

# Co-curricular Handbook

Your guide to  
Sport, Music and Theatre Arts



Rangi Ruru  
Girls' School



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# Co-curricular Cultural, Creative and Sports Pursuits

Rangi Ruru offers girls a wide variety of co-curricular cultural, creative and sport opportunities. Some are traditional and some are offered only when there is sufficient student interest. Some of the activities will be held during the school day while others may be offered after school hours.

Co-curricular activities provide the opportunities and experiences for girls to pursue and develop their talents and interests, develop inter-personal skills and, most importantly, to have great fun.

Taking part in sport, cultural and creative pursuits outside the classroom environment will not only make your daughter's time at school more stimulating, but can also provide her with friendships, skills and interests which will benefit her throughout her life.

We encourage all students, at whatever level they get involved - competitive or social - to make the most of their time at school, to continually challenge themselves, try new things, learn new skills and develop their interests by participating in some of the additional sport, cultural and creative activities offered through Rangi Ruru.

A full list of the co-curricular activities your daughter can get involved in can be found on Rangi.Life. Other groups may be set up depending on student interest. See the relevant Director or teacher in charge.

## Recognising Co-curricular Achievement

In recognition of their participation, commitment and achievements in co-curricular activities, the school awards Pocket and Colour Awards. Colours are awarded at Internal Prize Giving Assemblies during the year.

Students are notified of criteria and are required to apply for these awards or they may be nominated by staff in charge of the activity.

The criteria for awards are outlined in the 'Awards Criteria' booklet found in Publications on Rangi.Life and in the Sports Office.

# Sport

Girls have the option of participating in a wide range of sporting codes under the guidance and mentorship of around 100 sports coaches. A list of sport options is published on Rangī. Life. Girls unsure about any aspects of the sports programme are encouraged to visit the Sports Office.

The Sports Faculty staff cater to the physical needs of all students. Go to the Sports Office on Rossall Street before school, at interval, in the lunch hour or after school to find out about the available activities or if you would like to discuss the availability of a sport not already offered. The Sports noticeboard outside the gymnasium is also a valuable source of information.

We have lots of activities available for everyone. Rangī Ruru has one of the highest sports participation rates in Canterbury. Girls are encouraged to participate regularly in an activity of their choice during each term. We do however strongly recommend a commitment of no more than two activities per term per student.

## Sport Department

Director of Sport	Ms Mandy Anderson
Assistant Director of Sport	Ms Melissa Brooks
Sports Coordinator / Years 7/8 Sport	Mr Joe Piggott
Fitness Centre Coordinator	Ms Lesley Joyce
Strength & Conditioning Coach	Mr Ross Kennedy
Mental Performance	Ms Paula Rule
Netball Development	Mrs Anna Kennedy

Sport at Rangī is overseen by the Director of Sport, Ms Mandy Anderson. She has overall responsibility for the administration and organisation of all activities but shares the convening of sports with other staff members and the Sports Department. See Rangī. Life for full details of the Convenors for each code.

## Head of Sport and the Sports Council

The school has a group of Year 13 Senior Leaders - one of whom is the Head of Sport. The Head of Sport helps with the sports organisation and leads the Sports Council.

The Sports Council take an active role in the organisation of inter-clan and inter-year level events, interschool visits, Wednesday sport, and the organisation of sports including the Athletics, Swimming and Cross Country events.

The Sports Council is selected from Year 12 and Year 13 Students in the first two weeks of Term 1.

## Sport Captains and Deputy Captains

Sports Captains are appointed to help with the administration and organisation of all competitive sports.

Every sport has a captain and sometimes a deputy (usually Years 11 - 13 students). They help with the organisation of their sport or activity and are available to help you with any problems or inquiries. A list of names will be posted on the Sports Noticeboard. The students also wear badges indicating their sport and their role.

## **Sport Coaches**

The school provides approximately 100 sports coaches. This enables most team sports, at all levels, to have a coach. In many cases we also have managers to assist with the supervision of the team and to accept responsibility when a coach is not present. All Senior A teams have a manager.

In many instances, coaches are university students who are willing to accept the responsibility of training and coaching their teams and to help develop our students' skills.

Due to the number of students involved in sporting activity, we are often in need of coaches and managers for teams. If you are interested in becoming involved with a team, please contact the Director of Sport.

We appreciate the support and encouragement of teams by our parent body, and your support helps to reinforce the lessons outlined in the Rangī Ruru standards and values.

If incidents occur which require school support, please contact the Director of Sport in the first instance, the Teacher in charge of the activity or the Deputy Principal.

## **Sports Officials**

All students are encouraged to sit umpiring, refereeing or coaching awards. Girls should contact the Sports Office to discuss the availability of training in coaching or refereeing. For example, the school offers the opportunity to achieve an Instructors Award in Lifesaving.

We are always looking for girls to provide help with sports. If you are reliable, responsible and keen to have a go, your assistance would be much appreciated.

If you are interested in acquiring a Pocket or Colours in a particular sport, service to that sport is now a prerequisite for Colours.

Parent support is always appreciated. Parents interested in getting involved in sport, particularly management and transport of players, should contact the Director of Sport.

## **SOAR Programme (Supporting Outstanding Athletes at Rangī)**

SOAR provides support and guidance for Rangī Ruru's top sportswomen who are on a performance pathway in their chosen sport(s). This includes support with goal setting, nutrition advice, mental performance coaching and targeted strength and conditioning as required. See the Director of Sport for information on the programme and the selection process.

# **Interschool Sports Tournaments**

## **Summer**

Summer Quadrangular Tournament (Term 1). Participating Schools: St Margaret's College, Craighead Diocesan School (Timaru) and St Hilda's Collegiate (Dunedin).

## **Winter**

Craighead Diocesan School (Timaru) Junior Exchange (normally held in Term 2). Involves Years 7-10 netball, hockey, football and basketball teams and alternates between Timaru and Christchurch.

# Years 9-13 Sport

Each term students participate in competition with other Secondary Schools in the Christchurch area. Competitions run for Years 9 to 13 students in grades. You do not need to be an expert or to have played before. You do need to be enthusiastic, keen to learn and committed.

Generally students travel to venues in shuttles or by bus (Transport charges are gold sheeted). You may walk or bike to close venues. Equipment required is generally supplied by the school.

## **Interschool summer competitions: Term 1 & Term 4**

- Cricket
- Cycling
- Equestrian
- Fencing
- Indoor Football
- Indoor Netball
- Kickboxing
- Lawn Bowls
- Rowing
- Surfing
- Tennis
- Touch
- Trampolining
- Triathlon
- Volleyball
- Waterpolo

## **Interschool winter competitions: Term 2 and Term 3**

- Badminton
- Basketball
- Cross Country/Road Race
- Cycling
- Duathlon
- Equestrian
- Fencing
- Football
- Hockey
- Kickboxing
- Netball
- Rugby
- Snow Sports
- Trampolining

All sports trainings are organised by the team and coaches and will be available on the Sports Noticeboard.

For details on sports and getting involved see Rangī.Life or speak with the Director of Sport.

## Years 7 & 8 Sport

Girls may participate in many of the school based activities and clubs such as trampolining, lifesaving, athletics, recreational lunchtime swimming, tennis coaching, waterpolo, hockey, netball, basketball, cycling, fencing, surfing and touch.

Each week there is a structured two hour sports programme where girls are encouraged to develop skills, enjoy a wide variety of team sports and have the opportunity to work with other intermediate schools.

Mr Joe Piggott is in charge of the Years 7 & 8 sports programme and should be contacted for all matters regarding Years 7 & 8 sport.

### **Canterbury AIMS (Association of Intermediate and Middle Schools) Championships**

Years 7 & 8 teams compete in the following events and sports run as part of the Canterbury AIMS Championships, organized through Primary School Sport Canterbury:

- Aerobics and Hip hop
- Athletics
- Basketball
- Cross Country
- Duathlon
- Equestrian
- Hockey
- Koru Games
- Netball
- Skiing
- Swimming
- Tennis
- Touch - Terms 1 and 4 teams compete in the St Andrew's Independent competition and/or the CAIMS weekly Tuesday competition
- Triathlon - the Years 7 & 8 Rangī Ruru Aquathon is held on site for all individuals and teams and girls can also enter the CAIMS Triathlon
- Volleyball
- Waterpolo

Years 7 & 8 netball teams also compete in the annual sport exchange with Craighead Diocesan, Timaru.

# Competitions

## Clan Sports Competitions

Clan sports are organised by the Clan Leaders and the Sports Council. These happen during Athletics, Swimming and Cross Country events.

### Boarders vs. Daygirls

Competitions are held annually in Swimming and Athletics (relays). These competitions engender lots of friendly rivalry and fierce competition. The boarders' and daygirls' hakas also play a large part in the encouragement of teams!

## Compulsory School Events

### Swimming Sports

All students are encouraged to enter the Swimming Sports to gain points for their Clan. Prelims are held for all year levels to determine which girls qualify to compete in the Championship events as part of the School Swimming Sports. Check Rangī.Life notices to ensure you know when prelims for your year level will be held.

Girls competing for the Championships should participate in short and long course events to gain maximum points. Even if girls don't qualify for the Championship events, everyone attends Swimming Sports and takes part in fun events which earn points for your clan.

- All students must swim in togs and clan caps
- Clan caps may be purchased from The Shop.

Age groups are as follows (ages all as at 1 April):

- Years 7 & 8
- Under 14 years
- Under 15 years
- Under 16 years
- Over 16 years

### Events

Championship - for our top swimmers

Clan events - Achievement Lengths (all members of a Clan swim as many lengths as possible, any stroke for five minutes)

Swimming events are held in Breaststroke, Backstroke, Butterfly, Freestyle and Medley.

The Intersecondary School team is selected from the times recorded during the School Sports.

### Athletic Sports

All students must participate throughout the day in Championship or Clan events or a combination of both.

- Uniform for Athletics Sports – school sports top, navy shorts, school tracksuit or trackpants for championship events.

- Clan events - fun events run all day. All students are encouraged to participate for points for your Clan in Clan colours.

Age groups are as follows (ages all as at 1 April):

- Years 7 & 8
- Under 14 years
- Junior (under 15 years)
- Intermediate (under 16½ years)
- Senior (over 16½ years)

### **School Championship Athletic Events**

You may sign up for a minimum of three events and a maximum of five (NB this doesn't include the 400m and 3000m which are held on a separate day) - 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, High Jump, Shotput, Discus, Triple Jump, Javelin.

- 400m and 3000m events are held before Athletics Day
- Year 13 students may help with the running of the meeting

Canterbury Intersecondary Schools' Athletics Championships - our team is selected from girls placed on our Athletics Day.

South Island Athletics Championships - if you place in the first four at the Canterbury Champs you can be nominated for selection to attend this meeting.

## **Cross Country**

All races are over 3kms. It is compulsory for all girls to take part. Girls are expected to start by running then power walking is permitted. We ask parents/caregivers to support this unless there is a genuine medical reason to be excused.

Age groups are as follows (all ages at 1 April):

- Years 7 & 8
- Under 14 years
- Junior (under 15 years)
- Intermediate (under 16½ years)
- Senior (over 16½ years)

Students compete in school PE/Sports gear. The event counts for Clan points. The top ten in each age group can go on to the Secondary Schools' Championships, South Island and National events.

## **Lunch Hour Activities**

### **Swimming and Lifesaving**

The swimming pool is available for recreational use during the lunch hour every school day from late October to late March, weather permitting. Lifesaving groups use the pool before school, in the lunch hour and after school as required.

## **Sports Practices**

Many sports practices are held before school and/or after school, and sometimes during lunchtime. Check the Sports Noticeboard and your email for information concerning your sport. If you do have a practice to attend, it must take priority over any other lunchtime activities offered.

## **Recreational Tennis**

The tennis courts are available for use most days. You must wear appropriate footwear (not school shoes) and provide your own tennis balls. Rackets are available from the Sports Office.

## **Gymnasium**

Sometimes there are opportunities for recreation or to practice your own sports skills. Sports gear is available for recreational use during the Lunch break. This can be borrowed from the Sports Office – not the gym.

# Sport Notices

## **Sports Noticeboard**

The main noticeboard is situated on the outside wall opposite the gym entrance. All team and interschool sports information is posted here. Make sure that you get into the habit of checking this board every day. Urgent information will also be posted here.

We have a second notice board on the outside wall of the Fitness Centre (leading up to G1 and G2). This is used for information regarding Lifesaving and Netball. Athletics and Swimming events information will be posted on the main noticeboard.

## **Daily Notices and Email**

All information regarding sports meetings, trainings and upcoming events will be published on the Sports Notices on Rangi.Life and/or emailed to students. It is important to form a habit of checking the notices and your email daily so you can find out about things happening at school.

# Fitness Centre

The Fitness Centre is a great facility equipped with a variety of weight training and aerobic equipment. Numerous services are available including medical screening, fitness programming, fitness testing, aerobics and circuit classes and nutritional advice. Physiotherapy advice can be arranged.

Programmes are designed to meet your individual needs whether it is for general fitness, toning, peaking for optimal sports performance or for rehabilitation reasons. A variety of fitness assessments are available to monitor your progress. Such tests include the VO2 max, strength and power, flexibility and basic postural analysis.

Lunchtime classes are arranged to meet demand eg. aerobics, circuits, sports speed and yoga. Some classes carry a small charge, which would be made to your Gold Sheet.

If you would like to begin a new programme, change your current one, or have any questions please make an appointment to see Ms Joyce at the Fitness Centre. Most appointments will take 45 minutes.

Female family members may also use these facilities for \$40 per term, which includes an introductory session. Personal training is also available. See Ms Joyce for further details.

The Fitness Centre is open lunchtimes and after school until 5.00 pm. The Centre is only available for student use when Ms Joyce, P.E. staff or an authorised person is present. This is essential to ensure your safety when working out. Check with the Fitness Centre Captain or the duty Fitness Assistant, if you have any queries, when Ms Joyce is unavailable. Arrangements can be made for use before school or during school holiday times.

Large groups or sports teams interested in training together should make arrangements with Ms Joyce. Appropriate mufti may be worn, except in regular PE classes.

## Sport Uniforms

We have a multi-purpose sports uniform, which students wear when competing in weekly sports competitions. These tops have been designed to be used for PE and most sports teams, with the exception of basketball where girls must purchase a basketball singlet and Saturday netball, where girls must purchase a Rangī Ruru netball dress. Additionally, most Senior A teams are supplied with a uniform which must be returned at the completion of the season.

The winter alternative is the rugby jersey. However, we do expect each team to all play in the same uniform. Girls are not to play in vests or other alternative strips unless authorised by the Director of Sport.

The following sports gear is available for purchase from The Shop at 41 Hewitts Road (next to the pool):

- Tracksuit pants
- Skins
- Windproof/wet weather jacket
- Sleeveless polar fleece vest
- Rugby jersey
- Navy shorts
- Squad tops for A teams
- RR bandanas
- RR beanies - navy
- Navy socks - with two gold bands (hockey, soccer, rowing, rugby)
- Gold socks for A teams (hockey, soccer)
- Rangī Ruru lanyards
- Clan swimming caps.

We would expect students in Tournament teams or on Interschool visits to purchase a sleeveless vest, and/or a wet weather jacket.

Additional comments:

- Tops requiring numbers will have an additional charge
- Sports uniforms may be used for PE
- Some second hand uniforms will be available at The Shop
- Uniforms are made to fit each student
- All uniforms are available for purchase at The Shop

Contact the Director of Sport or the Convenor of your sport if you have any enquiries about your sport uniform. Generally, charges will be Gold Sheeted. Enquiries for purchase of uniforms should be directed to Ms Pooley at The Shop.

Any additional uniform items need to be in consultation with and approved by the Director of Sport.

# Transport

## Transport for Interschool Sport

- Girls may walk, bike, drive their own cars or be transported by their parents. We have a school contract with First Direct Taxis to supply appropriate vehicles for all of our competitive sport and coaching sessions in the city
- We also sometimes use a bus to transport students to some sports
- Transport charges are Gold Sheeted
- We understand that transport to sport is an added expense and where possible, we do appreciate daygirls' parents collecting boarders if you are passing by on the way to a game. However, this must be organised with permission through the Boarding House. Students can organise transport with First Direct Taxis through the Boarding House, the Sports Faculty or Mrs Smith at the School Office.

## Use of Students Cars for Transport to Sport

In the interests of safety, girls may not transport other students without a full drivers' license, permission from their parents/caregivers and permission from the parents/ caregivers of girl(s) to be transported.

We strongly recommend that parents/caregivers are aware of who their daughter is driving and/or travelling with.

# Procedures

## Sign Up and Selection

Each pre-season sign-ups are done via email, where you are sent all the information and you must indicate your intention to play. This means that you will be selected in a team and expected to play.

You can only play one Wednesday sport each term as all the competitions are held from 2.30pm - 5.30pm. Please don't sign up for more than one. This is the same for Monday or Friday night activities.

Selection will be made at appropriate times before the season commences.

Team lists will be posted on the Sports Noticeboard.

## Attendance

You are expected to attend all practices and be available for all games. Please organise appointments or other happenings at times other than training or game times. If you have a clash please inform both your coach and other people concerned at the start of the season so some compromise can be made.

An Attendance Record may be kept by your coaches/captains. Convenors of your sport may check this regularly. There will be consequences for unexplained absences.

If you are absent from school on a training or game day, it is common courtesy to let the Sports staff and your coach know. Phone the school on 03 983 3700, or the Sports Office on 03 983 3769, and leave a message. If you have prior warning of an absence please inform your coach earlier. Phone numbers will be available for you.

## Draws

The draw for your games is posted on the main Sports Noticeboard (Wednesday sport - Monday, Basketball - Wednesday and Volleyball - Friday). Captains make sure that your coach knows game times. If you are not sure of the venue for your game see the Sports staff.

You can check for draws, results, cancellations and general information on the School Sport Canterbury website [www.canterbury.schoolsport.org.nz](http://www.canterbury.schoolsport.org.nz).

## Coaches

We are very fortunate to be able to employ over 100 coaches from the community to ensure that you have expert assistance for your sports teams each season. Please make sure that you assist them by:

- attending all practices
- informing your captain or coach if you are unavailable for a practice
- checking the noticeboard for information on training etc. regularly

Remember these coaches often make special arrangements at great personal inconvenience to attend your practices. Once you make a commitment to the team you must fulfil your obligations for the season - be reliable and considerate please. All coaches are to be treated as staff members.

## **Problems or incidents at games**

You should let the Sports staff know on your return to school or, if necessary, call one of the Sports Department staff immediately. Staff cell phones numbers will be made available at the start of each year. Ms Joyce is also available in the Fitness Centre if you can't find anyone else. If your transport does not return to bring you back to school please phone one of the Sports Department staff or First Direct Taxis 03 377 5555.

## **Results**

Team captains must submit their results to the Sports Office by interval on Thursday for Wednesday games. These can be text or emailed to Mr Piggott. Tennis balls (with match result sheet) must be returned to the Sports Office at the same time.

## **Fair Play**

We expect appropriate behaviour at all times. Please check the Fair Play code and the Rangī Values in the Student or Family Handbook. Failure to comply with our rules will mean that you and/or your team will be withdrawn from the competition. If you feel someone in your team is deserving of a Fair Play Award see the Head of Sport in the Year 13 Common Room.

## **Uniforms and Transport**

On Wednesdays, students are able to change into sports uniform at lunch time which should mean there are no excuses for being late to catch a shuttle, bus or taxi to get to your game on time. Most games will start at 3:15pm so shuttles will depart from the Rhodes Street gate at 2:35pm SHARP. If your shuttle leaves at a different time, it will be noted on the team shuttle sheet when you attend the interval meeting.

You do not require a Uniform Card for Wednesday Period 5 classes. Teachers know that you will be in sports uniform then. If you have to leave class early for any games and/or you have to go to class in sports uniform at a different time, you must take a Uniform Card to your class teacher. These are available from the Sports Office and must be signed by the Sports staff.

## **Sports Team Meetings**

On Wednesdays at interval all students involved in sport are to attend meetings in the Gym. Volleyball meetings are held at interval on Mondays and Basketball at interval on Friday. These meetings are compulsory for everyone playing. The Sports staff and Sports Captains will attend to ensure that you are organised for your game, and that you have information regarding your transport.

## **Sports Captains Responsibilities**

Collect a shuttle/bus sheet from the gym.

Roll Check - Mark the attendance of your team members in the left hand column. Put an 'a' in the column if they cannot play that day.

Put a line through the name of anyone who is no longer playing.

Tick the right columns for transport if required. Indicate if girls want a one way or a return trip.

Hand the sheets back to the clipboard box after your meeting. Do not take the sheet away.

The team captain should not leave this meeting until they have a full team. Any problems please see the Convenor of your sport, or Sports staff in attendance.

We do NOT default. If you can't play it is your responsibility to ensure that you have a replacement. You have made a commitment to your team and only in exceptional circumstances should you have to find a replacement.

At 2.35pm the buses will collect you from Rossall Street, the shuttles/ taxis from Rhodes Street (near the boarding house). Don't be late!

### **Cancellations**

If games are cancelled due to weather, the state of grounds, or any other reason, teams will be emailed or text and notices will be placed on Rangī.Life and on the whiteboard outside the Fitness Centre. Cancellations are also posted on the School Sport Canterbury website - [www.canterbury.schoolsport.org.nz](http://www.canterbury.schoolsport.org.nz).

These are usually notified by 12pm, however, late cancellations can be made up until 1pm.

Please do not assume that your game will be cancelled if the weather is poorly. You must be prepared to play unless notified by the Sports Office.

### **Charges**

Charges for transport and game fees are Gold Sheeted. Where fees for a sport are required an information sheet will be emailed home.

## Expectations, Policies and Code of Behaviour

All girls are expected to wear the Rangī Ruru sports uniform applicable to their sport. Some sports participation have additional tuition or transportation costs. These are generally allocated to the individual student's Gold Sheet.

Everyone is required to take part in the school's annual Swimming and Athletic Sports and the Cross Country event. Years 7 - 10 must also take part in Lifesaving Awards. Once involved in a sport all girls are expected to commit fully to training and games.

### **Sport and Recreation Policy**

Purpose: To ensure a wide range of opportunities is provided for all students to participate actively in sporting and recreational activities in order to develop positive attitudes and worthwhile skills for a healthy lifestyle.

Aims:

- To develop, coordinate and administer on-going programmes for sport and recreation, drawing on the resources of staff, students, parents and the community for the best available expertise
- To foster students' lifelong interest in, and awareness of, the importance of taking part in sport and recreational activities
- To encourage good sportsmanship
- To foster the acquisition of skills for students' effective participation in sporting and recreational activities, both inside and outside the school programme
- To enhance students' personal development

- To ensure appropriate allocation of funding for essential equipment, payment of coaches, and any other related costs
- To ensure that sports facilities and equipment provide a suitable basis for the students' sporting and recreational needs
- To ensure safety for students in sport and recreation
- To ensure each student's whole school programme has a balance
- To encourage students to strive for excellence in sport.

## **Guidelines**

- Enable students to acquire appropriate skills for enjoyable and successful participation in their chosen activities
- Ensure students have the opportunity to meet with, observe and accept as role models, successful sports people
- Instruct students in basic sports injury techniques, and safe techniques in preparation for activities
- Ensure students are aware of safety procedures for themselves
- Ensure personnel associated with the school sport and recreation programmes (coaches, teaching staff, EOTC staff) are properly trained in safety procedures
- Ensure all sport and recreation equipment is regularly maintained and checked
- Provide the opportunities for the establishment of sound physiological and psychological practices to enhance performance
- Provide the opportunity for coaching, umpiring and training programmes
- Encourage involvement in schemes where appropriate recreational and sporting skills are applied, such as Duke of Edinburgh, FAST (Red Cross) Programme, and Horse-riding and Skiing Programmes for the disabled
- Provide the opportunity for students to develop leadership and organisational skills
- Frequently evaluate programmes
- Acknowledge excellence in achievement at all levels of sport.

## **Sports Values and Behaviour**

### **Rangi Ruru Sports Code of Behaviour**

The essential elements of character-building and ethics in sport at Rangi are embodied in the concept of sportsmanship and the Rangi Values of: Respect, Aroha, Enthusiasm, Endeavour, Generosity of Spirit, and Integrity.

#### **Code of Behaviour**

Students:

- Play sport for the “fun of it” and not just to please parents and coaches
- Play by the rules
- Never argue with an official. If you disagree, have the captain or coach approach the official during a break or after the game
- Be a good sport. Cheer all good players or plays, whether they are in our team or the opponent's team. Always thank the opposing team and officials at the end of the game

- Work equally hard for yourself, the coach and the team. The team's performance will benefit and so will you. Positive encouragement helps create a good team spirit
- Make a personal commitment to:
  - Give the Coach and/or Captain plenty of notice if you know that you are not available for a game or practice
  - Wear correct sports uniform. Take pride in wearing your Rangī uniform
  - Check the school notices and Sports Noticeboard regularly for information
  - Commit to all trainings and games during the season
  - Be a modest winner and a gracious loser
  - Take personal pride in all you do
  - Never do anything that would have a negative impact on your own or the school's reputation.

#### Parents/Caregivers:

- Provide positive support, care and encouragement to your child, their coach and team at all times
- Promote and role-model the Rangī Values
- Emphasise the skill development and practices, along with the emotional and physical wellbeing of your child, ahead of your personal desire to win. Remember the game is for your daughter, not for you
- Never question, discuss, or confront coaches at the game, unless invited to do so. Speak with coaches at an agreed upon time and place, organised through either the Convenor or Director of Sport
- Support the coach, team and your daughter by providing notice well in advance if your daughter will be unavailable during a term break
- Expect a sports environment that is free from drugs, alcohol and tobacco AND expect your child to treat all other players, coaches, fans, officials with respect.

## Useful Websites

New Zealand Secondary Schools' Sports Council for information on South Island and National event information, entry forms and results [www.nzsssc.org.nz](http://www.nzsssc.org.nz)

See School Sport Canterbury [www.canterbury.schoolsport.org.nz](http://www.canterbury.schoolsport.org.nz) for updates.

# Music

A wide range of co-curricular Music activities is offered. These groups are tutored by Music Curriculum staff, Itinerant Music tutors and in some cases senior students.

Further information is available in the Music information section on Rangilife, and from Music staff.

## Music Staff

Director of Music	Janet Kingsbury
Teachers of Music	Jeremy Thin and Henare Kaa
Jazz Band Director	Lana Law
Resolutions/Rangi Voices Director	Helen Charlton

## Itinerant Music Staff

Accompanists	Michael Lawrence, Tim Emerson
Acoustic Guitar	David Smith
Bass & Electric Guitar	Dougal Canard
Bassoon	Melanie Chua
Cello	Alison Hansen
Clarinet	Jonathon Prior
Composition	Philip Norman
Double Bass	Gerald Oliver
Drums	Andrew Couper
Flute	Margo Askin
French Horn	Antonio Dimitrov
Harp	Helen Webby
Jazz Improvisation	Dougal Canard
Oboe & Recorder	Susan McKeich
Percussion	Roanna Funcke
Piano	Melanie Chua
Piano - advanced	Tim Emerson (visiting tutor)
Pipe Organ	Russell Kent
Saxophone	Lana Law
Theory	Melanie Chua
Trumpet & Trombone	Antonio Dimitrov
Violin & Viola	Natalia Lomeiko
Voice - all genres	Helen Charlton
Voice - classical	Barbara Walton
Voice - contemporary	Natalie Elms

This list may change from time-to-time. If you are unsure, check Rangilife for the most up to date details.

# Music Groups

There are numerous opportunities for solo and group performances and live recording for all girls who are involved in any aspect of the music programme at Rangī. The groups and ensembles below are an example of what is available to girls. Other groups are formed as interest and demand dictates, and may vary from year to year.

**Resolutions** is Rangī's auditioned senior choir for girls in Years 11-13. This award winning group has competed many times in the National Choral Federation BIG SING Finale, winning Silver and Bronze awards. The choir has performed with the Christchurch Symphony Orchestra and in other concerts in Christchurch, and has recorded for TVNZ 'Praise Be'. Rehearsals are Thursday 3.45-5.30pm and some Monday evenings 4.45-6.45pm.

**Rangī Voices** is an auditioned group of Years 7-10 girls that participates in the BIG SING competition and Voices Festival, as well as performing at school and community events. Rehearsals are Friday lunchtime.

Other **Vocal Ensembles** such as **Jazz** and **Barbershop Ensembles** may be available for those interested. Rehearsals to be arranged.

The **Rangī Sinfonia** is Rangī's senior orchestra and is open by audition to advanced players from all year levels. The Sinfonia performs at various functions and participates in the annual Christchurch Secondary Schools' Orchestra Festival. Advanced Sinfonia players often gain selection for the New Zealand Secondary Schools' Symphony Orchestra and NZSO National Youth Orchestra. Rehearsals Tuesday 3.45-5.30pm.

The **Jazz Band** is open to girls by audition and performs at a number of school and community events. For many years the band has competed in the Southern Jam Youth Jazz Festival and ARA Jazz Quest, winning both Gold and Silver awards in addition to a number of individual awards. Rehearsals are Monday lunchtime and Friday 3.45-5.30pm.

**Chamber Music** groups, including percussion and saxophone ensembles, participate in the NZCT Chamber Music Competition, often receiving regional finals placings and awards. In recent years groups have been selected as national finalists, receiving Gold and Silver awards in addition to prestigious national KBB Awards. Rehearsals to be arranged.

**Rock Bands** often write their own material and compete in the secondary schools' Smokefree Rockquest competition, as well as having opportunities for live gigs and recording in professional recording studios. Rehearsals to be arranged.

**Rangī Players** is a training ensemble for instrumentalists to prepare for audition for the **Rangī Sinfonia** and/or **Jazz Band**. Performances are school and community based. Rehearsals are Monday lunchtime.

Girls who have a special interest in **Composition** and **Songwriting** are well supported, with their work often receiving recognition and placings nationally in events such as the Play it Strange Songwriting Competition and the Shakespeare Composition Competition.

# Itinerant Music, Speech and Drama Programme

**Individual tuition** in a wide range of instruments, voice, composition and speech and drama is offered to girls wishing to further develop their performance skills to support their curricular and co-curricular programmes of learning. This tuition is given by some of Christchurch's most well-known specialist music and speech and drama tutors.

Further information is available on [RangiLife](#).

## Artist in Residence Programme

Rangi Ruru has an **Artist in Residence** programme. Past Music Residents have included Percussionist Roanna Funcke, Composer Dr Philip Norman, Alumna and Musical Theatre specialist Ali Harper, and Viola player Bryony Gibson-Cornish. These residencies are one of many ways that Rangi provides opportunities for girls to work alongside with and learn from professional musicians.

## Facilities

The **Performing Arts Building**, opened in 2015, contains specialist teaching and learning spaces and equipment, including practice and rehearsal studios and a fully equipped recording studio. In addition, there is a purpose built dance studio, and theatre - the Merivale Lane Theatre. This building is a dynamic hub for performing arts staff and students.

## Music Uniform

Resolutions and Jazz Band have performance uniforms which are hired for the year by the girls. Other groups wear either school uniform, performance blacks, or mufti, depending on the group and occasion.

Any additional uniform items need to be in consultation with and approved by the Director of Music.

# Theatre Arts

Drama and Dance are very popular curricular and co-curricular activities at Rangī Ruru and hundreds of girls each year get involved in school productions as cast and crew.

## Staff

Director of Theatre Arts  
Teacher in Charge of Dance  
Dance/Drama Teacher

Peter Rutherford  
Hannah Clarkson  
Kirsty Bell

## Drama and Dance Productions

An information sheet with an overview of rehearsal times will be given out at the first meeting of any production and parental consent is required. This is to ensure that parents are aware of the commitment needed.

Information sent home regarding productions and events will include the relevant contact details. For more information on Drama and Dance Productions see Rangī.Life.

Check the daily notices for full details of auditions, meetings and rehearsals for Senior Production, Junior Production, University of Otago Sheilah Winn Shakespeare Festival, Dance festivals, and Years 11, 12 and 13 Drama class performances.

Junior Drama Club is for Years 7-10 students and generally run one lunchtime a week led by the Head of Drama.

## Dance Companies

In addition to productions and shows, Rangī Ruru has four Dance Companies. For further information see Miss Clarkson or check Rangī.Life.

### **Years 7 & 8 Dance Club**

An opportunity is given to students in Years 7 & 8 to be involved in a performance dance group. This is not auditioned and allows girls with less experience in dance the chance to experience performance, composition and choreography.

### **Years 9 & 10 Dance Club**

A group audition (Cattle call) takes place at the beginning of the year. Information will be in the notices. This is a wonderful opportunity for girls to build their dance and choreography skills.

### **Dance Company**

This company is auditioned. The dancers will be involved in Performing Arts Showcase and a Performance Evening. Girls are given the skills to help them further develop as dancers and the majority go on to become members of Elite Dance Company.

### **Elite Dance Company**

The crème of the school dance community is involved in this company. They will perform at Performing Arts Showcase, Performance Evening, and Prize Giving and are part of the development and choreography for festivals. This company also has the opportunity to work with Christchurch's top contemporary choreographers.

# Groups and Clubs

Girls can choose to be involved in a wide variety of groups including:

- Creative Writing
- Chess
- Debating
- Duke of Edinburgh's Hillary Award
- Future Problem Solving
- International
- Kapa Haka
- Philosophy
- Young Enterprise
- Young Farmers

Groups are subject to change depending on numbers.

Groups meet during lunchtimes throughout the year and are often involved in specific programmes or projects.

Girls can also volunteer for service groups that assist with events and activities for the school including Fitness Assistant, Library Assistant and Tech Angel.

For further information on when these groups meet and how to get involved, visit the Groups and Clubs page on Rangī.Life.







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