Junior School Sport, Music, Cocurricular and Extracurricular Activities Information - 2027

Cocurricular Sport

Athletics Fundamentals

The Athletics Fundamentals program is open to Meriden students in Years 3 to 6. The program takes place in Terms 2 and 3. The athletics program is an engaging participation-based program for students. It provides an opportunity for students to develop their running, jumping and throwing skills as well as general fitness. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Badminton

The Badminton program is offered year-round to Meriden students in Years 3 to 6. This program provides an opportunity for students to develop their badminton skills and fitness levels through a quality coaching program. It is suitable for girls at every level of sporting ability, including newcomers to the sport. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Diving

The Diving program is offered year-round to Meriden students in Years 3 to 6 and takes place during lunchtime. The program is open to girls at every level of sporting ability. Students have the opportunity to develop their skills using 1 metre and 3 metre springboards. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Fundamental Movement Skills

The Fundamental Movement Skills program assists in the development of age-appropriate strength and coordination. The sessions are run on Tuesday and Thursday afternoons throughout the year. The program works on strength and control, processing and sequencing, integration and dominance of the fundamental movement skills of jumping, hopping, running, skipping, galloping, leaping, dodging, balancing, catching, throwing, striking and kicking. In Term 1 and 2, Fundamental Movement Skills is open to students in Kindergarten and Year 1. In Terms 3 and 4 Fundamental Movement Skills is open to students in Pre-Kindergarten to Year 1. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Running Club

The Junior School's Running Club program is offered to Meriden students in Years 3 to 6. Running Club meets at 6:45am on Wednesday mornings throughout the year. The program helps girls develop their physical fitness levels and focuses on the development of running skills. The program assists in preparing the students for the Junior School Fun Run and IPSHA Cross Country Carnival, which take place at the end of Term 1. Parents must arrange their daughter's transport to Strathfield Park for Wednesday morning training sessions. A bus is provided to transport the girls from Strathfield Park to Meriden at the conclusion of the session. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Specialised Athletics

The Specialised Athletics program is offered year-round to selected students in Years 5 and 6. The program allows girls the opportunity to develop their athletic potential in all disciplines and training sessions are held at Sydney Olympic Park Athletic Centre. Parents will be notified by email if their daughter is eligible to participate in this program.

Swimming Development

The Swimming Development program is offered on Monday and Wednesday afternoons all year. Registration is open to students who can competently swim 25 metres freestyle. The Swimming Development program offers students the opportunity to develop their stroke technique and physical fitness levels in preparation for the Junior School Swimming Carnival held in Term 1 and life-long swimming skills. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Years 1 and 2 Sports Clinic

The Years 1 and 2 Sports Clinic operates every Wednesday afternoon, all year, and is open to all girls in Years 1 and 2. The activities focus on helping the students to develop their skills and fitness levels through a quality coaching program. Throughout the year, participants experience the sports that are available for them to play when they reach Year 3, including Touch Football, Netball, Basketball and Football. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

IGSA Saturday Sport

Football

The Football program is offered in Term 1 to Meriden students in Years 3 to 6. Students are to attend one training session per week with their team and play their matches on a Saturday morning. Draws are released in Term 1 prior to commencement of the competition. Registration for all Junior School sports is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Water Polo/Flippa Ball

The Water Polo program is offered in Term 1 to students in Years 3 to 6. Students are expected to attend one training session per week with their team and play their matches on a Saturday morning. The draws are released in early Term 1. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Netball

The Netball program is offered in Term 2 to students in Years 3 to 6. Students are to attend one training session per week with their team and play their matches on a Saturday morning. Draws are released just prior to the commencement of the competition in Term 2. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Badminton

The Badminton program is offered in Term 3 to students in Years 3 to 6. Students are to attend one training session per week with their team and play their matches on a Saturday morning. Draws are released just prior to commencement of the competition in Term 3. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Touch Football

The Touch Football program is offered in Term 3 to students in Years 3 to 6. Students are to attend one training session per week with their team and play their matches on a Saturday morning. Draws are released just prior to commencement of the competition in Term 3. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

IGSA Tennis

The Tennis program is offered in Term 4 to Meriden students in Years 3 to 6. Students are to attend one training session per week with their team and play their matches on a Saturday morning. Draws are released in Term 4 just prior to the commencement of the competition. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Basketball

The Basketball program is offered in Term 4 to all Meriden students in Years 3 to 6. Students are expected to attend one training session per week with their team and play their matches on a Saturday morning. Draws are released in Term 4 prior to commencement of the competition. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Cocurricular Music Ensembles

Years 3 and 4 Choir

The Years 3 and 4 Choir is open to any girl in Years 3 and 4. Rehearsals are every Wednesday morning before school. No audition is required. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Years 5 and 6 Choir

The Years 5 and 6 Choir is open to any girl in Years 5 and 6. Rehearsals are every Monday morning before school. No audition is required. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Chamber Strings

Chamber Strings is for advanced string players in Years 3 to 6. It is expected that the students are having private instrumental tuition. An audition is required. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Jazz Band

Jazz Band plays swing, funk, and groove-based music. Instruments in this ensemble include Saxophone, Trumpet, Trombone, Double Bass/Electric Bass, Drum Kit, Jazz Piano, Guitar, and Vibraphone/Percussion. An audition is required. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Junior Band

Junior Band is for beginner wind, brass, percussion and string bass students in Years 2 to 6. Girls having private instrumental tuition are welcome to join this group. No audition is required. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Percussion Ensemble

Percussion ensembles rehearse one lunchtime a week. Girls will be introduced to more challenging percussion repertoire to develop their technique and ensemble playing skills. It is a great way for piano students to have ensemble playing experience. No audition is required. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Sinfonia

Sinfonia is a symphony orchestra for string, woodwind, brass and percussion players in Years 6 to 12. By invitation only.

String Orchestra

String Orchestra is for intermediate string players in Years 2 to 6 who have been learning their instrument for at least two years before joining the ensemble. Students focus on learning the fundamentals of orchestral playing, including the development of sight reading and the ability to play different parts together as a group. No audition is required. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Wind Ensemble

Wind Ensemble is for more advanced woodwind, brass, percussion, and string bass players. It is expected that the students are having private instrumental tuition. An audition is required. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Meriden Music Academy

The Meriden Music Academy offers instrumental Music tuition and Speech and Drama lessons. Further information and the handbook can be found on the school's website. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge.

Cocurricular Activities

Student Christian Groups

Junior and Senior groups (Salt, Shine and Sparklers) are held during lunchtimes and are available to all girls in Years 1 to 5. No registration is required for this activity; students simply need to turn up. Locations are regularly announced at the end of our weekly Chapel services. We play fun games, learn about God and Jesus from the Bible, pray and encourage one another to live God's way. Other activities may include learning Bible verses, singing, drama and craft. Each year we run an activity to raise money for others more in need than ourselves.

Year 6 Bible Study (Light) is available for any girl in Year 6. This activity is run at lunchtime. We enjoy strong friendships, play great games and discuss Bible passages together. We also pray and encourage one another. No registration is required for this activity and all girls in Year 6 are encouraged to attend.

Drama and Movement - Years 1 and 2

The weekly Drama and Movement group is open to students in Years 1 and 2 and will run on Tuesday afternoons. Girls participate in enjoyable activities based on familiar fables, stories and characters that develop cognitive skills, physical and motor skills, coordination, focus and clarity of speech. A final performance or competition is not the goal for these classes. Our main aim is to encourage children to develop confidence and creativity, and a natural, unaffected quality in their story making and play-building. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge and is required on a termly basis. A fee will be charged for this activity.

Drama Club- Years 3 and 4

The weekly Drama group is open to students in Years 3 and 4 and will run on Wednesday afternoons. Girls participate in enjoyable activities with a primary focus on playbuilding, storytelling, and character development. A final performance or competition is not the goal for these classes. Instead, our main aim is to offer low-stakes, valuable learning experiences that encourage children to develop confidence and creativity, as well as a natural, unaffected quality in their performance. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge and is required on a termly basis. A fee will be charged for this activity.

Creativity Club - Years 3 and 4

Creativity Club is an after-school activity open to students in Years 3 and 4 and will run on Tuesday afternoons. Students are encouraged to develop their creative abilities and talents through a variety of activities including arts, crafts, games, drama and movement Girls participate in enjoyable activities that develop cognitive skills, physical and fine motor skills, coordination, focus and social skills. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge and is required on a termly basis. A fee will be charged for this activity.

STEM Club – Years 5 and 6

STEM Club is an engaging after-school activity open to students in Years 5 and 6 that focuses on hands-on, low-tech projects. The program will run on Thursday afternoons and gives students the freedom to experiment with a range of materials and resources, while promoting key skills in problem-solving, collaboration, critical thinking, and communication. Through interactive challenges and creative design, girls work together to explore fundamental scientific and engineering concepts in a supportive environment. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge and is required on a termly basis. A fee will be charged for this activity.

Games Club – Years 3, 4, 5 and 6

Games Club is an engaging after-school activity open to students in all year groups from Year 3 to Year 6 who want to explore, learn and play a variety of card and board games. The program will run on Friday afternoons and provides a supportive environment where girls can build new friendships over a shared interest whilst developing key skills in strategy, gameplay, collaboration and humility. Through fun and interactive sessions, students learn the fundamentals of different games and practice critical thinking in a collaborative setting. Registration is made on the Meriden Parent App via the 'Cocurricular Sign-up' icon or on Parent Lounge and is required on a termly basis. A fee will be charged for this activity.

Homework Club – Years 5 and 6

On Wednesday afternoons, Year 5 and 6 students can complete Meriden homework in a quiet environment fostering self-directed learning and independent study skills. Students are encouraged to bring their school laptops and will have access to library books during this homework session. Attendance is flexible; however, registration is required at the beginning of the year.

Representative Opportunities

IPSHA Debating– Year 6

Selected students in Year 6 will be given an opportunity to compete in inter-school IPSHA Debating competition. Debating teaches students to collaborate, present structured persuasive arguments based logic and evidence; be responsible, and take an active interest in current affairs. Trials will be held in Term 1, 2027.

RoboCup Team– Years 5 and 6

Selected students in Years 5 and 6 will be given an opportunity to compete in a statewide robotics challenge. Applications from interested students will be received in Term 1, 2027. The RoboCup program will run in Terms 1,2, and 3.

Extracurricular Activities

Please Note: *Dance, Gymnastics and Chess are provided by Elevate Performing Arts, Australian Academy of Gymnastics and Sydney Academy of Chess. The School's role is limited to introducing you and your daughter to Dance, Gymnastics and or Chess and, in some cases, providing premises or other facilities for this activity. As a result, we are not responsible for your daughter's instruction in this activity, or any damage or loss suffered while participating in this activity. Should you have any day to day or operational concerns with any of the providers, you would be best to raise it directly with the service provider.*

Artistic Gymnastics

The Australian Academy of Gymnastics is the home of sporting champions and all lovers of gymnastics, catering to the diverse and eclectic local community of Sydney's inner south-west. The family-run club offers programs for all ages and abilities, boasts a fully accredited coaching staff and affords all members the opportunity to develop and realise their full potential in the well recognised and respected sport of gymnastics. Mr Antoine Rizzo heads the team of enthusiastic and friendly coaches at AAG and is a respected and valued member of the gymnastics community state-wide and nationally. The AAG runs competitive squads in both MG (Men's Gymnastics) and WG (Women's Gymnastics) levels 1 to 10. Gymnasts who show promise are selected from recreational classes to join the Development Squad or Class 3 (our competitive program).

Email: admin@aagymnastics.net.au

Chess

Chess lessons are offered for students in Years 2 to 6 to participate in during one lunchtime per week. The sessions run during Monday lunch from 1:10pm to 1:55pm and are led by coaches from the Sydney Academy of Chess. Enrolments for these classes are made directly through the Academy. A Meriden teacher is also in attendance at lessons. Enrolment for this activity is done on a yearly basis.

Phone: (02) 9745 1170

Email: enrol@sydneyacademyofchess.com.au

Dance

Dance classes are provided by Elevate Performing Arts. Class locations are at Meriden and at the Elevate Studios in Five Dock. All classes for dance are booked directly with Elevate Performing Arts.

Website: www.elevateperformingarts.com

Email: info@elevateperformingarts.com

Meriden Tennis Academy

Meriden Tennis Academy offers a range of programs to cater for all players from Kindergarten to Year 6. Private, semi-private and group lessons are available. Lessons are held at the Meriden Senior School tennis courts. All lessons are run Monday through to Friday each week before, during and after school.

Meriden students who participate in afternoon tennis lessons will be collected from School by the coaches and walked to the Senior School tennis courts. Detailed information about classes and how to register, is available on the Meriden website, on the Meriden Parent App or on Parent Lounge.