

After School Activity Program

Winter Season 2017/2018

Students who sign up to participate in an After School Activity are committed to the activity for the specific day of the week and for the full period of the course (cancellations are only accepted during the first and second week of the season). The After School Activity Program takes place from 15:45 until 16:45 on Mondays, Tuesdays, Wednesdays and Thursdays and from 14:10 until 15:10 on Fridays. Students who participate in the After School Activity Program must be picked up by their parents at the end of the activity, or have permission to go home alone, as there is no bus transportation at this time.

Monday

Outdoors!

With Ms. Niemczyk

You want to inhale some fresh air after a long day in school? We will go outside, explore the playgrounds and nature in the neighborhood no matter what the weather is like. Even a walk in the rain can be fun :-). Please have appropriate clothes with you in case of inclement weather.

When:	15:45 - 16:45	Open to:	G1 - 3
Where:	Meeting point FIS reception	Students max.:	12

Hip-Hop Workshop

With Didem (CenterStage)



Our Hip Hop dance class from CenterStage ER Dance schools offers a great introduction to this popular style of street dance. Originating from the United States in the 1970s, Hip Hop dance combines body popping, locking, glides-moonwalk and breakdancing with commercial dance techniques. During this course, you will experiment with freestyling as well as learning fun Hip Hop choreography. This is a sociable and high-energy course, which is perfect for beginners and those with a little experience. Get up and dance with our hip-hop dance teacher Henry!

When:	15:45 - 16:45	Open to:	G3 - 6
Where:	1.112 - EY Gym	Students max.:	15
Cost:	€70 (This fee is a flat rate for 10 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)		

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Karate - Martial Arts for teenagers

With Mr. Wittmann (Sportschule Wittmann)



Are you interested in Karate, martial arts? Would you like to become stronger, improve your concentration and perseverance, learn to defend yourself, increase your self-control? Mr. Wittmann will teach you karate and self-defense moves. Bring your sport clothes to start with. A karate uniform might need to be purchased at a later stage.

Students are encouraged to plan the activity for the whole school year.

When: 15:45 - 16:45 Open to: G6 - 12
Where: 1.062 (behind the Aula) Students min./max.: 10/20
Cost: €50 (This fee is a flat rate for 10 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)

Touch Rugby MS and HS

With Mr. Woods

Come and join this exciting sport for both girls and boys. Rugby is a super team sport that evokes great passion for all who get involved in it, and touch rugby is a great non-contact form of the game for both girls and boys. In this course you will learn the fundamentals of the game of rugby, have the opportunity to improve your skills and get to play practice matches with your peers. The sessions will be designed to be fun and exciting as this sport is truly a dynamic one. Touch rugby is great for using your speed, your handling skills, but most importantly your brain and your creative flair. In case of inclement weather, we will play indoor games.

When: 15:45 - 16:45 Open to: G6 - 12
Where: Sports Field Students min./max.: 6/30
Cost: €50 (This fee is a flat rate for 10 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)

Learn to sew, up-cycle fabrics, and fund-raise!

With Mrs. Smith

Do you want to learn how to sew or learn a new technique? Using a "crazy patchwork" technique we will machine sew unique items such as Christmas stockings, pennants and cushion covers which will then be sold at the FIS Christmas market. All funds raised will go towards CAS groups at the FIS. We will mostly use up-cycled fabrics to create beautiful Christmas gifts. One or two sewing machines will be available, and if you also have access to one, please let Mrs. Smith know.

When: 15:45 - 16:45 Open to: G9 - 12
Where: 1.201 - HS Library Students max.: 6

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Model United Nations

With Ms. Min and Ms. Kellum

MUN, or Model United Nations, is a student-led club that simulates the Model United Nations. Delegates, or members, are assigned countries that they represent in debate with other countries about a set topic, coming up with a resolution for it. MUN members have the opportunity to go to different conferences and meet new people from around the world, making for unforgettable experiences. The club is for anyone who likes to meet new people, debate and discuss different issues from around the world and/or improve their public speaking skills. Join us on Mondays for an extremely enjoyable club that also counts for CAS.

When: 15:45 - 16:45

Open to: G8 - 12

Where: 3.003

Students max.: 30

Tuesday

Ball Games

With Mr. Cardenal

Do you like ball games and playing with your friends? If so, that is your course! Come every Tuesday afternoon and join us. You will learn to play different games with different types of balls, improve your coordination skills, build up strength and have a lot of fun! Please wear comfortable clothes and sport shoes!

When: 15:45 - 16:45

Open to: G1 - 2

Where: Red Top - Meeting Point Cafeteria

Students min./max.: 5/15

Cost: €27 (This fee is a flat rate for 9 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)

G5 - 12 String Ensemble

With Ms. Hardwick

The String Ensemble welcomes any G5 - 12 string player (violin and cello) to this group. We hope to put together well-known string repertoire that can be shared with the school community at assemblies and other events.

When: 15:45 - 16:45

Open to: G5 - 12 players

Where: 1.108

(string players)

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Kung Fu (Shaolin Wing-Chun Chuan)

With Mr. Brunsfeld

Shaolin Wing - Chun Chuan is a fast and explosive classic Chinese Kung - Fu system. After only a few lessons on system-specific practices, pupils are equipped with the skills necessary to assert themselves in conflict situations. Each lesson consists of a balanced mix of strain and relief components. Intensive warm-up training is followed by fighting techniques, stretching exercises and phases of regeneration. Teachings such as the Tai Chi and Qi Gong are integral parts of this Kung - Fu system. Therefore breathing techniques and the teaching of correct body alignment will be taught alongside fast self-defense components in each session. **Shaolin Wing - Chun Chuan** is designed in such a way that even a lightly-built person is able to safely approach an opponent, disable him/her, and then safely and elegantly step away from the individual.

Prior knowledge is not required for this course. Beginners and advanced students are invited to participate. Please wear loose, and comfortable sportswear. Training with or without shoes is possible.

When: 15:45 - 16:45 Open to: G1 - 8
Where: 1.112 - EY Gym Students min./max.: 6/15
Cost: €45 (This fee is a flat rate for 9 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)

ES G2 - 4 Choir

With Ms. Hardwick

Students in Grades 2 to 4 who enjoy learning songs and want to sing are welcome in this group.

When: ES lunch time Open to: G2 - 4
Where: 1.108

G3 - 5 Art Club

With Mrs. Beck



Do you want to experiment making with art materials, get creative and have fun making art? We will be learning and experimenting together to make your individual art work to take home and also you will have the opportunity to work on larger scale art work as an art club team ☺. Come along and join in the creative fun, be prepared to get a little messy, so please do not wear your favorite clothes. We have aprons available for you in the art room.

When: 15:45 - 16:45 Open to: G3 - 5
Where: 2.070 - Art Room Students max.: 12
Cost: €15 for art materials (to be paid directly to Mrs. Beck)

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G4 Recorders (and flutes)

With Ms. Hardwick

Any Grade 4 student welcome in this group, which will focus on learning more notes on the recorder (and flute) and playing fun pieces together as an ensemble.

When: ES lunch time

Open to: G4

Where: 1.108

G5 - 12 FIS Band

With Ms. Lee

The FIS Band is the place for all G5-12 instrumentalists! All brass / woodwind / percussion / keyboard instruments are welcome in this group, which plays a huge variety of music as a large, community-oriented ensemble.

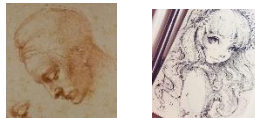
When: 15:45 - 16:45

Open to: G5 - 12

Where: 1.105

Portrait Drawing

With Mr. Edo



In this after school activity you will learn the basics of drawing the head, study its proportions, and take a look at each of its individual features in more detail, with the added possibility to further develop and adapt this knowledge into your own style, be it Manga or comic character designs.

Please bring the following material to class:

- Graphite Pencils - H, HB, B, 2B and 4B (any brand)
- Pencil sharpener
- Sandpaper Block Sharpener or Sandpaper (200grit)
- White Eraser
- Kneaded Art Eraser
- A3 Sketch or Drawing Pad
- Optional: Black Charcoal pencil - (suggested brands: Faber Castell Pitt Pastel (2B or 4B) or Conté a Paris - Pierre Noire B or 2B)
- Optional: A3 Newsprint Pad

When: 15:45 – 16:45

Open to: G6 - 12

Where: 2.071 - Art Room

Students max.: 15

Cost: €45 (This fee is a flat rate for 9 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)

Wednesday

Bollywood Dancing (Indian Dance Class with the best of Bollywood beats)

With Mrs. Nadkarni (FIS Parent)

Dance is a way of expression. We help you unleash your dance potential with our fun filled energetic dance moves. Whether you are an absolute beginner or a seasoned performer looking to learn a new style or develop your technique, we have something for you. The first set of classes focus on building and developing technique and learning choreography. The aim of the class is to enjoy the freedom and joy of Bollywood while maintaining the integrity, beauty and structure of classical Indian dance.

When: 15:45 - 16:45 Open to: G1 - 8
Where: 1.062 (behind the Aula) Students min./max.: 6/15
Cost: €50 (This fee is a flat rate for 10 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)

Touch Rugby G1 - 5

With Mr. Woods

Come and join this exciting sport for both girls and boys. Rugby is a super team sport that evokes great passion for all who get involved in it, and touch rugby is a great **non-contact** form of the game for both girls and boys.

In this course you will learn the fundamentals of the game of rugby, have the opportunity to improve your skills and get to play practice matches with your peers. The sessions will be designed to be fun and exciting as this sport is truly a dynamic one. Touch rugby is great for using your speed, your handling skills, but most importantly your brain and your creative flair. In case of inclement weather, we will play indoor games.

When: 15:45 – 16:45 Open to: G1 - 5
Where: Sports Field Students min./max.: 6/20
Cost: €50 (This fee is a flat rate for 10 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)

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The Cooking Club

With Ines Battle and Barbara Harsanyi (G10 students) and parent supervision

Cooking is a vital life skill. We will teach you to develop your skills with our simple but useful recipes. From guacamole to chocolate chip cookies, discover the pleasure of cooking and baking with a group. The recipes will be a mix of sweet and salty, desserts, main courses, and appetizers, to have a full range of cooking knowledge!

When:	15:45 – 16:45	Open to:	G6 - 8
Where:	1.043	Students max.:	8
Cost:	€30 flat rate for the first 5 sessions		
or	€55 flat rate for 10 sessions (to be paid directly to Ines and Barbara) (absences will not be taken into consideration)		

Basic Cartooning: Character Designing and Storytelling

With Mr. Edo

Join illustrator Edo Fuijkschot (artist of The Owl's Supper) into the world of cartooning and comic strip creation. In these sessions, you will design your own characters, learn about facial expressions and develop your own short story to create a comic book tale.

Please bring the following material to class:

- Graphite Pencils - any type in the range of HB, B or 2B
- Light Blue pencil (erasable if available)
- Black Fine-liner pens (size 0.3, 0.5 and 0.8)
- Black Brush Pen - Faber Castell Pitt artist pen "B"
- Pencil sharpener
- White Eraser
- A4 or A3 Sketch or Drawing Pad

When:	15:45 - 16:45	Open to:	G3 - 5
Where:	2.070 - Art Room	Students min./max.:	6/15
Cost:	€50 (This fee is a flat rate for 10 sessions and will be invoiced to parents by the FIS, absences will not be taken into consideration)		

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The Ambassador Club

With Ms. Chiodo and Ms. King

"Young people crave opportunities to make a difference." - Joe Follman

We want to give the Elementary School students a platform to voice their concerns and investigate issues that matter to them. There is always strength in numbers, which allows action to take place to solve school and local community concerns. This real-world problem solving approach will allow the young people in our school to have diverse and meaningful experience by applying knowledge, skill and understanding to create positive change in the FIS and local community. Students will develop stronger peer relationships, improve their investigation skills, be able to find solutions to problems, become stronger communicators and reflect in their actions.

This group could brainstorm needs within the school and greater community and work towards an agreed project (ex. birds hitting the windows), offer peer support to help with social problems, collaborate with Middle School and High School students on projects and initiatives. This group could welcome new children to the FIS community, skype with them, prepare a welcome book/package, prepare a list of students and languages spoken to help newcomers adapt.

When: 15:45 – 16:45

Open to: G1 - 5

Where: 2.037

Students max.: 10

Table Tennis

With Mr. Graf

Already a table tennis player or new to the game and interested in learning the basics? Looking for a partner to play with on a weekly basis and improve your skills? Sign up to play table tennis on Thursdays! We will play practice games as well as organize tournaments. Table tennis is a fun way to get active and promotes concentration!

When: 15:45 - 16:45

Open to: G5 - 12

Where: 1.062 (behind the Aula)

Students max.: 10

Art with Ms. Slawa

With Ms. Slawa

During those lessons, I would like to improve technical skills and expand students' knowledge about various media and techniques. The course will be shaped and adjusted to the requirements of the attending students.

When: 15:45 - 16:45

Open to: G7 - 9

Where: 2.071 - Art Room

Students min.: 5

