



Elective Selections

Term 2, 2017

'There are varieties of gifts, but the same Spirit. There are varieties of service, but the same Lord. And there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given a manifestation of the Spirit for the common good.'

Option 1: Gettin' Bricky With It

(Lego – Mr Spargo)

Do you love bricks? And creating things? And think that everything is awesome? Well, do we have a Strand for you! Gettin' Bricky With It is all about the creation process, and learning how to channel it through the sophisticated medium of Lego. Once deemed the building blocks of civilisation, this Danish gift to the world will be used to create only what is limited by your imagination! And, well, the size of our Lego stash...

Option 2: How to Be a Handy Communicator

(Sign Language Course – Mrs D)

Ever met a person who could use sign language and found yourself just wishing you could speak to them? Or sat across the room from you bff and couldn't justify passing a note? It's official; this is the Strand for you! This term we will be learning some basic sign language skills, in line with the Auslan Level 1 course. So come along and try it! We give the two thumbs up!

Option 3: Pretty Fly for a White Guy

(Paper Planes – Mr Straughan)

Have you got a golden ticket? Because this term, Mr Straughan is opening up his workshop doors to students willing to apply their engineering prowess! It's Charlie and the Chocolate Factory level great (minus all the Oompa Loompas... They'll be running other Strands...) If you're keen to venture in, build some paper planes and participate in a few aeronautical challenges, then sign up! There's no chocolate involved, but there may be a sneaky kebab for all participants in the last week of school. Why? Because we can. We Fly.

Option 4: SHCS Got Talent

(Talent Quest – Mrs Koek)

Do you play an instrument? Or fancy yourself a budding ventriloquist? Is dancing your thing? Or juggling perhaps? Come along and do what you do best! Each week we will help you to develop your skills, and learn how to best present your special gift through preparation, presentation and staging. Let's celebrate! This is your chance to shine.

Option 5: Highland Retreaters

(Book Club – Mrs Brake)

Winter approaches, and the weekend beckons. It's the perfect time to grab a book and sit in the warmth of the Autumn sun. To drink tea and feast on the fruits of other people's lives and other times. To meet new authors and dwell on new ideas. To be... inspired! If you love to read, or fancy being persuaded, join us as we talk about great writers, good reads, the wonder of words and where they take us.

Option 6: Andy Warehol

(Art Installation – Mrs Ware)

Installation art. Art that pops up anywhere! In this Strand we will explore a range of different art forms. From Yarn Bombing (I know...And yes, it's a thing...) to Upcycling and Photography, we're going to take what seems plain and boring and turn it in to something marvelous. Here, you get to harness your God-given interests and abilities and use them artistically, all while creating memories that last. So step up to the vintage plate, and enjoy the art of having fun...

Option 7: Hypothermia is for Suckers

(Outdoor Survival Skills – Mrs Shaw)

Sure you're in decent shape, and your iPhone has GPS and an app for everything! But what happens when you get injured or stranded in the wilderness and the batteries die? How will you survive? You will need a few key skills to keep yourself alive. Join us and learn what they are, why you need them and how to use them in a life or death situation. Because sometimes, it's not a matter of *if* disaster strikes but *when*.

Option 8: Skipping Class

(Jump Rope for Heart – Mr Mullan)

If it's good enough for Rocky, it's good enough for you! No super hero, and no genuine athlete has ever made it to the top without excelling in the art of skipping. Do you want to be ordinary or extraordinary? The difference is skipping. Do you want all your dreams to come true? Then skipping is the key. Do you want a pony and a pet Leprechaun? Then skipping is for you. Fun! Fitness! Team work! Rhythm!

Option 9: Darn It!

(Sewing – Mrs Webster)

Ever been afraid that you'll split your pants in public? I'm sorry. We can't promise it won't happen, but we can teach you how to fix them if it does! Darn It is designed to teach you the basics of stitching, from threading buttons to altering hems. We'll look at both textile design and key repairs. It's sewing for life, and it's a skill you want to have! So when a wardrobe disaster strikes, who ya gonna call? No one. Cause you can fix it yourself.

Option 10: Act Like You Know What You're Doing

(Acting – Mr Hilaire)

If all the world's a stage, then you'd better be the best player! Learn how to develop your skills onstage, building confidence, grappling with scripts, and refining the thespian's craft, courtesy of the greatest performer the Southern Highlands has ever known. Well... that's not be entirely true, but neither is acting!

Option 11: Heaving Lifting Without a Hernia

(Young Guns – Darrell)

Young Guns. It's back, and better than ever! This term, we have a special program on offer for a select group of High School students who want learn all about optimal training protocols. Here, you will develop your overall fitness capabilities including strength and conditioning, cardiovascular endurance and proper technique in a fun and energetic way. Get in quick. It'll ramp up your heart rate.