

CLOSING DATE FOR SIGN UPS : AUGUST 15th

Monday	Tuesday	Wednesday	Thursday
<p>BOYS BASKETBALL: Basketball season is upon us. Teams will be selected to represent Pretoria at tournaments. Players must attend Monday and Thursday /Friday practices to be eligible for the team.</p>	<p>GIRLS BASKETBALL Basketball season is upon us. Teams will be selected to represent Pretoria at tournaments. Players must attend Tuesday and Thursday /Friday practices to be eligible for the team.</p>	<p>SOCCER: Work on your soccer skills in our off season training session with Soccer Scene Coaching. Open to both boys and girls. PARENT FUNDED ACTIVITY R95 Registration. R525</p>	<p>BASKETBALL: Basketball training for AISJ Pretoria girls and boys. These practices will be focused on teamwork and preparation for AISJ tournaments. Thursday practice will rotate with Friday practices for boys and girl teams.</p>
<p>MATH COUNTS: A national middle school coaching and competitive mathematics program that promotes mathematics achievement through a series of fun and engaging "bee" style contests. www.mathcounts.org</p>	<p>MODEL UNITED NATIONS (JoMUN) International diplomacy was never more appealing! JoMUN offers the great opportunity for middle school students to change the world. Model United Nations (MUN) gets students involved in politics, social-economic issues and human rights all while taking on the perspectives of different countries from around the world. Students will learn how to solve problems, how to present them, and how to convince other people that their solutions are the best choice. Students will need all their skills in this exciting ASA as they act the part of their selected country, learn how to use high level vocabulary to defend their ideas and learn about the high-stakes game of international diplomacy.</p>	<p>GOLF Golf is a fantastic individual sport that works on hand eye coordination, discipline and self-control. Golf lessons will take place at Silver Lakes Golf Course. PARENT FUNDED ACTIVITY</p>	<p>MOVIE TALK: From the Wizard of Oz to Harry Potter to Guardians of the Galaxy we will be exploring popular movies amongst Middle School students. We will be looking at characters, themes, bad acting, good acting, understanding age restriction, the Director's work and music used to create mood. This fun ASA will have one movie as homework every week which the teacher will provide to students to discuss in each class. Movies are an important part of our culture and upbringing. No different than a great novel or a beautiful song.</p>
<p>CHESS A lifelong sport of strategy and of outwitting your opponent. All ability levels will be accepted.</p>	<p>PAINTING Sharpen your general painting ability and skills and explore the excitement of the creative process. This ASA is exclusively for MS and for students who enjoys painting. It offers quick studies of still lives and to paint with time limitations. We will explore new subjects, color, brush strokes and complete one canvas.</p>	<p>HIP HOP A unique dance style to improve general fitness, strength and coordination as well as develop self-confidence in the AISJ crew. PARENT FUNDED ACTIVITY</p> <p>MARTIAL ARTS: Introducing a variety of martial arts to students for an all-round experience. PARENT FUNDED ACTIVITY</p>	<p>JOURNALISM AND NEWSLETTER If you are interested in interviewing people, taking photos, and designing layouts on the computer, join AISJ's newest ASA Club: Journalism Newsletter Club. This group of writers will produce several electronic newsletters to share with our school community. Participants should have a digital camera (on a phone is fine), a strong sense of writing, and a willingness to work beyond our ASA time together. Join us on Thursdays to write, take photos, design, and have fun!</p>
<p>SERVICE LEARNING In this ASA you will work alongside teacher reps on various projects to help the community. These projects include helping to plan for fundraisers, help organize Meetse A Bophelo's library and determine needs within and outside our community so we can create more service projects. At times we might take a trip to our service partners.</p>	<p>FREESTYLE DANCE A combination of freestyle, jazz, contemporary dance styles for all ability levels. Dance is a great way to stay fit and express yourself through movement. PARENT PAID ACTIVITY</p> <p>HIP HOP A unique dance style to improve general fitness, strength and co-ordination as well as develop self-confidence in the AISJ crew. PARENT FUNDED ACTIVITY</p>	<p>BEGINNER TENNIS:Tennis is a great sport to develop hand eye coordination and improve all round fitness. Have fun learning the basic rules and strokes in tennis with Coach Tammy and International Tennis Academy. Own tennis rackets are a requirement. PARENT FUNDED ACTIVITY R1045</p>	<p>SERVICE LEARNING In this ASA you will work alongside teacher reps on various projects to help the community. These projects include helping to plan for fundraisers, help organize Meetse A Bophelo's library and determine needs within and outside our community so we can create more service projects. At times we might take a trip to our service partners.</p>
	<p>STROKE CORRECTION/ SWIM SQUAD TRAINING To correct each stroke, basic fitness and introduction to the rules of swimming. Students need to be able to swim basic freestyle, breaststroke and backstroke and butterfly kick for 25m unaided. PARENT FUNDED ACTIVITY R960</p>	<p>ART: Studio Collective specialist art teacher is offering inspiring and interactive art classes which introduce the elements and principles of art and design. Students are encouraged to experiment and explore through a variety of media and techniques. PARENT FUNDED ACTIVITY R800</p>	<p>FRIDAY / SATURDAY SWIMMING</p> <p>STROKE CORRECTION/ SWIM SQUAD TRAINING To correct each stroke, basic fitness and introduction to the rules of swimming. Students need to be able to swim basic freestyle, breaststroke and backstroke and butterfly kick for 25m unaided. PARENT FUNDED ACTIVITY R600</p>

About Our After School Program

We are excited about our After School Activities program for Middle School. We have worked hard to create a balance of activities including sport, art, cultural and technology. Our After School Activities program is in addition to our regular day. If your child comes home tired from their regular school day, please consider the "No Activities" option. Many children find an extra activity too tiring. We want our activities to be fun and not stressful.

AISJ also presents Parent Funded Activities to enhance our ASA programme namely ProActive Tennis, Next Step Hip Hop crew, Silver Lakes Golf Academy. Please note these activities are at parent cost.

Activities are offered four days a week. Students are unable to change activity once chosen. If it is decided to leave an activity, the only option is to have "No Activity". We have talked with students about the importance of choosing carefully and making sure their schedules are balanced. We do not expect that students will participate on all four days. Some activities demand extra time and energy. It will be hard to make choices but it is important that students learn to balance their time and schedules. Perseverance is also important if students do not get their first choice.

Our goal is to give students a range of choices so they are sure to find activities that are motivating and exciting for them. We also want to make groups that allow each activity to be successful. Please talk over the activities with your child and help them pick their activities. Students will remain in their chosen activity for the ENTIRE session. If there are 2 activities on a day they would like to do, such as JOMUN and Girls Basketball, please come and Speak to Ms Robyn as we are flexible in such cases.

FORMS DUE:

TUESDAY AUGUST 15th 2017
REMEMBER 1st come, 1st Serve

AISJ @ Pretoria

After School Activity Program
MS August 29th – October 28th



Opportunities and Responsibilities

As our Activities Program expands it becomes increasingly important that students understand the responsibilities that go along with participation. Activities may take place off campus. Some activities are presented by outside companies and coaches and the same respect should be given to those providers. Parents are responsible for payment with outside providers. Some of the activities involve students travelling to participate in local or regional events or competitions. We have stressed the importance of showing the CORE Dispositions (Caring, Open minded, Risk taking, and Ethical) inside and outside school. We have talked about the importance of being in charge of our bodies and emotions no matter where we are, what we are doing, and who we are working with. Parents who collect students from school must please be punctual. Siblings may not stay at school if they are not doing an ASA. Only students signed up for an activity may stay after school.

Recognition of Responsibility

I have read the After School Activity pamphlet with my parents and I am excited about my activities. I also understand my responsibilities during the activities. I know that if I do not show the CORE dispositions during activities that I will not be allowed to continue to participate in that activity and that I will get a chance to try again in the second after school activity session.

Student's Name _____

Parent's signature _____