



ST CHRISTOPHER'S
PENANG

After School Activities

Term 3

Monday 18th April - Friday 24th June 2016

Welcome to a new term of After School Activities (ASA's)

We hope you find a good range of activities to join and enjoy this term. The programme has been set up to provide children with an opportunity to learn and develop new and existing skills. We hope that you will agree, we have tried to ensure there is a good mixture of activities on offer. **This term we have added many more activities, and have added many more spaces, to ensure children have a better chance of doing the activities they want.**

Please ensure you read **the information below carefully** as this should help explain and answer any questions you may have. However if you find you still need to make enquiries please contact the school office.

REGISTRATION

We are using the parents' portal for our registration system. You will have to register online in order to secure places for the available after school activities. **ASAs will be allocated on a first come first served basis.** The system will go 'live' at 4pm on Monday 11th April and will close at midday on Friday 15th April. Please **be aware that you will not be able to access this area of the parents' portal either before or after those times.**

The charges vary for each activity to take into account the different resources required, including transport, staffing and hire of facilities. Please ensure you have checked the cost of each activity as you will be invoiced this amount. The minimum cost for any activity is RM25.

PLEASE REMEMBER THAT PUPILS ARE LIMITED TO A MAXIMUM OF 3 ACTIVITIES IN THE WEEK.
THE SYSTEM WILL NOT ALLOW YOU TO BOOK ANY MORE THAN THIS.

The online system records in real time the availability of places so you will be able to see if your child has been successful in gaining a place on the chosen activity.

Please note that, where possible, there will be no restrictions in terms of numbers of children for an ASA. In some cases a cap needs to put in place to ensure safety and/or quality of the delivery of that ASA.

Please note the following instructions for the registration online:

- Log onto parents portal: <http://parents.schoolbaseonline.asia/login.aspx?DName=scips>
- Enter username and password
- Click 'Remember me next time'
- Click Log in
- Click 'Booking Activities' icon
- Once screen opens choose child's name from drop down menu and select.
- You can now click up to 3 activities
- The system will tell you if an activity is full and also show you where CLASHES occur.
- The activities selected will show at the top of the screen. You can print this list out.
- Should you want to change an activity, simply unclick and reselect the new activity.
- The system saves and updates automatically and operates in real time.
- If your chosen activity is not available at the moment, you can try again later as a space may have become available.

TRANSPORT FORM

It is essential that parents fill in the transport form which is attached. This includes details of how your child will travel home after the activity programme as well as an indication from parents that they are happy for staff, if required, to drive children in their own transport to and from activities or sporting events/school trips. Please return this to the school office.

It is the parents/guardians responsibility to ensure that children are picked up on time after the clubs. For those children who take the bus you are responsible for arranging this with the bus driver. Any children left in school 15 minutes after the collection time will need to be signed out from the office.

STOPPING AN ACTIVITY

If a child signs up for an activity and then decides to stop the activity partway through the term, there will be **NO** refund given.

LANGUAGE LESSONS

If your child has German lessons, they must attend these lessons and should choose activities on the other days in the week.

TIMINGS

All clubs run from 3pm-4pm. All children attending a club will need to go to the hall at 2.45pm and wait quietly for their club to begin. There will be supervised rooms provided for changing for sports clubs. Children will be expected to change within the room and take all their belongings with them.

ABSENCE

If your child is at school on a particular day but they will not be participating in an after school activity due to any reason, this information must **be relayed directly to Miss Marie**. This way the registration for the after school activities will be kept up to date.

WET WEATHER

In case of wet weather, outdoor clubs will be catered for inside where possible. For offsite sport activities children will be taken into shelter if deemed too dangerous to continue. Parents will be informed as early as possible if an activity has been cancelled for any reason.

START & FINISH DATES

Activities will commence on **Monday 18th April**. They will finish on **Friday 24th June**.

DAY	STAFF	ACTIVITY	Y/GR	LOCATION	MAX	COST	COMMENT
Mon	Jon, Ryan, Duncan, Jamie	Sport: Fun Football	3-6	PSC		RM125	Come and enjoy some friendly football and matches. Learn new skills. Pick up 4pm from Penang Sports Club
Mon	Coach Sunny	Sport: Karate		EY Playground/Hall			Sign up through the coach. See separate flyer for info.
Mon	Coach Dirk	Sport: Unicycling	3-6	Basketball Court	12	RM100	A challenging and rewarding skill. Unicycling with a specialist coach. Experience riding a bike is essential! Your own uni-cycle is not required.
Mon	Stuart, Jen	Sport: Infant Football	1-2	Field		RM50	Do you 'live' for Liverpool FC, can't 'man'-age without Man U or simply have the 'hots' for the Spurs? If so this is the club for you? If not then simply come and enjoy some football with Penang's finest football coach!
Mon	Laura	Craft & Wider World: Eco-Club	3-6	6LH		RM100	If you are interested in getting creative, caring for our school and Penang, endanger wildlife and the environment, eco club has many exciting, fun projects lined up for you. To find out more visit: http://jointhepod.org/home
Mon	Janet	Language: Mandarin	4-6	Mandarin Room		RM25	Come and learn Mandarin. Class for beginners and intermediates.
Mon	Jasmine	Language: Phonics	1-2	2JD		RM25	Having trouble sounding out words? Come and join a phonics club. Open to children in Year 1 and 2 in Phase 3 of phonics.
Mon	Yi Yiing	Music: Musical Fun	1-3	EY/KS1 Music Room		RM25	Come and have some fun with instruments and singing.
Mon	Errin	Art: Mandala Colouring	1-6	1EA		RM50	Come and relax with mandala colouring. Each week you will learn new colouring techniques to create beautiful mandalas. Completed pieces of work will be used to create a portfolio. A gallery in the school will be created to be viewed at the end of the term. Portfolios can then be taken home.
Mon	Sarah G	ICT: Senior Code Club	5-6	ICT Suite	25	RM50	Come and learn how to code on the computer. Use your imagination and make creative projects. Start learning the basics of programming.
Mon	Sharon	Dance: Hip Hop Urban Jazz	1-3	EY Playground/Hall		RM90	Sign up through the IMS. See separate flyer for info.
Mon	Edith	Art: Sketch Club	1-6	Art Room		RM50	The Sketch Club is back again!! Come and enjoy sketching for those who love to draw. Materials will be provided.
Mon	SLT	Study: Homework	1-6	TBC		RM25	
Tues	Coach Dirk	Sport: Unicycling	3-6	4 Square Area	12	RM100	A challenging and rewarding skill. Unicycling with a specialist coach. Experience riding a bike is essential! Your own uni-cycle is not required.
Tues	Coach Tan Mew Hong	Sport: Wushu	1-6	EY Play Area			Sign up through the coach. See separate flyer for info.
Tues	Coach Termin	Sport: Floorball	3-6	Basketball Court	20	RM100	Come and join this exciting game – a lighter, faster version of Hockey! All equipment will be provided, just come with your PE kit.
Tues	Mr Chris	Sport: Yoga	3-6	Nursery Play Area	12	RM90	Sign up on the IMS. See separate flyer for info.
Tues	Coach Foong	Sport: Gymnastics	1-2	Nursery Play Area		RM200	Sign up through the coach. See separate flyer for info.
Tues	Joanne, Oona	Cookery: Fabulous Food for Infants	1-2	Staff Room	25	RM100	Come and get creative in fabulous food. With different ingredients you will have the chance to make some fabulous food. Please let us know

							if you have any food allergies!
Tues	Sue	Craft + Wider World: School Blog	3-6	Sue's Office		RM25	Ever dreamed of being a journalist? Want to report to the world what's happening at St. Christopher's School? Now you have a chance to interview teachers and take photos of all the great things taking place!
Tues	Cheryl	Craft + Wider World: Scrap Book Making	1-6	1CD		RM25	Have you had a great year so far? Cherish the special moments with your family and friends by making a scrap book. Add photographs, stories and keepsakes from fantastic events in your life...your birthday party, Christmas, Chinese New Year, a residential or field trip, holidays, concerts, etc,etc,etc. Write about yourself, your family, your best friend or even your pet.
Tues	Janet	Language: Mandarin	1-3	Mandarin Room		RM25	Come and learn Mandarin. A beginners and intermediate class.
Tues	Emily	Language: French	1-6	4ED		RM25	French for beginners. Learn some simple French words and sentences.
Tues	Valerie	Music: Choir	3-6	KS2 Music Room		RM25	Come and join in with some singing and acting.
Tues	Sitra	Indoor Games & Books: Lego	2-6	EAL Room		RM50	Children are given the opportunity to construct various building using Lego and other construction material. Let their imaginations go wild!!
Tues	Victoria	Dance: Dancing All Styles	1-6	Hall		RM50	Come and try some new moves! Penang's movers and groovers!
Tues	Jess	Craft + Wider World: Craft Club	1-6	3JM		RM50	Come and have some fun designing some arts and craft.
Tues	Mei Kin	Art: Painting	1-6	Art Room		RM50	Learn and have fun designing and painting!
Tues	SLT	Study: Homework	1-6	TBC		RM25	
Wed	Suzanne	Craft + Wider World: Knitting	1-6	Golden Room		RM35	Click, click cicketty click. Come along and learn to knit! Lots of fun in this beginner knitting class Pick up 2:15pm from SCIPS (Children have lunch at school at 12:45pm)
Wed	Coach Sunny	Sport: Karate		EY Playground			Sign up through the coach. See separate flyer for info.
Wed	Helen O'Grady Drama Academy	Drama: Speech and Drama Club	1-3	Hall		RM320	Sign up through the IMS. See separate flyer for info. Pick up 2:15pm from SCIPS (Children have lunch at school at 12:45pm)
Thurs	Sarah + Matt	Sport: Swimming	3-6	PSC		RM125	An open invite to swimmers looking to improve. All abilities welcome. Pick up 4pm from Penang Sports Club
Thurs	Coach Foong	Sport: Gymnastics	2-3	Nursery Play Area		RM200	Sign up through the coach. See separate flyer for info.
Thurs	Coach Termin	Sport: Floorball	3-6	Basketball Court	20	RM100	Come and join this exciting game – a lighter, faster version of Hockey! All equipment will be provided, just come with your PE kit.
Thurs	Gareth	Sport: Tag Rugby	3-6	Field		RM50	TAG rugby is a fun, non-contact introduction to rugby. We will be covering the basic principles of attack and defence. We will be learning how to pass a ball to beat defenders and simple moves such as switches.
Thurs	Kate	Craft + Wider World: Stitching and Sewing	2-4	RKM		RM50	Come and have fun stitching and creating simple felt toys to keep. You can make teddies, finger puppets and more.
Thurs	Catherine	Craft + Wider World: Zentangle	3-6	Junior EAL Room		RM50	This is a world of abstract black and white art. Scribble and doodle on paper, tiles, glass, ceramics and beyond. We do it because it's fun.

Thurs	Ravi	Language: Bahasa	1-6	Bahasa Room		RM25	Come and learn Bahasa. All abilities welcome.
Thurs	Valerie	Music: Senior Guitar Club	5-6	KS2 Music Room		RM25	Calling year 5 and 6 children!! Come for a jam, learn some guitar skills, and have fun! Bring your own guitar please.
Thurs	Sunita	Indoor Games & Books: Puzzles and Board Games	1-6	Sunita's Classroom		RM25	Come test your wits, pick your brains and win some prizes!
Thurs	Jack	ICT: Senior ICT	4-6	ICT Suite	25	RM50	Games and Learning with computers in this ICT club.
Thurs	Elaine	Art: Modelling	1-6	Art Room		RM50	Use your imagination and some clay to create wonderful models
Thurs	Alicja	Music: Singing Club	3-6	Infants Music Room		RM25	If your passion is to sing, perform, and to be a star, come and have fun arranging and choreographing music during this club!
Thurs	Sharon	Dance: Hip Hop Urban Jazz	4-6	EY Playground		RM90	Sign up through the IMS. See separate flyer for info.
Thurs	Andy	Music: School Orchestra	3-6	TBC		RM25	Can you play an instrument? Can you bring it to school? If you can say yes to both these questions and want to follow a conductor to make ensemble music, come and be part of our school orchestra.
Thurs	Helen O'Grady Drama Academy	Drama: Speech and Drama Club	4-6	Hall		RM320	Sign up through the IMS. See separate flyer for info. Pick up 4pm from SCIPS.
Thurs	SLT	Study: Homework	1-6	TBC		RM25	
Fri	Dave, Ryan, Duncan, Tim	Sport: Athletics and Tee Ball	3-6	PSC		RM125	Come and improve your tee ball skills. All abilities welcome. We hope to start a SCIPS Tee Ball league! OPEN INVITE. Pick up 4pm from Penang Sports Club
Fri	Coach Pang	Aikido	1-6	TBC			Sign up through the coach. See separate flyer for info.
Fri	Coach Foong	Sport: Gymnastics	3-6	Nursery Play Area		RM200	Sign up through the coach. See separate flyer for info.
Fri	Jenny R	Art: Friendship Bracelet Making	3-6	5JR		RM25	Learn how to use special knotting techniques to create colourful bracelets that you can share with your friends.
Fri	Amy	Craft + Wider World: Film Appreciation Club	3-6	5AL		RM25	Come and watch and discuss a variety of short films covering a range of genres, eras and cultures.
Fri	Anna	Craft + Wider World: Science Lab 101	3-6	3AT		RM50	Do you like exciting explosions? Are you fascinated by how things work? Come and plan and conduct experiments of your choice!
Fri	Sarasu	Indoor Games & Books: Scrabble and Chess	1-6	2 nd Bahasa Room		RM25	Sharpen your wits and become a vocabulary genius and a chess master! Your choice of game to play each session.
Fri	Valerie	Music: Junior Guitar Club	3-4	KS2 Music Room		RM25	Calling year 3 and 4 children!! Come for a jam, learn some guitar skills, and have fun! Bring your own guitar please.
Fri	Yi Yiing	Dance: Dancing and Singing	1-3	Infant Music Room		RM25	Let your hair down and come and enjoy some singing and dancing!
Fri	Sandra + Julia	Dance: Salsa Dancing	1-6	Hall		RM50	A new activity at SCIPS - Salsa dancing. Come and dance and groove to a new beat!
Fri	SLT	Study: Homework	1-6	TBC		RM25	

First Edu Gym Program In Penang!



Gymnastics is considered the father of all activities during the very early times in *Greeks*. *Gymnastics* for the purpose of developing the body and mind to mold the character of the young and do for our children a **strength, flexibility, agility, awareness, discipline and bonding of the children**. Gymnastics is **fun movement, is jumping, and is accomplishing** a skill was a challenge in all physical education.

Gymnastics Classes Available Now!!!

Venue	:	Nursery Play Area		
Time	:	Tuesday	3-4 pm	Year 1-2
		Thursday	3-4 pm	Year 2-3
		Friday	3-4 pm	Year 3-6
Cost	:	RM200 Per Term		

COACH: FOONG KOK SENG 016- 433 6887

Sign up through the coach

Karate Club

The karate club has enjoyed many successful terms here at St Christopher's School. All levels are welcome from beginners to black belt. Children from years 1-6 can join this club.

Days & Times	Monday 3pm – 4pm Wednesday 1pm – 2pm
Location	School Hall
Fees	RM 340



The 1st two sessions each term are meant for new comers to try out the sport and decide if they wish to carry on. You will not be charged until your child has decided to join the club fully. However only the 1st two sessions are taster sessions, after this your child will have to make their decision! Payment for returning members is expected at the first session.

The Karate teacher is Sunny Yeoh, he has over 30 years of experience of teaching Karate.

Please note that this club is run solely by parents of children within the club. St Christopher's International School provides facilities and is not held responsible for any loss of property or injuries incurred during and after training sessions. Parents are asked to stay during classes to help supervise.

For more information please contact: Sunny Yeoh – 016 453 2953

For all those interested in joining please come along with your children to the first session on Monday 18th April 2016.

Please make all payments directly to the club.
You do not need to include this in your registration online



WUSHU

Time: Tuesday 3pm-4pm

Cost: 240RM per term + 150RM uniform & registration for new members
and 240RM per term + 70RM for old members

Age groups: Year 2 – 6

The Chinese Martial Arts (Wushu/Kung Fu) comprise techniques of defence and offence, both armed and unarmed, based on China's ancient philosophical heritage. Thus it is that the real aim of this art is to instil discipline, self-confidence and a moral code that stresses the protection of the weak and the embodiment of virtues such as Loyalty, Endurance and Virtue.

Training in Wushu involves the solo practice of basic exercises and routines, and two-person work, both freestyle and choreographed. Equipment used includes training weapons which are either wooden, foam or alloy replicas, allowing safe, secure practice.

The syllabus followed by the Zhong Ding Association includes a wide range of styles and approaches, such as animal styles, soft evasive systems and others which are hard and direct. Students follow a sash grading system from novice to instructor levels. As well as class training there are also regular residential courses at the Zhong Ding Training Centre in Balik Pulau. Students are encouraged to take part in competition.

The Association has branches in Southeast Asia, Europe and the US and so opportunities for international competition and training are available to students. **Call: 0165421715**

Sign up for this activity using the form as for all other activities although please note that **St Christopher's International School provides facilities and is not held responsible for any loss of property or injuries incurred during and after training sessions.**

Sign up through the coach



YOGA CLASS

To improve your Flexibility, Concentration, Breathing, Posture and most of all have FUN with your Bodies

Time: Tuesday 3-4 pm Location: Nursery Play Area

Cost: 90 RM Per Term (Max number: 12)

Please bring yoga a mat or towel to each session and a water bottle.

Mr Chris has experience Teaching Yoga to Kids and each class's goal is to leave your child feeling Happy, Healthy and full of Confidence with the body they have been given.

Sign up through the IMS.

Please call Chris with any questions on 0164325578

Beginners Hip Hop Urban Jazz

Time: Monday 3.00 - 4.00pm (Y1-3)
Thursday 3.00 - 4.00pm (Y4-6)

Cost: RM90 per term

This class introduces a structured environment while allowing children to recognise their own individuality and body mobility. Focus is on coordination and rhythm introduced in creative and imaginative ways. Keeping students entertained while learning beginning dance skills will help them to acquire a lifelong love for dance.

This high energy class can be taught to anyone with a passion to move, so no dance experience is required.

For further information please contact: **Sharon Cornelius - 017 4785092**



HELEN O'GRADY
— DRAMA ACADEMY —

Speech & Drama

Greetings from the Helen O' Grady Drama Academy team!

Since 1979, our wonderful curriculum has been developing children's:

Confidence, Self-Esteem, Communication Skills and Social Skills.

Starting April 2016, we will be offering weekly drama classes at SCIPS!

Day: Wednesday: 1.15 – 2.15pm (Year 1 – Year 3)

Thursday: 3.00 – 4.00pm (Year 4 – Year 6)

Fees: RM 320 Per Term

Contact: Andrina Peterson 016 – 6603023

Hurry up and register now!!

Our website: helenogrady.co.uk or [fb.com/helenogradysubang](https://www.facebook.com/helenogradysubang)

Aikido (合気道)

“Aikido is a peaceful martial art”

Aikido (合気道) is a Japanese martial arts that emphasis on body movements, relaxation and leverage power to control the opponents. Aikido can be practised regardless of age, gender or body built. It promotes blood circulation, body relaxation and ultimately **improve the practitioners' physical and mental health**. At the same time, the potential of aikido as a means of self-defense should not be ignored. Aikido techniques are being taught to police forces around the world.



Children class focus on the development of both the **physiological aspects** (body-mind coordination, strength, stamina) and the **psychological aspects** (harmony and peacefulness, show of respect, awareness) of the student.



Day/time	Friday 3:00pm-4:00pm
Age Group	Year 1 - 6
Fee	RM260 + RM95 (uniform for new student)
Instructor	JM Pang +6019-916 1961 http://www.aikido-penang.com

Sign up through the instructor