



Instrumental and Vocal Music Handbook 2023



MISSION STATEMENT

We aim to be "The Best We Can Be" through a holistic approach to Music Education.

PREFACE

The Music Program at MacGregor State High School offers our students many opportunities for personal development. The Instrumental curriculum features instruction in Strings, Woodwind, Brass, Percussion, and private lessons are offered in Guitar, Vocals and Piano.

A **Beginner Recruitment Program** is in place for the students who have always wanted to learn an instrument. All instruments are available for a one-year trial. Depending on the cost of the instrument, the school may offer the student loan of the instrument until Year 12 Graduation. Instruments such as flute, clarinet, trumpet, saxophone and violin will need to be purchased on completion of the trial period. Lessons in Woodwind, Brass, Percussion and Strings are provided **free** of charge under Education Queensland's Instrumental Music Program.

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Ms Sandy Armstrong's email is sarms2@eq.edu.au and school mobile number is **0418 876 699** to be used for EMERGENCIES. e.g. student not coming to a performance.

INTRODUCTION TO TEACHERS AND PROGRAM

At MacGregor State High School, we are fortunate to have very dedicated Instrumental/Vocal and Classroom teachers. They spend many hours out of school time to ensure the best program is offered and our students are given every opportunity to succeed.



Ms Sandy Armstrong is the Head of Department Music, ensuring all facets of the classroom and Instrumental/Vocal Music. Sandy teaches classroom Music, Music Extension and Music Excellence. Sandy provides inspirational teaching to students throughout their years at MacGregor State High School. Sandy graduated from Queensland University of Technology with a Diploma of Teaching (Secondary Music) and a Bachelor of Education. As a Trombonist and Vocalist, Sandy has many years of experience as a performer and conductor. She has been Musical Director and Director of numerous Rock Eisteddfods and School Musicals.



Ms Louise Dorsman is our Vocal Teacher and Director of Chorale. Louise is a versatile performer who performs in a wide range of musical styles including Opera, Musical Theatre, Jazz and Popular song. She studied at The University of Melbourne graduating with a Bachelor of Music (Performance). She has also received a Graduate Diploma in Education from QUT. Louise has performed extensively in both Opera and Musical Theatre including Opera Queensland in both the school's programs and as a solo artist. Louise is currently a member of Opera Queensland's Openstage team and performs regularly with the Underground Opera Company, touring regional Queensland and New South Wales. Coupled with her performing experience, as a vocal teacher, Louise enjoys collaborating with and developing young voices and is dedicated to growing and creating music making experiences within the realms of the voice.



Mr Jason Elliot is a Brisbane guitarist with 40 years playing experience. He has a Bachelor of Music from the Queensland Conservatorium of Music and has been teaching guitar professionally for 15 years. Performance has always been a key aspect of his work, performing in bands and ensembles covering genres including jazz, funk, soul, avant-garde and rock. He has played with acclaimed American arranger and composer, Van Dyke Parks and at festivals such as Woodford, Caloundra Jazz Festival and the Broadbeach Blues Festival. He has recorded numerous albums and soundtracks and continues to perform live on a regular basis. Jason has a life-long love of music and an extensive musical knowledge and enjoys sharing the wonders of music with his students. He takes the time to understand their musical likes, dislikes and goals in order to ensure they get the best out of their lessons with a focus on developing their ability and engaging with music that excites and inspires them.



Mr Daniel Holloway is our String Teacher, conducting Corelli Strings. He has taught strings full-time with Education Queensland since 1982. His ensembles have achieved many honours, including in 2010 winning the Brisbane Primary School section of Fanfare, Education Queensland's biennial state-wide showcase for instrumental ensembles. Many of his former students have pursued careers in music and teaching, and many others continue to enjoy making music while following other professions. In 2004 Daniel undertook a teaching exchange in Shanghai, China. He has also taught cello and chamber music at James Cook University. Daniel has played with the Sydney and Melbourne Symphony Orchestras and currently plays principal cello with Orchestra Corda Spiritus as well as in a number of chamber music groups. In 2000 he completed a Master of Music degree, researching Australian compositions for school string orchestras, and has published several compositions for school string orchestras himself. He has taken conducting courses with Symphony Australia and other organisations, and is the founding conductor and Musical Director of the Southside Youth Orchestra. He is also an AMEB examiner and a former president of the Queensland branch of the Australian Strings Association. Daniel aims to instil a deep love and understanding of music through quality music making.



Mr Kentaro (Ken) Koido is the current String's Teacher at MacGregor State School where he directs 5 string orchestras and various small chamber groups. He holds a Bachelor of Music from the Queensland Conservatorium and a Grad Dip. of Education and a Masters of Music from the University of Queensland. He is currently on the executive committee for the Australian String Teachers Association (QLD) where he holds the role of newsletter editor. Kentaro sits on the audition panel for the Gold Coast Youth Orchestra, is an adjudicator for the AUSTAQ strings festival and has regularly tutored the Queensland Youth and GCYO, and given lectures at the Queensland Conservatorium. As a professional musician, he has collaborated with artists including Lior, Tina Arena, The Angels, Damien Leith and performed at various high-profile events (for example Duke of Edinburgh Awards with Prince Charles, and the Royal visit with Prince William to Brisbane). Kentaro has performed solo with the Queensland Youth Symphony, Gold Coast Youth Symphony, Orchestra Corda Spiritus and with the Japanese Suzuki Ensemble (Sumire-no Kai) on their International Europe Tour.



Ms Lina Lai graduated from the Griffith University Queensland Conservatorium of Music in 2012 with a Bachelor of Music, majoring in Piano Performance. She gained her ATCL Performance Diploma from Trinity College London at the age of thirteen. She regularly performed in recitals, music ensembles and competed in a variety of eisteddfods throughout Brisbane where she won numerous prizes. Following her music studies, she went on to study at The University of Queensland and received a Graduate Diploma in Secondary Education. Lina is a classically trained pianist who also has an interest in playing jazz and popular music. Besides teaching, she also accompanies for local choirs, soloists, competitions and examinations. Lina is a dedicated teacher who adopts a lively and professional approach to students of all ages and levels and believes music making should be a

rewarding experience.



Mrs Tamara Luski teaches Classroom Music and is the Director of MACappella, Show Choir and Vocal Harmony. Tamara graduated with a Bachelor Degree in Performance from the Tasmanian Conservatorium of Music in 1985, majoring in Piano. She went on to complete her Graduate Diploma in Performance at the Canberra School of Music in 1987 with Larry Sitsky and a Master of Arts at the University of California, San Diego with Keith Humble. Following her studies, Tamara moved to Israel where she lived for a number of years working as a piano teacher and as an accompanist for choirs. In 2000 she returned permanently to Australia and taught piano and theory at Brisbane Girls Grammar from 2000-2006 before joining the Music staff at MacGregor in 2007. Apart from her

dedication to teaching senior music and instilling in her students a love for music making, Tamara has a passion for choral conducting and working with the wonderful students in MACappella, Show Choir and Vocal Harmony. The highlight of her time at MacGregor State High is the development of a vibrant choral program. She also enjoys her unofficial role as music department accompanist.



Mr Haddon Mossley is our Brass Teacher and Director of Big Band, Wind Ensemble and the Music Excellence Ensemble. Haddon Mossley holds a BMus and BED (2nd class hon) from QUT and a BCommunications (hon) from Griffith University. Haddon works closely with the AMEB board to deliver extra-curricular goals for students, with a major focus in practical and theoretical examinations. He is a project officer with Griffith University SHEP program, developing ensemble pedagogy.



Mrs Rochelle Paulos is our Music Teacher Aide. She has a background of 15 years in the Performing Arts as a dancer, singer and actor and trained at Australian Dance Performance Institute (ADPI). Rochelle has created a dance program for special needs students to assist in their physical movement and cognitive function, and she has a CERT III in Children's Services. Performance highlight is touring with The Veronica's on their 2007 "Hook Me Up" Tour as a backup dancer for the band. Housed in K block staffroom, Mrs Paulos is available to assist students with timetabling gig sheets, folders and equipment.



Mrs Robyn Rosewarne is our Woodwind Teacher and Director of Wind Symphony. She is highly regarded as a conductor, holding conducting positions with Griffith University's *State Honours Ensemble Program* (SHEP) and *Young Conservatorium Wind Ensemble* as well as the *Melbourne Youth Music Summer Program* and *Northern Territory Music Camp*. Robyn was selected as the Senior Education Officer for Education Queensland's biannual *Musically Outstanding Students Program (MOST)* and has been nominated for a *National Award for Excellence in School Music Education*. As a performer she has held the position of Principal Saxophonist with the *International Wind Orchestra* performing in California and Switzerland. Robyn holds both Bachelor of Music and Bachelor of Education degrees and has achieved A.Mus.A. Diplomas in both saxophone and piano performance.



Mr Tom Sweeper is our Percussion Teacher and Director of Percussion Ensembles 1 and 2. Playing his first international gig at seventeen in Shanghai, Tom is a jazz trained percussionist and composer/arranger. A graduate of both a Masters of Teaching and a Bachelor of Music (Honours), Tom has performed and conducted workshops throughout Australia and Asia as a percussionist in a variety of styles. He is a founding member and occasional composer in the explosive percussion group SoundStruck, noted for their high energy, high impact performances, blending music with visual effects. Performance highlights include the 2018 Commonwealth Games, 2018 and 2015 NRL Finals Series, ICC Cricket World Cup 2015, Asia-Pacific Cities Summit 2015. An avid composer and

bandleader, he has lead ensembles playing original music in styles including jazz, swing, Afro-Cuban, Brazilian, classical and funk.



INSTRUMENT HIRE AND LESSONS ARE FREE!!!



WHAT INSTRUMENTS DO WE OFFER?

STRINGS

Double Bass Cello Viola Violin

WOODWIND

Flute Oboe Clarinet Bass Clarinet
 Bassoon Alto Saxophone Tenor Saxophone Baritone Saxophone

BRASS

Trumpet French Horn
 Trombone Euphonium Tuba

PERCUSSION

Marimbas Vibraphone Xylophone Glockenspiel Tubular Bells
 Gong Timpani Timbales Congas Drum Kit

WHAT ENSEMBLES DO WE HAVE?

Every student is placed into a suitable ensemble at their level

Rehearsals before/after school

3 Concert Bands

1. Wind Symphony
2. Wind Ensemble
3. Concert Band
4. Music Excellence Ensemble
 - Flute, Oboe, Bassoon
 - Clarinet, Bass Clarinet
 - Saxophones - All types
 - French Horn
 - Trumpet
 - Trombone, Euphonium
 - Tuba
 - Percussion

4 String Orchestras

1. Albinoni Strings
2. Corelli Strings
3. Tartini Strings
4. String Quartet
 - Violin
 - Viola
 - Cello
 - Double Bass
 - Harp (if student owned)
 - Piano

2 Jazz Bands

1. Big Band
2. Jazz Combo
 - Saxophone, Trumpet, Trombone,
 - Piano, Guitar, Bass Guitar,
 - Double Bass, Drums, Percussion

2 Percussion Ensembles

1. Percussion Ensemble 1
2. Percussion Ensemble 2
 - Marimba
 - Vibraphone
 - Xylophone
 - Glockenspiel, Tubular Bells
 - Timpani
 - Timbales
 - Congas
 - Gong
 - + All untuned Percussion

4 Vocal Groups- catering for all vocalists

1. Chorale
2. MACappella - by audition
3. Show Choir - by audition
4. Vocal Harmony - by audition
 - Sopranos
 - Altos
 - Tenors
 - Basses

ENSEMBLES

- ✓ Every student is placed into a suitable Ensemble at their level
- ✓ Rehearsals before/after school

GROUP LESSONS

- ✓ At your own level
- ✓ Rotating each week to avoid missing the same lesson
- ✓ Instrumental Lessons - FREE
- ✓ Instrument Hire - FREE

USER PAYS

- ✓ Guitar Lessons - \$40 (individual)
- ✓ Vocal Lessons - \$40 (individual), \$20 (pairs), \$14 (group of 3)
- ✓ Piano Lessons - \$40 per lesson (individual)

INFORMATION FOR STUDENTS

Week 1: Tuesday 24th January 2023

- ❑ Complete the **SIGN ON FORM** with your parents/caregivers
- ❑ **SIGN ON Meeting:**
 - ✓ **Week 1 - Tuesday 24th January 2023 - K2 - Lunch 1.**
- ❑ Sign up for an audition. You will be given a date and time (piano, bass, guitar, drums, vocals)
 - ✓ Auditions are held in K block (vocals), Q block (rhythm section).
 - ✓ Bring your instrument, technical exercise (two scales) and a piece to play of your choice.

Week 2:

- ❑ By Friday **all** students auditioned and placed in an Ensemble/ Lesson Group.

Remember: Everyone gets in!!!

**Instrumental/Vocal Music Camp is Monday 6th - Wednesday 8th Feb, 2023.
ALL students in an ensemble are to attend.**

Week 3: Music Camp - 6-8 February, 2023

Week 4: Lessons and Rehearsals begin!!

- ❑ Check K Block noticeboard to find your:
 - ✓ **Lesson Time** – if you can't understand it, ask a teacher.
 - ✓ **Ensemble and rehearsal time**

URGENT!! IF YOUR NAME IS NOT ON A LIST - SEE THE K BLOCK MUSIC STAFF!!

You **SHOULD** now:

- ✓ Attend lessons - Your teacher will give you a copy of the lesson schedule. The lessons rotate each week so you don't miss the same lesson.
- ✓ Bring your Instrument, folder and method text to each lesson.
- ✓ Attend rehearsals before or after school (See the student information notice board for ensemble lists and rehearsal schedule).
- ✓ Maintain commitment as per the Commitment Contract you have signed. **Note** especially A7 and A8 regarding inability to attend lessons or rehearsals.
- ✓ Practise! To be successful on any instrument, regular practice is essential. Beginning students should start with 15 minutes a day increasing to 30 minutes a day as they progress.
- ✓ Practice routine should include a warm-up, scales, technical work, studies and pieces (as set by teacher) and ensemble music, plus some fun.

INFORMATION FOR PARENTS/CAREGIVERS

Week 1: 24/1/23

- ❑ Please familiarise yourself with the details of our program in this Handbook.
- ❑ Complete the **SIGN ON FORM** and return digitally by the Sign On Meeting (Tuesday, 24th January, 2023).
- ❑ Check your child has attended the SIGN ON MEETING in **Week 1 – Tuesday 24th January - K2 - Lunch 1**
- ❑ Check your child has been auditioned or has an audition time and are prepared for the audition with all requirements.

Week 2: 30/1/23

- ❑ Check your child has been auditioned or has an audition time.
- ❑ Ask your child to return the **Permission Form** for the Instrumental/ Vocal Music Camp 2023.

Week 3: Music Camp (6-8/2/23)

- ❑ Ask your child when their lesson is and which ensemble/s, he/she is in.
- ❑ If you have any concerns or if your child's name doesn't appear in any ensemble or lesson group lists, please don't hesitate to email Sandy Armstrong on sarms2@eq.edu.au or phone 3347 3553.

Week 4: 13/2/23

- ❑ **ALL LESSONS BEGIN** - Remind your child to read the timetables, attend lessons and rehearsals, and ask for help, if necessary.
- ❑ Arrange to pay the ensemble fees. This applies to any group that rehearses before or after school.
- ❑ Encourage your child to practise regularly, attend lessons and rehearsals.
- ❑ Ensure your child has the correct performance uniform in readiness for their first performance.

2023 ENSEMBLE FEES

Every student in any Ensemble (vocal choir or instrumental band/orchestra) rehearsing before or after school is required to pay a fee to assist with program costs.

One Ensemble/Choir	\$125 per year
Two or more Ensembles/Choirs	\$175 per year

Fees are payable within 30 days of invoicing, or in three instalments as per the Student Resource Scheme Participation Agreement.

The Ensemble fees are a one-off fee that assists in covering costs relating to participation in the program. It is our aim that you will not be required to pay any other costs relating to ensemble participation (excluding camps and tours) once this fee is paid.

Music Support Group 2023 - WE NEED YOUR HELP!

The Music Support Group is a parent/caregiver support group who oversee money collection. e.g. entry donations, refreshments sold and raffles conducted at events. Its purpose is to liaise between the Music Department and the P & C. The first meeting will be Tuesday 7th March at 6.30pm in K Block.

Please indicate on the sign on form if you would like to be a member of the MacGregor Music Support Group 2023. Alternatively, please email Sandy Armstrong on sarms2@eq.edu.au

ADDITIONAL INFORMATION

Clash with school timetable

Students are responsible for being organised and talking to their teachers about possible clashes with examinations/excursions. Attendance at all lessons is important for positive growth and development.

MacMusic Newsletter and Calendar

*The MacMusic Newsletter and calendar is distributed each term to keep everyone informed of past and future events and achievements. When you receive the calendar updates, it is wise to **highlight all events involving your ensemble/s**, as this is the most advanced notice we can give. Unknown circumstances do cause changes to occur – although we endeavour to keep these minimal. If your child has completed an AMEB exam or participate in external music achievements, we would love to hear of their success. Please email sarms2@eq.edu.au*

The school website <http://www.macgregorshs.eq.edu.au/> is kept up to date with calendar changes.

Guitar, Vocal and Piano Lessons (User Pays Program)

MacGregor SHS Music Department has a User Pays Program for Guitar/Vocal/Piano Tuition. The program is open to students in Years 7 to 12.

- *User pays system, \$40 per private lesson (vocal, guitar or piano) or \$20 (paired vocal lesson) \$14 per group lesson (vocal – minimum three students) paid in advance by month or term. This amount is paid directly to the teacher involved and a receipt will be issued.*
- *Payment is required on receipt of invoice from the teacher.*
- *Minimum notice of 24 hours is required if the lesson will not be attended or the full fee will apply.*
- *Lessons on a rotational basis / not missing out on same half hour each week.*

Information for Piano, Bass Guitar and Guitar Players

The opportunities to play piano, guitar or bass guitar in the school's ensembles include:

- *Playing in one of the jazz bands which involves jazz/rock styles and the ability to read and improvise on given chord symbols in addition to note reading.*
- *Playing keyboard bass or bass guitar in Percussion Ensembles.*
- *Accompanying a vocal ensemble on piano.*
- *Accompanying a string group (if required).*

There are many more piano players who are enrolling in the program than there are opportunities. If you wish to audition for these positions you will need to indicate this on the SIGN ON FORM.

For Piano players: *if you do not acquire any of these positions, you can choose to take up an orchestral instrument or percussion which uses your keyboard knowledge on mallet instruments. If this option appeals to you we can offer free lessons as part of Education Queensland's Instrumental Music Program.*

MUSIC TOURS

Senior ensembles are involved in tours on occasion - Albinoni Strings, Big Band, MACappella, Percussion Ensemble 1, Show Choir, Vocal Harmony and Wind Symphony

Past tours: New Zealand 1995, Sydney 1997, Singapore 1999, New Zealand 2001, Perth 2003, New Zealand South Island 2006, Percussion Ensemble Tour - Melbourne 2008, Percussion Ensemble Tour - Sydney 2009, Tasmania 2011

Middle School Band and Choir Tour: Hervey Bay Region 2014

Big Band: Bundaberg Region 2017, Big Band and Show Choir - Mapleton/Maleny 2018, Big Band and Show Choir - Kingaroy/Dalby 2019, Big Band and Show Choir - Stanthorpe/Warwick 2021, Big Band and Show Choir Tour - Bundaberg Region 2022



COMPULSORY PERFORMING UNIFORMS

ALL ENSEMBLES ARE TO HAVE THE FOLLOWING:

Black Performing Arts polo shirt
(available for purchase at the Uniform Shop - \$30.00)

Black Dress Pants (***NO Jeans and tights/leggings***)
Long black socks, black leather shoes, black belt
Boys - Black leather belt, hair is neat and off your face
Girls - Hair tied back or braided with red ribbon

Full Dress School Uniform including school tie

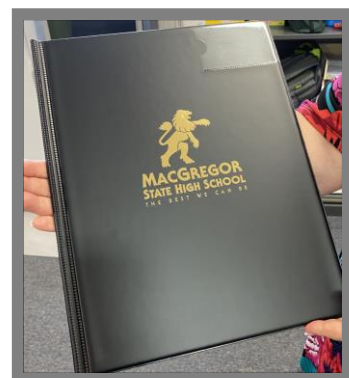
MACapella/ Vocal Harmony/ Show Choir
Plain black dress shirt - long sleeved with a collar, no pocket,
to be tucked in (Ties provided)

Red Jacket available for purchase at the Uniform Shop

Please note: ONLY green school jumpers/red jackets
are to be worn to performances



ALL MUSIC STUDENTS ARE TO HAVE A BLACK FOLDER



Available for purchase at the Uniform Shop - \$14.00

COMMITMENT CONTRACT

Acceptance of a place in any MacGregor Instrumental/Vocal Ensemble is a serious commitment for the whole year. It is expected all students attend lessons, rehearsals, concerts, tutorials, workshops, music camps and other activities. **As school activities, all rehearsals and performances are compulsory and should be given priority over work and outside commitments.**

This document is included in the **SIGN ON FORM**. You may need to refer to the agreement periodically to ensure you are maintaining your commitment.

A Parental/Caregiver Commitment

1. Provide your child with a suitable instrument or a School Instrument to loan.
2. Show an interest in your child's progress and study of Music.
3. Find a quiet place for your child to practice.
4. Arrange a regular, consistent time for practice.
5. Keep instrument in good repair with reeds and strings, etc.
6. Ensure your child is on time for rehearsals, lessons and performances.
7. **Notify staff in writing of any inability to attend a performance as soon as possible.**
8. Email Sandy Armstrong at sarms2@eq.edu.au OR phone 3347 3553 prior to 7.00am to notify of inability to attend lessons or rehearsal.
9. **PAYMENT OF FEES** - Refer to Student Resource Scheme Participation Agreement

B Student Commitment

1. Maintain a regular, consistent practice routine – minimum 30 minutes a day.
2. Become a member of a school ensemble as designated by the Directors.
3. Attend all performances, tours and camps.
4. Attend all lessons and rehearsals.
5. Care for music folder and instrument, keeping them in a safe place and bringing them to all lessons/rehearsals.
6. Return all music at the conclusion of Music at Mac.

C Termination of Lessons

Learning an instrument is a long-term commitment and a decision to terminate lessons should not be taken lightly.

There are two methods of terminating lessons:

1. You may remove your student at your discretion, by forwarding a note to this effect to the appropriate music teacher through Sandy Armstrong, The Music Head of Department.
2. Failing satisfactory notification as per A7 and A8 above, the following consequences will occur.
 - Three missed lessons/rehearsals/performances **WITHOUT NOTIFICATION** as per A7 and A8 above – We will contact parents/caregivers to discuss your continuation in the program. A student may be excluded from the program if they do not make steady progress either through lack of practice, attendance or attitude or they do not attend their school ensemble rehearsals or performances.

2023 MUSIC DEPARTMENT REHEARSAL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Q1 BEFORE SCHOOL		WIND SYMPHONY MRS ROSEWARNE 7.30 – 8.30AM		PERCUSSION ENS 2 MR SWEEPER 7.30 – 8.30AM	BIG BAND MR MOSSLEY 7.15 – 8.30AM
K1 BEFORE SCHOOL				CHORALE MS DORSMAN 7.30 – 8.30AM	
K2 BEFORE SCHOOL		ALBINONI STRINGS MR HOLLOWAY 7.30 – 8.30AM		CORELLI STRINGS MR KOIDO 7.30 – 8.30AM	JAZZ COMBO MRS ROSEWARNE 7.45 – 8.30AM
Q1 AFTER SCHOOL		WIND ENSEMBLE MR MOSSLEY 3.00 – 4.00PM			
K2 AFTER SCHOOL	SHOW CHOIR MRS LUSKI 3.00 – 4.30PM			MACAPPELLA MRS LUSKI 3.00 – 4.30PM	VOCAL HARMONY MRS LUSKI 2.45 – 4.15PM

LESSONS:

MONDAY	M MOSSLEY, MRS ROSEWARNE
TUESDAY	MR HOLLOWAY, MR MOSSLEY, MRS ROSEWARNE
WEDNESDAY	MS DORSMAN (VOCAL TEACHER)
THURSDAY	MS DORSMAN (VOCAL TEACHER), MR ELLIOT (GUITAR TEACHER), MR MOSSLEY, MR SWEEPER (Please note- Percussion Ensemble 1 rehearses during lesson time)
FRIDAY	MS LAI (PIANO TEACHER), MR MOSSLEY, MRS ROSEWARNE

BELL TIMES 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8.40am	Warning Bell	8.40am	Warning Bell	8.40am	Warning Bell	8.40am	Warning Bell	8.40am	Warning Bell
8.45am 8.55am	Clan (10 mins)	8.45am 8.55am	Clan (10 mins)	8.45am 8.55am	Clan (10 mins)	8.45am 8.55am	Clan (10 mins)	8.45am 8.55am	Clan (10 mins)
8.55am 10:10am	Period 1 (75 mins) Line 1	8.55am 10:10am	Period 1 (75 mins) Line 4	8.55am 10:10am	Period 1 (75 mins) Line 2	8.55am 10:10am	Period 1 (75 mins) Line 5	8.55am 10:10am	Period 1 (75 mins) Line 3
10:10am 11:10am	Period 2 (60 mins) Clan Wellbeing Program	10:10am 11:25am	Period 2 (75 mins) Line 5	10:10am 11:10am	Period 2 (60 mins) Line 3	10:10am 11:25am	Period 2 (75 mins) Line 6	10:10am 11:25am	Period 2 (75 mins) Line 4
11:10am 11:45am	Lunch 1 (35 mins)	11:25am 12:00pm	Lunch 1 (35 mins)	11:10am 11:45am	Lunch 1 (35 mins)	11:25am 12:00pm	Lunch 1 (35 mins)	11:25am 12:00pm	Lunch 1 (35 mins)
11:45am 1:00pm	Period 3 (75 mins) Line 2	12:00pm 1:15pm	Period 3 (75 mins) Line 6	11:45am 12:45pm	Period 3 (60 mins) Line 4	12:00pm 1:15pm	Period 3 (75 mins) Line 1	12:00pm 1:00pm	Period 3 (60 mins) Line 5
1:00pm 1:30pm	Lunch 2 (30 mins)	1:15pm 1:45pm	Lunch 2 (30 mins)	12:45pm 1:25pm	Lunch 2 (40 mins)	1:15pm 1:45pm	Lunch 2 (30 mins)	1:00pm 1:30pm	Lunch 2 (30 mins)
1:30pm 2:45pm	Period 4 (75 mins) Line 3	1:45pm 2:45pm	Period 4 (60 mins) Line 1	1:25pm 2:45pm	Period 4 (80 mins) MAC Program		Period 4 (60 mins) Line 2	1:30pm 2:30pm	Period 4 (60 mins) Line 6

