A photograph of several students in dark blue school uniforms with red and blue striped ties. They are holding open brochures for a 'Cultural Soirée' event. The brochures feature the school crest and a photograph of a student playing a French horn. The text on the brochures reads 'Christchurch Girls' High School Cultural Soirée'.

### **Cultural Activities at Christchurch Girls' High School**

Alison Harper Memorial Competition  
Bands  
Chamber music groups  
Choral groups  
Debating  
Drama evenings  
Ensembles

Kapa Haka  
Orchestra  
Polyfest  
School productions  
Sheilah Winn Shakespeare Festival  
Stage Challenge  
Theatre sports

### **Clubs offered include**

Amnesty International  
Connect  
Interact  
International  
Writers' Group  
Young New Zealanders' Challenge  
(Duke of Edinburgh) Awards





## Cultural and Artistic opportunities

**International Club** The International Club is a good chance to meet and mix with students from a range of cultures. Social activities, club meetings and fund raising are all part of this group's activities. The International Club is open to all students.

**Kapa Haka** The school Kapa Haka group focuses on preparing performances for school events and regional competition. Practice is once a week at lunch time and this group is open to all students within the school.

**Manu Korero** Each year four students are selected to represent the school at the Manu Korero regional Maori speech competitions. The students compete in the senior sections and will speak in either English or Maori. This is a wonderful opportunity for students to showcase their oratory expertise. The competitions are also a performance opportunity for our kapa haka group who support the speakers with a song as per Maori customs and protocols.

**Pasifika and Polyfest** The school Pasifika group focuses on preparing performances for school events and regional competition.

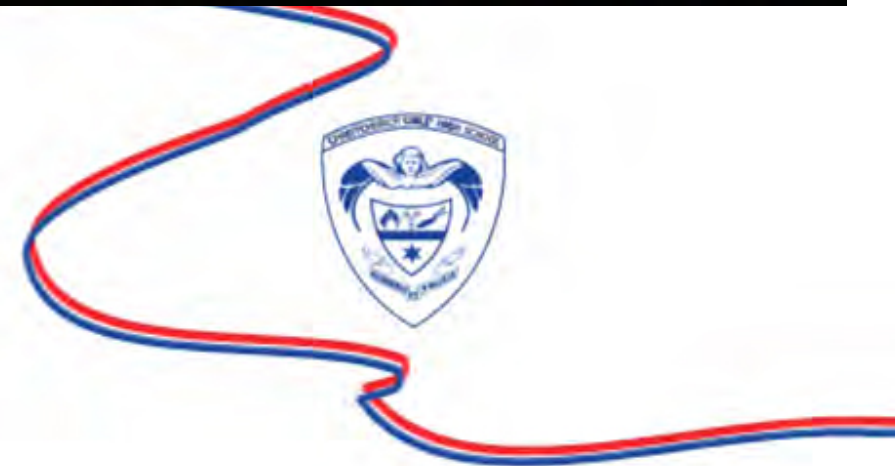
**Whanau Hui** Four times a year the whanau of the students are invited into the school. The whanau group is made up of the families of any students who identify as Maori, study Maori or are in the school kapa haka group.





**Drama** Students can be involved with drama on both a large and small scale. Prestigious and larger scale events such as the Sheilah Winn Shakespeare Festival and the Alison Harper Memorial Competition offer even more excitement. If you prefer to be involved behind the scenes, Technical Drama (lighting and sound) thrives in the school.

**Theatresports** Theatresports is a very popular form of improvisational theatre. We have a senior group which competes in the annual school competition which is based at The Court Theatre and judged by the Court Jester.





## Opportunities in Music

**Cantrices** This is an auditioned choir which performs at events, in competitions and on significant school occasions.

**Chamber Groups** These small groups work mainly towards Chamber Music competitions in June.

**Concert Band** This band is open to all players and combines with Christchurch Boys' High School.

**Individual Tuition** Students have the opportunity to receive individual tuition on their desired instrument through an extensive itinerant music programme.

**Jazz Band** The jazz band and saxophone ensemble are auditioned groups.

**Orchestra** The orchestra has music arranged to cater for all ability levels.

**Pops Choir** This is an all comers choir for those who just enjoy singing.

**Rock Bands** Interested students form their own groups to suit member needs.



## Opportunities in Debating and Public Speaking

**Debating** A strong tradition of debating exists at Christchurch Girls' High School and several of our debaters have gone on to debate at the national and international level. There are plenty of opportunities for casual and competitive involvement in debating such as the Press Cup competitions.

**Public Speaking** The school runs its own strongly contested senior competitions and speech competitions run by groups outside school are also supported.

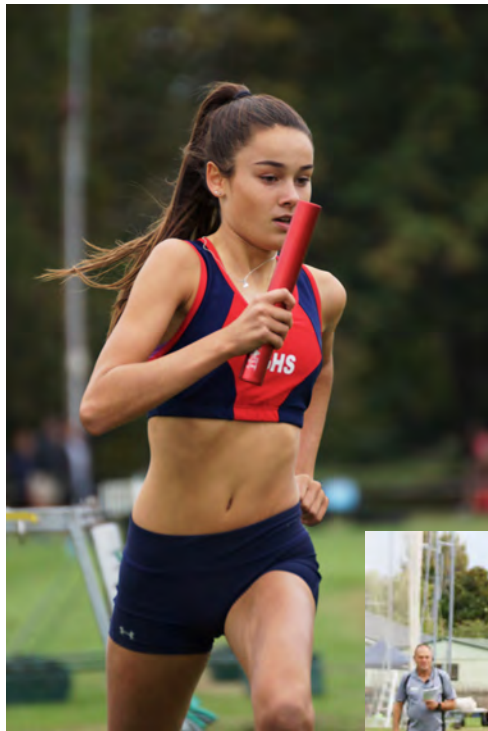


## Sports at Christchurch Girls' High School

Aerobics  
Archery  
Athletics  
Badminton  
Basketball  
Bowls  
Cricket  
Croquet  
Cross-country  
Cycling  
Dragon-boating  
Equestrian  
Fencing  
Football  
Golf  
Gym sports  
Hockey  
Indoor netball  
Indoor football  
Lifesaving  
Mountain biking  
Multi-sport  
Netball  
Rifle-shooting  
Rock-climbing  
Rowing  
Rugby  
Sailing  
Snow sports  
Squash  
Surfing  
Swimming  
Table tennis  
Tennis  
Volleyball  
Water polo  
Yachting  
Zumba







## Opportunities in Sport and Recreation

**Archery** This sport runs for the whole year and caters for beginners and experienced students. Expert tuition is provided.

**Athletics** Athletes generally come to school already members of clubs with coaches. Senior students (athletes themselves) are able to provide coaching in track or field events if required. Junior athletes in track and field may qualify for a Merit Sports Colours Certificate.

**Badminton** This sport caters for all skill levels. Coaching occurs at school.

**Basketball** Basketball is a winter sport and is played in Terms 2 and 3. The senior A team has been very successful over the past 10 years, winning the National Secondary Schools' title twice.

**Bowls** This is played during Terms 1 and 4 as part of the Secondary Schools' competition. This sport caters for both experienced players and those who would like to learn. Coaching sessions and matches are held at local bowling clubs.

**Competitive Aerobics** This sport caters for all levels of ability and experience, and you can participate either as an individual, pair or as a team. Competitors can learn routines through the school or from outside coaches. For the last six years this group has won the Top School Award at Regionals and Nationals.

**Cricket** This is a summer sport and is played against other secondary schools' girls teams. The 1st XI also play in the NZCT National Secondary School tournament.

**Croquet** Croquet is a summer sport enjoyed by a growing number of students. They go to the United Lawn Bowls Club in Hagley Park for practice/coaching/competition and compete in inter-school fixtures.

**Cross-country/Road Racing** Participation in school cross-country is compulsory for Years 9 and 10. Top 10 place-getters in each grade may elect to run in the inter-secondary competition, both Road Race and cross-country.

**Cycling** The cycling team has experienced a recent growth in numbers. Keen cyclists at all levels, with any sort of bicycle are welcome.

**Equestrian** Do you have a horse in need of competition? Christchurch Girls' High School has keen riders and we compete in a selection of events throughout the year.

**Fencing** Held in Terms 2 and 3 at Christchurch Boys' High School, professional coaching is provided for participants, who may then choose to attend tournaments.

**Fitness** The school operates a small but well equipped weights room which is available at lunchtimes and before/after school. Students must attend two training sessions on the correct procedures for use of equipment and exercise techniques before being able to use this room. Students may also attend fitness classes (weights, circuits, aerobics) before school.

**Football** Football continues to grow in popularity with teams formed to suit all levels of ability and interest. The 1st XI plays in the premier Christchurch competition, and all other teams also play in the inter-school competition.

**Golf** There is an opportunity for girls to have golf coaching sessions which are held at Hagley Park. If there are a sufficient number of experienced golfers a team is entered in the Secondary School Championships.







**Gymsports** This sport involves trampolining, artistic gymnastics and rhythmic gymnastics. Anyone can join this club with the experienced gymnasts encouraged to coach. Students can represent the school at the Canterbury Championships.

**Hockey** CGHS Hockey Club is administered by parents and a staff representative. Trials to select teams are held at the beginning of Term 1. Juniors are eligible for, and have been selected for premier and premier reserve teams for some years. Our 1st XI and 2nd XI teams participate in national hockey tournaments.

**Indoor Football** This is played in Terms 1 and 4 as part of the Christchurch Secondary Schools' programme.

**Indoor Netball** This is played in Terms 1 and 4 on Wednesdays as part of the Christchurch Secondary Sports programme.

**Lifesaving** There is a long history of lifesaving success at CGHS. Year 9 students are encouraged to qualify for the Bronze Star Award. Senior students may seek qualifications as instructors, and participate in the Monica Thacker annual competitions.

**Multisports** This covers multisport, triathlon and duathlon events and includes both team and individual races.

**Netball** A large number of the 23 school netball teams are junior teams. All juniors who would like to play netball are allocated a team. The CGHS Netball Club is administered by a committee of parents, the teacher-in-charge, past pupils and two student leaders. Girls can be players as well as umpires and coaches (seniors).

CGHS Netball Website <http://www.sportsground.co.nz/cghsnetball/>

**Rifle shooting** Would you like to try target shooting? The CGHS rifle shooting club meets during Terms 2 and 3 at the Bangor Street Range.



**Rockclimbing** Beginners are welcome. All safety instructions and correct use of equipment is given by a qualified staff member. There is also the opportunity to compete in inter-school climbing events usually held at the YMCA or the Roxx Climbing Centre. **Rowing** The CGHS rowing programme is athlete focused, coach directed and parent supported. Rowing is not an easy sport. It requires commitment both in time and effort. A Learn to Row programme is offered prior to the rowing season beginning after winter, so that each student can work out if rowing is the sport for her, prior to the actual season commencement in term 4.

<https://sites.google.com/site/cghsrowing/home>

**Rugby** Rugby has become well established in the school and in last two seasons our team has won the Christchurch competition. Players must provide their own personal equipment including a mouthguard which is compulsory for all practices and games.

**Sailing** Students can take part in the weekly sailing programme run at the Naval Point Yacht Club on a weekday afternoon. Sailors are able to attend various inter-secondary school training programmes and enter into competitions and regattas throughout the year.

**Snow sports** The school enters students in the Canterbury and South Island snow sports championships in August/September. Up to 2 ski teams and 2 snowboarding teams (4 members in a team) are selected on ability and experience from all year levels. **Squash** Inter-school and local competitions are available for those interested in squash.

**Swimming** The school has its own swimming sports early in the first term. Place-getters in the Championship events are selected for the inter-secondary championships. Students can elect to attend the South Island Championships and Nationals.

**Table Tennis** Students compete in an inter-school competition.







**Tennis** We play teams tennis against other schools in Terms 1 and 4. Anyone can sign up. There is an opportunity for competitive players to compete in the Canterbury Secondary Schools' Championships in Term 4. CGHS compete in regional and national tournaments if the team qualifies.

**Touch** Touch is a fun and fast summer sport. It is a 30 minute game, played with 6 players on the field at a time, with plenty of subs on the sideline! Lots of students play touch, some in competitive teams, others choose to be in social teams with their friends.

**Volleyball** Volleyball is a summer sport played in Terms 1 and 4 on a weekday night. Junior teams are coached by seniors. Top teams compete in Canterbury, South Island and National tournaments.

**Water Polo** Water polo is a summer sport played in Terms 1 and 4. CGHS have been very successful in this sport over the last few years.

**Zumba** Zumba classes are held at the school to add interest to fitness training.

