1 - 10 Weeks

What will you need?

- You will need to wear your PE uniform or appropriate clothes for playing and refereeing Football.
- You will need to bring a drink bottle to each session.
- You will need to bring a whistle to each session

Jigsaw Puzzles

What is this project about?

Do you love puzzles? Then this is the project for you. Throughout this project you will work with others to complete different jigsaw puzzles that include pictures of Riverstone High School.

What will your outcomes be?

- To improve student wellbeing
- Improve problems solving skills
- Improve collaboration/teamwork skills
- Build resilience with challenging issues

What impact will it have on the school or community?

Improve wellbeing and increase options of student work that can be displayed throughout the new building display cabinets.

What will you create?

- Completed puzzles will be donated to our partner primary schools.

How long will this go for?

Term 1- 10 Weeks

Learn with League

What is this project about?

You will learn how to enjoy e-sports in a balanced and healthy way. You will learn strategies to look after your mental health associated with gaming, behave appropriately online, and build positive team-based interactions.

****This course is only for students in Year 8 or higher****

What will your outcomes be?

- Team-orientated mindset: developing teamwork
- Respect: teammates and oppositions
- Discipline: Practice, training and development
- Resilience: Character and self-control
- Positive attitude: maintaining productive gameplay
- e-Sportsmanship: Encouraging positive behaviour online

What impact will it have on the school or community?

This project will allow us to build positive relationships with other NSW High Schools.

What will you create?

- Participation in friendly tournaments and practices with other high school league of legends.
- Opportunity to register for High School League of legends Championship.

How long will this go for?

Term 1 - 10 Weeks

Let's Grow

What is this project about?

- This project is designed for those who want to learn about planting your own vegetables at low cost. We will learn about composting, mulching, soil texture and fertiliser. This is a hands-on course and you will 'get your hands dirty.'

What will your outcomes be?

- Work cooperatively in group to learn about vegetable gardens
- Contribute to class discussions about personal experiences
- Literacy and numeracy skills in interpreting seed packets and garden designs

What impact will it have on the school or community?

Students will work in their vegetable gardens to donate their produce to Hawkesbury Community kitchens which is a non-profit for making meals for the homeless.

What will you create?

- Vegetables to be donated to Hawkesbury Community Kitchens which provides meals for the homeless

How long will this go for?

Term 1 - 10 Weeks

Make-Up Magic

What is this project about?

This project is all about skincare and make-up. We will explore the history/significance of make-up and body art across a number of cultures and time periods. We will learn how to create a number of make-up looks for every day, special occasions, the theatre and special effects. Throughout the term we will also discuss skin care, body confidence and the importance of self-care for teenagers. If you would like to 'get your glow back' during these difficult times, Make-up Magic is the Pride Project for you!

What will your outcomes be?

- Improved confidence and self-esteem
- Creation of a 'Beauty and Wellness' Google Site

What impact will it have on the school or community?

Students and staff of Riverstone High School and even members of the public can access the Beauty and Wellness site. Riverstone will have never looked so good.

What will you create?

- Students will create a YouTube video on skincare or a chosen makeup look.

How long will this go for?

Term 1- 10 Weeks

What will you need?

- You will need to purchase skincare (approx. \$15) and makeup kits (approx. \$30) or provide your own makeup kit.

Polynesian Education

What is this project about?

Each week you will improve your knowledge of Polynesian culture by learning the native tongue and learning traditional Mauri and Samoan dances.

What will your outcomes be?

- Improved knowledge of Polynesian culture.
- Learning traditional Mauri and Samoan dance

What impact will it have on the school or community?

It is important for us to recognise the cultural diversity of Riverstone High School. Through education of Polynesian customs and traditions, we can help to promote equal rights, equal responsibilities and social cohesion in our school community.

What will you create?

- Mauri and Samoan dances for school assemblies
- Teach primary school students about Polynesian culture.

How long will this go for?

Term 1- 10 Weeks

The Pride Cafe

What is this project about?

Students in the Pride Cafe will become trained baristas (course is for students over 14 years old only) who will learn how to make a range of drinks from coffee to milkshakes, to smoothies. Students will learn how to operate a cafe.

What will your outcomes be?

- To become a trained barista
- Develop customer service and cooking skills
- Develop communication and teamwork skills
- Use creativity to design menus

What impact will it have on the school or community?

Students will be able to use these skills in the workforce and also within the school for a variety of events/functions.

What will you create?

- Trained baristas, afternoon tea provided to staff and also a group within the community. Students will be able sell their products at the end of the day to other students.

How long will this go for?

Term 1 - 10 Weeks

RHS Gazette

What is this project about?

This project is designed for those who want to experience what it would be like to be a part of a newsroom environment. Students will make a media channel for the school that will be presented in a TV News style. Students will learn to film, record, edit and produce news bulletins and segments that focus on promoting the school. It is important to note that this project combines different skills and being recorded on Camera. Students that don't want to be recorded will be involved in the technological side of video, sound editing and website design.

What will your outcomes be?

- Learn about the different aspects of media that students can be involved in
- Technical aspects- filming, editing and producing new stories.
- Public speaking and presentation skills

What impact will it have on the school or community?

With the new and exciting developments around the school, the media channel that students make is a great way to promote the school and increase our reach through the school website. Whilst teachers will be directing the project, the channel will be produced by the students.

What will you create?

- School Media Channel for the School Website.

How long will this go for?

Term 1 - 10 Weeks

School Play

What is this project about?

Do you want to be a star? If the answer is YES... then this is the Pride Project for you! We will spend Friday afternoons rehearsing a short play to perform to an audience at the end of the term. Students will engage in all parts of the production process including auditions, rehearsals, costume/set design and sound/lighting. If you like drama, performing or going to the theatre - make sure you pick the school play.

What will your outcomes be?

- Work collaboratively to build a short play.
- Develop communication skills.
- Develop emotional intelligence and empathy through exploring characters.
- Develop creativity.
- Nurture friendships across year groups.

What impact will it have on the school or community?

Through the school play Riverstone High School will be recognised for their quality drama programs. Members from the Riverstone community will be invited into our school to witness students working together to achieve learning goals.

What will you create?

- A Short Play performed to invited guests and primary school students.

How long will this go for?

Term 1 - 10 Weeks

Tight Knit Community

What is this project about?

In this project, you will learn knitting skills to create knitted objects for charities including animal welfare, refuges and shelters. This is for everyone, from absolute beginners to those who have been knitting for years. You will learn different types of knitting, as well as how to read knitting patterns to create a variety of objects.

What will your outcomes be?

- Producing a range of knitted objects to donate to charity.
- Developing your knitting skills.

What impact will it have on the school or community?

You will create a range of knitted objects to donate to local charities. This could include RSPCA Blacktown or Hawkesbury, WIRES, shelters and refuges in the Hawkesbury and Blacktown areas and Hawkesbury and Blacktown Hospitals. This will help to create strong links between Riverstone High School and these organisations.

What will you create?

- Knitted products for donation to charities

How long will this go for?

Term 1- 10 Weeks

Volleyball

What is this project about?

This is the ultimate sport to test your stamina, coordination, teamwork and critical thinking skills. You will learn about the positions and rules of Volleyball, research techniques and strategies and have the opportunity to use them in games. You will learn all aspects of Volleyball including; how to coach others, how to run a competition and how to referee.

What will your outcomes be?

- Improved knowledge and skills in Volleyball.
- Creation of a Volleyball competition.
- More opportunities to be physically active.

What impact will it have on the school or community?

By developing more advance Volleyball players and teams at both Riverstone High School and Riverstone Public School we should achieve more success in Volleyball related knockout competitions. Individual students will also stand a better chance at being selected for Zone and Sydney West teams which will also boost the RHS reputation in the sporting community.

What will you create?

- Mini gala day.

How long will this go for?

Term 1- 10 Weeks

What will you need?

- You will need to wear your PE uniform or appropriate clothes for playing Volleyball.
- You will need to bring a drink bottle to each session.

Yoga

What is this project about?

Yoga brings awareness to daily life. It assists you to;

- exercise mind and body
- better understand how to ground oneself,
- deal with depression and anxiety
- and most of all to see the joy in life.

Students will practice the variety of yoga poses connect to with themselves through the breath, we can bring our bodies from a state of turbulence to a place of health.

What will your outcomes be?

- Developing ICT skills
- Strong life routines that promote positive health and wellbeing in students and the wider community.

What impact will it have on the school or community?

Yoga brings awareness to daily life, mind and body

What will you create?

- Infomercial or using flip grid to develop a 5 minute session for students to participate before a stressful event or quietening the mind before sleep.

How long will this go for?

Term 1 - 10 Weeks