



*All that really belongs to us is time;
even he who has nothing else has that.*

- Baltasar Gracian

NO ECAs THIS WEEK ~ BUSES ROLL AT 3:00p.m.

ECAs BEGIN NEXT WEEK ~ BUSES ROLL AT 4:00p.m. Tues. Wed. & Thurs .SCROLL FOR DETAILS

Students with chronic diseases and allergies, on long term medications - form to be filled up

LUNCH COUPONS FROM MS. LAVANYA, ABOVE ADMIN. AREA NOT AT THE CAFETERIA

KG Rs.30/- ES Rs.50/- SS Rs.70/-

HAVE YOU READ THE FAMILY HANDBOOK? RETURNED ALL FORMS? AFFIXED YOUR CAR STICKER?

Monday 31st August

- SW Regular School Day
- **Students joining today and later, please scroll down**
- Assembly 1 through 12 - Soccer Field (Before proceeding to classrooms)
- SW Regular School Day
- Parents' Coffee Corner: Secondary Atrium 8:30am
- **KG & ES ECA Sign up Sheets due**
- **SS ECA Sign up during school hours**
- Dismissal at 3pm

Tuesday 1st September

- SW Regular School Day
- Visit by Claremont McKenna College and Harvey Mudd College
- Secondary Library, 10.00 – 10.30 am
- Visit by Swiss School of Hospitality and Mgmt
- Secondary Library, 2.45 -3.45 pm
- Dismissal at 3pm

Wednesday 2nd

- SW Regular School Day
- House T-shirts and Hats please!
- Dismissal at 3pm

Thursday 3rd

- SW Regular School Day
- Canadian University Fair:
- Secondary Library
- 12.00 – 01.00pm.
- Dismissal at 3pm

Friday 4th

- SW Regular School Day
- Wish your teacher "Happy Teachers Day!"
- Dismissal at 3pm
- Week on the Web uploaded

Dates for your Diary:

8th Sept. Mother Tongue Language Classes commence: French & German

10th Sept. SAT Registration Deadline

12th Sept. Open House BBQ



**CANADIAN INTERNATIONAL SCHOOL
TRAVEL DECLARATION OF STUDENT 2009**

Name of Student: _____

Nationality: _____ Grade: _____

We appreciate your taking the time to complete this form. Please get your child to submit this form to the front office on Orientation Day/on his/her first day of school. The information is important to help us safeguard your child's health and that of all children in the school.

1. Has your child/ward travelled overseas during the school holidays?
 Yes No
2. Did your child/ward return to India from overseas travel on or after Friday 14th August 2009?
 Yes No
3. Did your child/ward travel to or transit in any of the countries listed in the table below?
 Yes No

LIST OF COUNTRIES WITH SUSTAINED COMMUNITY TRANSMISSION			
Argentina	Australia	Canada	Chile
Dominican Republic	Japan	Mexico	Panama
Philippines	Spain	Thailand	United Kingdom
United States of America	Hong Kong	Indonesia	-----

4. If the country of travel is not listed in the table in question 3, please write down the country that you travelled during the holidays.

5. When did you return to India?

Day Month Year

6. Did you have / do you have Fever now. Yes No

7. Was the fever accompanied by the following symptoms?

- a) Body ache. Yes No
- b) Cough. Yes No
- c) Shortness of breath. Yes No

8. Have you had H1N1 flu? Yes No

9. Have you had contact with any one diagnosed with H1N1 flu? Yes No

10. Any more information you wish to give us. _____

Name of Parent/Guardian: _____

Signature: _____ Date: _____

PLEASE NOTE:

- **Students joining School late will have to do their WELLNESS SCREENING at COLUMBIA ASIA HOSPITAL at their own cost and furnish CIS with Doctors' notes on Hospital stationery/forms which are to be stapled together with the CIS travel declaration form (see attachment).**
- **These documents must be presented at the CIS Reception, Central office, for entry to classes.**
- **Contacts for appointments at Columbia Asia:
Shyla Ravindran / Veena 4179 1000**



Academic Year 2009-2010.
Canadian International School - Bangalore.

Individualized Health Guide (chronic/long-term medical need)

Details of Student: Student's name: _____ Grade. _____

Medical Diagnosis or Condition:

Contact Information:

Father _____ Mobile# _____

Mother _____ Mobile# _____

Guardian _____ Mobile# _____

Family doctor's name _____ Mobile# _____

Medical Needs Information from Parents/Guardians:

Describe medical needs and give details of student's symptoms:

Describe the food and the activities to be avoided:

Describe what constitutes an emergency for the student, and the action to take if this occurs:

Follow up care requested to be given in school/hostel:

Which contact is responsible in an emergency?

Parents/guardians contacted to discuss further with school nurse office. YES / NO

Emergency medication kept at the school nurse office:

Parent Name

Parent Signature

Date

Kindergarten – Grade 12
Term one Extra Curricular Activities Program – 2009-2010

Dear Parents & Students,
Please take note of the following:

- The Extra Curricular Activities (ECAs) Program for Term one will commence on Tuesday 8th September 2009 and will run until Thursday 20th November.
- The ECA Program will run on Tuesdays, Wednesdays and Thursdays from 3:00 to 3:45pm. There might be additional team training sessions from time to time depending on the coaches, after ECAs. When this happens, parents are to make own transport arrangements as the school buses roll at 4pm.
- The ECA Program is optional. However, CIS emphasizes the importance of Extra Curricular Activities and strongly encourages all students to take part in as many activities as possible. Parents are requested to motivate their children to take an active role in after school activities.
- Students have the following options:
 1. Choose an activity for a particular day and remain in that activity for the entire term.
 2. Choose an alternate activity outside the school. In this case, students may apply for a gate pass and must be picked up by 3pm.

Students not picked up by 3pm will be taken to the homework club. Parents/drivers/nannies arriving late may report to the Central Office for assistance. School security will check gate passes in the interest of accountability and security of our students.

- **The rule is: During ECA time (3pm to 3:45pm), all students will report promptly and be actively involved in an activity of their choice.**
- **Please refer to the attached ECA Menu, complete the sign up sheet and return it to your class teacher by Monday 31st August 2009. (K.G and Elementary only) Secondary students will do the sign up at school on Monday.**
- **The Extra Curricular Activities Program** schedule will be drawn up (as sign up sheets come in) and students will be placed in various activities accordingly. The school will try its best to cater for the students' first choices. If sign-up has reached its maximum, second and third options will be considered. K.G and elementary students will receive feedback on their allocated activities which can be recorded in the School diary.
- 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).
- **The rule is: All students must come in house t-shirts every Wednesday. (points are allocated for this as well)**
- ECA queries should be directed to Mr. Segran Naidoo <snaidoo@cisb.org.in>

All the best for term one!

Ms. Lynda Gigg
K - 12 Principal

Mr. Segran Naidoo
P.E. & Activities Coordinator

Canadian International School

Sign-up sheet – Term 1 – Extra-Curricular program-2009-2010

Name of student: _____ Grade: _____

Tuesday

YES

NO

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: _____

Wednesday

YES

NO

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: _____

Thursday

YES

NO

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: _____

KINDERGARTEN ECAs

Term 1 2009-2010

Tuesday	Wednesday	Thursday
Free Play Ms. Alma	Storytelling Ms. Basanti Ms. Devika	Origami Ms. Hema
Sandbox Play Ms. Jennifer	Diwali Dance Ms. Lily	Board Games Ms. Drishya Ms. Aditi
Free Painting Ms. Rachel George Ms. Geetha	Color Club Ms. Saira	Soccer Ms. Asha + Coach

Please note:

- Maximum number for each activity will be 15 students.
- Free Painting is likely to be very messy. Smocks are a must. Even loose T-Shirts??
- A short description of each activity will be forwarded to parents by the teacher concerned.

Secondary ECAs 2009-2010 Term 1

Tuesday

Activity	Venue	Time	Coach	Grade	Max	Notes
Swimming team	Pool	15h00 to 15h45	Mr. Braedon + Ms. Begona	7 to 12	N/A	Inter-School Matches
Table tennis club and team	Boarding TT room	15h00 to 15h45	Mr. Regis	7 to 12	18	Inter-School Matches / Boys & Girls
Drama	Drama room	15h00 to 15h45	Ms. Malina	9 to 12	N/A	Must take Tues & Wed
Soccer Team-under 15 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	
CAS	N/A	15h00 to 15h45	N/A	IB 1 &2	N/A	
Basketball club	Basketball court B	15h00 to 15h45	Coach	7 to 12	20	Boys & Girls (not for team players)
Homework club (7,8,9) & (10,11,12)	Rm 124 / Rm 130	15h00 to 15h45	Ms. Navnita / Ms. Shirley	7 to 12	N/A	
Salsa	Coach	15h00 to 15h45	Instructor + Ms. Penny	7 to 12	N/A	Paid activity
Floor hockey club	Basketball court A	15h00 to 15h45	Ms. Anija	7 to 12	12	Boys and Girls
Meditation	Yoga room	15h00 to 15h45	Ms Judith	7 to 12	10	
Rugby	Field	15h45 to 16h45	Coach	7 to 12	20	Inter-School matches(check ECA time)

Wednesday

Activity	Venue	Time	Coach	Grade	Max	Notes
Soccer team - under 19 boys	Main field B	15h00 to 15h45	Mr. Devaiah	7 to 12	16	Inter-School Matches
CAS	N/A	15h00 to 15h45	N/A	IB1&2	N/A	
Netball club	Netball court	15h00 to 15h45	Coach	7 to 12	20	
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 ow n instrument
Drama	Drama room	15h00 to 15h45	Ms. Malina	9 to 12	N/A	Must take Tues & Wed
Volleyball club	Volleyball court	15h00 to 15h45	Ms. Archana	7 to 12	16	Boys and Girls
Crossword/Sudoku Club	Rm 219	15h00 to 15h45	Ms. Kay	7 to 12	12	
Instrumental music ensemble	Secondary Music rm	15h00 to 15h45	Mr. Scott	7 to 12	N/A	Have your ow n instrument
Yearbook/Newsletter(Maple Leaf)	Computer lab 2	15h00 to 15h45	Ms.Penny + Student Rep	7 to 12	10	
Chess club and team	Rm 127	15h00 to 15h45	Ms. Beena.G	7 to 12	20	Inter-school matches

Thursday

Activity	Venue	Time	Coach	Div	Max	Notes
Soccer club	Main field B	15h00 to 15h45	Mr.Mathew	7 to 12	20	
Soccer Team - GIRLS	Main field A	15h00 to 15h45	Ms. Anija	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	Minimum 10
Fitness club	Gym	15h00 to 15h45	Mr.Sandeep	7 to 12	18	
CAS	N/A	15h00 to 15h45	N/A	lb 1 & 2	N/A	
Homework club (7,8,9)& (10,11,12)	Rm 124 / Rm 212	15h00 to 15h45	Mr.Priya / Ms. Aruna	7 to 12	N/A	
Tennis	Tennis courts	15h00 to 15h45	Coach	7 to 12	12	Boys and Girls
Basketball team	Basketball court A	15h00 to 15h45	Coach	7 to 12	12	Inter-School Matches(team only)
MUN	Rm 118	15h00 to 15h45	Ms. Tara / Ms Kay	9 to 12	N/A	
Writers' Guild / Readers' club	Secondary Library	15h00 to 15h45	Ms. Maria	7 to 12	15	Journal book required
Stompdance Crew	Drama Room	15h00 to 15h45	Ms.Kate	6,7,8	20	
Needlework	Rm 125	15h00 to 15h45	Ms. Poomima	7 to 12	10	

Elementary ECAs 2009-2010 Term 1

Activity	Venue	Time	Coach	Grade	Max	Notes
Soccer club and soccer team	Main field A	15h00 to 15h45	Coach + Mr. Segran	1,2,3	22	
Soccer club and soccer team	Main field B	15h00 to 15h45	Coach + Mr Segran	4,5,6	22	
Carrom and board games	Rm 122	15h00 to 15h45	Ms. Havila	1,2,3,4,5,6	20	
Pot painting and Arts&Craft	Rm 205	15h00 to 15h45	Ms. Anna	3,4,5,6	12	
Bollywood dancing	Amphitheatre	15h00 to 15h45	Instructor + Ms Penny	1,2,3	N/A	Paid activity
Horseback Riding	E.I.R.S	15h00 to 15h45	Ms. Penny and Ms.Ashma	3,4,5,6	15	Paid activity
Homework club (1 to 6)	Elementary Art Rm	15h00 to 15h45	Ms. Devaki.R	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
Art attack	Rm 126 (Sec ESL)	15h00 to 15h45	Ms. Shefali	4,5,6	12	

Wednesday

Activity	Venue	Time	Coach	Grade	Max	Notes
Basketball club & team	Basketball court	15h00 to 15h45	Coach	4,5,6	20	Boys and Girls
Development swimming	Pool	15h00 to 15h45	Coach /Ms. Joanna /Mr.Braedon	1,2,3,4,5,6	20	
Mini cricket club	main field A	15h00 to 15h45	Coach	1,2,3	20	Boys and Girls
Guitar Club	Secondary music rm	15h00 to 15h45	Mr. Praveen	4,5,6	10	
Free painting	Rm 209	15h00 to 15h45	Ms. Christina	4,5,6	12	
Tennis	Tennis Court	15h00 to 15h45	Coach	4,5,6	N/A	Boys and Girls
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	
Murals (Wall art)	Elementary Art Rm	15h00 to 15h45	Ms. Devaki.R	4,5,6	12	

Thursday

Activity	Venue	Time	Coach	Div	Max	Notes
Swim team	Pool	15h00 to 15h45	Mr. Braedon + Ms .Shanez	1,2,3,4,5,6	N/A	Selected swimmers only(see notes)
Cricket club	Cricket net	15h00 to 15h45	Coach	3,4,5,6	20	Boys and Girls
Chess club and team	Rm 208	15h00 to 15h45	Ms .Naidoo	3,4,5,6	20	
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
Homework club (Gr 1 to Gr 6)	Rm 108	15h00 to 15h45	Ms. Sarita	1,2,3,4,5,6	N/A	
Free painting	Rm 206	15h00 to 15h45	Ms. Laura	1,2,3	12	
Stompdance crew	Sec Drama Room	15h00 to 15h45	Ms. Kate	6 , 7, 8	20	

