



HIS QUARTER 3

# HIS AFTERSCHOOL PROGRAM

January 2012

HIS believes in providing an optional afterschool program that enriches children's learning socially, physically, academically and culturally. This program offers a balanced variety of activities that are stimulating and engaging, while promoting creativity, critical thinking, cultural understanding and physical development.



# Athletic Enrichment

**Golf:** The Golf activity will provide students the opportunity to learn golf etiquette, the rules of golf and introduce the basic fundamentals of a good swing-grip, set up, backswing, downswing, impact and finish.

**Tues (3-5) Wed. (K-2)**

**Karate:** Martial Arts training improves physical skills alongside mental awareness, discipline, self-control, friendship, self-respect, honesty, integrity and self-defense. **Mon. (1-2), Wed. (3-5)**

**Ballet:** Teach children co-ordination and grace while dancing to music. **Wed. (K-5)**

**Dance:** The dace club will help students integrate physical activity with mental activity while learning different types of dances with rhythm and steps. **Tue. (EC1-EC2)**

**Judo:** Learn the art of self-defense and how to fall safely in all directions while maintaining your balance, a skill that helps keep you safe when playing any sport. **Mon. (1-5)**

**Gymnastics:** Covers all aspects of physical and mental development of a child especially helping with their co-ordination and special awareness. **Tues. (K-2)**

**Table Tennis:** Deals with speed, control and coordination. It is the fastest ball game thus the need to apply the three basic aspects and apply them instantly. This teaches the students to make



**Kickboxing:** The focus is on health, self-defense, safety, physical and psychological well-being. It also helps self control and control of others through a 50/50 combination of kicks and punches. **Tues. (3-5)**

**Hip-Hop:** Is the ever-changing form of expression, which is influenced by time, culture, and fashion. Hip Hop dance teaches rhythm, balance, confidence and respect. It is a fusion of different types of dance including ballroom, ballet, traditional African, kwaito and a lot more. **Thur. (k-5)**

**Playground Supervision:** This is a chance to just PLAY. The students signed up for this activity will have the opportunity to play on the lower playground with adult supervision. **M-TH (K-5)**

**Rhythmic Gymnastics:** As a sub-division of gymnastics we specialize in eye-ball coordination and flexibility while combining it with musicality and rhythm. Children are taught to be graceful, flexible and skilled at the same time. **Mon.(3-5).**

**Monkeynastix:** an educational and holistic program, which concentrates on the child's physical development, especially in the area of gross motor skills, we also cover healthy lifestyle habits, social skills, environmental awareness, moral standards and the emotional intelligence of the child. **Tues (K-3)**

**KRAX:** A crossover of Karate and Aerobics, KRAX aims to develop fitness, flexibility and balance. Children test their endurance and practice sparring and falling in a safe environment. They are introduced to basic punches, kicks and blocks. Krax focuses on developing the children's mental strength by demanding fairness, respect and control when competing with their peers. It offers a wide variety of fun activities. **Th. (K-4)**

**Soccer:** A physically and mentally engaging activity that enriches the student with lifelong skill as well as teamwork and a sense of achievement.

**Cricket:** An exciting activity for beginners and those that have played before. Prior knowledge is not a requirement, dedication is. No equipment needed but lots of enthusiasm. **Ends at 3:30 Mon. (3-5)**

**Basketball:** This is a physically engaging activity that helps to improve basic basketball skills through a wide variety of drills and games. **Wed. (3-5)**

**Track and Field:** Students will practice fundamental skills in long jump, javelin/ball throw, relays, sprints and long distance running. This will help them prepare for our colorhouse track and field day.

**Mon. (1-5)**

**Once Upon a Pose:** This is an innovative children's yoga activity that integrates yoga, storytelling, drama, healthy eating, and peace/character education. A yoga mat is not

**Chess Club:** One of the oldest games known to man! This game of strategy is said to improve a child's ability to think critically and reason. **Wed. (1-5)**

**Instrumental Lessons:** Please see Roz Whaley, music director, for available instruments and more details. Please see Ivy Decker-Jones for Violin Lessons.

**Stone Carving:** Students will be making necklaces out of stone and plastic beads. They can make their own choice of themes to work on. **Wed. (1-5)**

**Environmental Club:** Our main focus will be recycling and awareness of the environment. Students will also look at how to improve our own campus environment. **Mon. (3-5)**

**Arts and Crafts:** Children will be encouraged to let their creativity run wild as they learn to make such creations as potato prints painted eggs, collages, paper beads, masks and fans. Making crafts from salt play dough and art work they can wear using a variety of materials. **Tue. (3-5)**



**Brazilian Wish Bracelets:** A 200 year-old tradition from mystical Bahia, Brazil, BWB are colorful and worn throughout Latin America. They are made of embroidery thread and present various styles and patterns, According to the tradition you tie BWB around your wrist with three knots, making a wish for each knot. When it naturally breaks, it is believed that your three wishes will come true. **Thurs. (1-5),**

**Clay Work:** This class involves making jewelry boxes using clay to keep jewelry safe without scratching. Students will take the boxes home at the end of the quarter. **Thur. (1-5)**

**Textile Printing:** All types of printing on fabric will be learnt including potato printing, direct painting, tie and dye and batik. The children will make cushion covers, placemats, and napkins out of the fabric. **Wed. (K-5)**

**Spanish Club:** Basic Spanish words will be learnt through Spanish games, songs and dances. Students will also learn to introduce themselves in Spanish. **Mon. (2-5)**

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## Afterschool Program Expectations

- Students will arrive promptly to their designated class.
- Students will follow all school behavior expectations.
- There will be no changes in classes unless approved by the Afterschool Director.
- Students will be picked up promptly at the “big tree” after their class ends (the majority end at 3:00).

Students not picked up by 3:15 or 15 minutes after the end of their class will automatically attend the Afterschool Supervision Program. This fee-based program provides a supervised environment until adult pick up. There is an

**Children’s Choir:** For kids who love to sing and would like to develop their vocal skills. The choir will represent HIS in the Eisteddfod music festival. This will be for grades 3-5, second grade students may participate by audition only.

**Bookworms Book Club:** Bring on the books.... bring on the fun! This interactive club provides a wide array of literacy experiences to promote a life-long love of reading. You will read books, share books, talk about books, and do creative activities based on the books. **Mon. (K-5), Th. (K-5)**

**Homework Club:** A quiet, supervised study time where students will have the opportunity to learn skills and strategies to support the completion of their homework. Students will be prepared for the next school day before they leave the school premises! **Mon.-Th (1-5)**

**Drama:** This activity will involve dramatic games, lots of fun and help with self-confidence. **Thus. (1-3)**

**Scrap Booking:** Get creative and make a beautiful scrapbook to keep your memories forever! **Tue. (K-5)**

**Mad Scientist Club:** Using everyday materials, we will learn about scientific properties and enjoy the process! **Mon. (K-2), Wed. (3-5)**

**Cool Chefs Cooking:** Cool Chefs is an activity that will have kindergarteners and grade ones cooking or baking fun and healthy recipes which they can take home and redo with their parents. **Thur. (K-1)**

