

Canadian International School Extra Curricular Programme – Term Two – 2009-2010 (K-12)

Dear Parent

Please take note of the following:

- The Extra Curricular Programme (ECA) for Term two will commence on Tuesday -24 November 2009 and will run through until the end of Term.
- The main ECA programme will run on Tuesdays, Wednesdays and Thursdays from 15h00 to 15h45. There might be additional team training sessions from time to time (depending on specific coaches). This will take place after the normal ECA time. If and when this happens, parents need to make prior transport arrangement to pick up their child, as the school buses roll off at 4pm.
- The ECA Programme is optional. CIS, however, emphasizes the importance of Extra Curricular Activities and would like to encourage all students to take part in as many activities as possible. Parents are also encouraged to motivate their children to take an active role in After School Activities.
- Students will have the following options:
 1. They may choose an activity for that particular day and remain in that activity for the entire term.

Or

 2. They may choose an alternate activity outside the school. In this case, students may apply for a gate pass and must be picked up by 3pm. All students who are not picked up by 3pm will be taken to the homework club. Parents arriving after this time to pick up their children can report to the reception for assistance. Please note that the gate pass is applicable for the entire term and the school security will check each student's gate pass as they leave the school. (safety and security of our students).
- **Just to emphasise: The rule of CIS is that, during ECA time (3pm to 3:45pm), all remaining students will be actively involved in an activity of their choice.**
- **Please refer to the attached ECA Programme and fill up the sign up sheet and return to school by Friday – 13 November 2009.**
- An activity schedule will be drawn up (as sign up sheets come in... "first come basis") and students will be placed in various activities accordingly. The school will try its best to cater for the student's first choices. If an activity has reached its maximum, we will then consider the second and third options. K.G and elementary students will receive a feedback on their allocated activity which can then be written in the School's diary.
- This year, CIS will be participating in various Inter-School matches, therefore team practices/additional team practices are very important.
- **HOUSE ACTIVITIES:** Various Inter-House activities will take place during the course of the term and parents will be notified about dates in due course (some dates and events are listed in the school diary). As a school rule, all students must use their house t-shirts every Wednesday as points are allocated for this as well.
- All ECA queries should be directed to Mr Segran Naidoo – email: snaidoo@cisb.org.in.

All the best for term two

Ms Lynda Gigg (K-12 Principal)

Segran Naidoo (P.E and Activities Coordinator)

Secondary ECAs 2009-2010 Term 2

Tuesday

Activity	Venue	Time	Coach	Grade	Max	Notes
Netball club	Netball court	15h00 to 15h45	Coach	7 to 12	20	
French Club	Rm219	15h00 to 15h45	Ms.Kay	7 to 12	N/A	
Drama	Drama room	15h00 to 15h45	Ms. Malina / Ms Kate	7 to 12	N/A	Must take Tues & Wed
Soccer club	Field A	15h00 to 15h45	Mr. Mathew	7 to 12	16	
Soccer Team-under 19 boys	Field B	15h00 to 15h45	Mr .Devaiah	7 to 12	20	Inter-School Matches
Fitness club	Gym	15h00 to 15h45	Mr. Sandeep	7 to 12	18	
Computer club	Computer lab 2	15h00 to 15h45	Ms .Anjali. N	7 to 12	22	
Chess club and team	Rm 127	15h00 to 15h45	Ms Beena George	7 to 12	20	Inter-School Matches
Peer counseling	T.B.C	15h00 to 15h45	Ms Reena	9 to 12	N/A	
Homework club (7,8,9) & (10,11,12)	Rm 124 / Rm 130	15h00 to 15h45	Ms. Navnita / Ms. Shirley	7 to 12	N/A	
Art Activity at Government School	Government School	15h00 to 15h45	Ms Priya	10,11,12	N/A	Community Service Initiative
Salsa	T.B.C	15h00 to 15h45	Instructor + Ms. Penny	7 to 12	N/A	Paid activity (min 10 students required)

Wednesday

Activity	Venue	Time	Coach	Grade	Max	Notes
Soccer club and team - girls	Main field B	15h00 to 15h45	Coach / Ms.Anija	7 to 12	20	Inter-School Matches
Spanish club	Rm 119	15h00 to 15h45	Ms. Begona	7 to 12	N/A	
Basketball team- boys	Basketball	15h00 to 15h45	Coach	7 to 12	20	Inter-School Matches
Homework club (7,8,9) & (10,11,12)	Rm123 / Rm 217	15h00 to 15h45	Ms. Diana / Ms.Chatham	7 to 12	N/A	
Guitar club	Secondary Music rm	15h00 to 15h45	Mr. Praveen	7 to 12	10	Bring own instrument
Drama	Drama room	15h00 to 15h45	Ms. Malina / Ms Kate	7 to 12	N/A	Must take Tues & Wed
Volleyball club	Volleyball court	15h00 to 15h45	Ms. Archana	7 to 12	16	Boys and Girls
Instrumental music ensemble	Secondary Music rm	15h00 to 15h45	Mr. Scott	7 to 12	N/A	Have your own instrument
Sports games- Government School	Government School	15h00 to 15h45	Ms Priya	10,11,12	N/A	Community Service Initiative
Indoor soccer (out of school)	Hennur Bangalur Rd	16h00 to 17h00	Mr Segran / Mr Devaiah	7 to 12	15	Own transport needed to &from venue
Yearbook/Newsletter(Maple Leaf)	Computer lab 2	15h00 to 15h45	Ms.Penny + Student Rep	7 to 12	10	

Thursday

Activity	Venue	Time	Coach	Div	Max	Notes
Floor hockey	Basketball court	15h00 to 15h45	Mr Braedon	7 to 12	14	
Soccer Team - Under 15 boys	Main field A	15h00 to 15h45	Mr. Devaiah	7 to 12	20	Inter-School Matches
Horseback riding	E.I.R.S	15h00 to 15h45	Ms. Penny and Ms. Ashma	7 to 12	16	Paid Activity(Min 10 students required)
Fitness club	Gym	15h00 to 15h45	Mr.Sandeep	7 to 12	18	
Table tennis	Boarding TT room	15h00 to 15h45	Mr.Regis	7 to 12	16	Inter-School Matches
Homework club (7,8,9)& (10,11,12)	Rm 124 / Rm 212	15h00 to 15h45	Ms. Asha / Ms. Aruna	7 to 12	N/A	
Tennis	Tennis courts	15h00 to 15h45	Coach / Ms. Poornima	7 to 12	12	Boys and Girls(own racket please)
Taekwondo	Yoga room	15h00 to 15h45	Coach	7 to 12	15	Boys and Girls
MUN	Rm 118	15h00 to 15h45	Ms. Tara	9 to 12	N/A	
Music Activity-Government School	Government School	15h00 to 15h45	Mr. Scott	10,11,12	N/A	Community Service Initiative
Writers' Guild / Readers' club	Secondary Library	15h00 to 15h45	Ms. Maria	7 to 12	15	Journal book required

Elementary ECAs 2009-2010 Term 2

Tuesday

Activity	Venue	Time	Coach	Grade	Max	Notes
Soccer club and soccer team	Main field A	15h00 to 15h45	Coach / Ms. Anija	1,2,3	22	Inter-School Matches
Basketball club & team	Basketball court	15h00 to 15h45	Coach / Ms. Aditi	4,5,6	20	Boys and girls- Inter-school matches
Carrom and board games	Rm 122	15h00 to 15h45	Ms. Havila	1,2,3,4,5,6	20	
Netball (girls)	Netball court	15h00 to 15h45	Ms. Naidoo	4,5,6	20	girls only
Bollywood dancing	Amphitheatre	15h00 to 15h45	Instructor + Ms Penny	1,2,3	N/A	Paid activity(minimum number required)
Horseback Riding	E.I.R.S	15h00 to 15h45	Ms. Penny and Ms.Ashma	3,4,5,6	15	Paid activity(minimum number required)
Homework club (1 to 6)	T.B.C	15h00 to 15h45	Ms. Jyoti	1,2,3,4,5,6	N/A	
Comic club	Rm 202	15h00 to 15h45	Ms. Beena .M	4,5,6	18	
Needlework and embroidery	Rm 121	15h00 to 15h45	Ms. Praneeta	4,5,6	10	Boys and Girls
Table tennis club and team	Boarding TT room	15h00 to 15h45	Mr. Regis	5,6	16	Boys and girls

Wednesday

Activity	Venue	Time	Coach	Grade	Max	Notes
Softball	Main field A	15h00 to 15h45	Ms. Waxlax	3,4,5,6	20	Boys and girls
Chess club and team	T.B.C	15h00 to 15h45	Ms.Geetha	3,4,5,6	20	Boys and girls- Inter-school matches
Mini cricket club	Cricket net	15h00 to 15h45	Coach / Mr. Vishwas	1,2,3	20	Boys and Girls
Guitar Club	Secondary music rm	15h00 to 15h45	Mr. Praveen	4,5,6	10	
Taekwondo	Yoga room	15h00 to 15h45	Coach / Devika	1,2,3,4,5,6	15	Boys and Girls
Roller Skating	Basketball court	15h00 to 15h45	Coach / Devika	3,4,5,6	20	Must have your own roller skates
Tennis	Tennis Court	15h00 to 15h45	Coach / Devika	4,5,6	N/A	Boys/Girls(must bring your own racket)
Art attack	Rm 204	15h00 to 15h45	Mr. David.A	1,2,3	10	
Homework club (Gr 1 to Gr 6)	Rm 201	15h00 to 15h45	Ms. Marilyn	1,2,3,4,5,6	N/A	
Origami	T.B.C	15h00 to 15h45	Parents	4,5,6	N/A	
Murals (Wall art)	Elementary Art Rm	15h00 to 15h45	Ms. Devaki.R	4,5,6	12	

Thursday

Activity	Venue	Time	Coach	Div	Max	Notes
Ballet	T.B.C	15h00 to 15h45	Alexandra / Ms.Joanna	1,2,3,4,5,6	15	
Cricket club	Cricket net	15h00 to 15h45	Coach	3,4,5,6	20	Boys and Girls
Cooking club	Rm 106	15h00 to 15h45	Ms.Shanez	1,2	15	
Quilting and Patchwork	Rm 203	15h00 to 15h45	Ms. Elizabeth. J	4,5,6	10	
Table tennis club	Table tennis-Boarding	15h00 to 15h45	Mr. Regis	4,5,6	18	Boys and Girls
Skipping and hooping	Courtyard	15h00 to 15h45	Ms. Shefali	1,2	12	
Bollywood dancing	Amphitheatre	15h00 to 15h45	Instructor + Ms Penny	4,5,6	18	Paid activity(minimum number required)
Homework club (Gr 1 to Gr 6)	Rm 108	15h00 to 15h45	Ms. Sarita	1,2,3,4,5,6	N/A	
Free painting	Elementary Art Rm	15h00 to 15h45	Ms. Laura	1,2,3	12	
Soccer club and team	soccer field	15h00 to 15h45	Coach / Ms. Anija	4,5,6	20	Inter-School Matches
Free painting	Rm 209	15h00 to 15h45	Ms. Christina	4,5,6	12	
Book club	Rm 205	15h00 to 15h45	Ms.Anna	4,5,6	10	

Canadian International School

Sign -up sheet – Term 2 – Extra-Curricular program-2009-2010

Name of student : _____ Grade: _____

Tuesday

My child will be participating in the ECA program on this day→

(If no, child is to picked up from school by 15h00 on this day)

If yes, please list down 3 preference for this day:

Preference one : _____

Preference two : _____

Preference three: _____

YES

NO

Wednesday

My child will be participating in the ECA program on this day→

(If no, child is to picked up from school by 15h00 on this day)

If yes, please list down 3 preference for this day:

Preference one : _____

Preference two : _____

Preference three: _____

YES

NO

Thursday

My child will be participating in the ECA program on this day→

(If no, child is to picked up from school by 15h00 on this day)

If yes, please list down 3 preference for this day:

Preference one : _____

Preference two : _____

Preference three: _____

YES

NO

This form must be returned to the Class Teacher by Friday- 13 November 2009