

## After School Clubs

2024 - 2025

#### AFTER SCHOOL CLUBS

After School Clubs are a great way for children to continue engaging in meaningful and fun activities after their general school day at MYIS has ended. Our clubs are designed to nurture, support and encourage new perspectives towards socialization, extending interests and collaborating with other members of our school community.

These clubs are offered over 3 separate sessions per day in order to reflect and support our IB program, along with, developmentally and age-appropriate practices. Please note that many session 3 offerings are tailored to specific age groups to ensure developmentally appropriate experiences for all learners.

#### Make-Up Week

The After School Clubs program runs until the end of the second to last week of the term. The last week of each term is organized for After School Club make-up classes. Make-up classes are designed only for the purpose of teacher/program absences or unexpected school closure. Make-up classes are not permitted for student absences.

#### **Changing Classes**

Changing or canceling an After School Club is only permitted during the **first week** of enrollment in the program. Changing or canceling will not be allowed after the first week of the program.



## After School Clubs Descriptions

#### **ARTS & LIFE SKILLS**

#### Zumba DANCE

Session 3: Ms. Chiara



Our Dance club will be spent engaging students in fitness and fun! Students will be exposed to different styles of music, and dance styles while practicing rhythm, balance, and coordination. It provides an opportunity for your child to try dance out for the first time, or continue their interest in dance! Most importantly, the class encourages creativity and expression through movement and music. Join us to meet new friends and have fun while we get our bodies moving!

#### BALLET with Ms. Maprang



Ballet allows children to develop their coordination skills, self-expression, flexibility, balance and movement with body control. The children also experience a range of gross and fine motor movements. In addition, the children enhance their listening and observation skills.



#### Rock Band with Ms. Sarinda & Mr. Chao



Rock out in this new band where students will be able to perform a range of contemporary songs using instruments like the guitar, bass guitar, drums/percussion and vocals.

#### MUSIC AND MOVEMENT with Ms. Jeng



Does your child like to sing, move, and play instruments? Then look no further! Music and movement allows your child to continue exploring music and movement after school! We will sing songs, learn dances, move to music, and play instruments together.



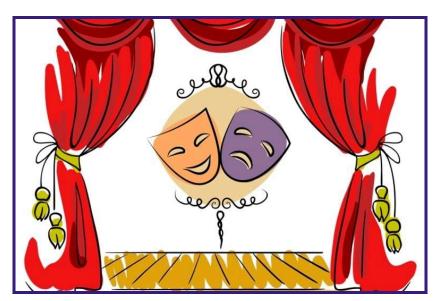
## MUSIC STUDIO with Ms. Jeng & Mr. Chao and Ms. Sarinda



This club provides an opportunity for your child to try a new instrument for the first time or continue to develop skills at an intermediate level. Our school musicians will offer small group music lessons for violin, flute, trumpet, ukelele, keyboard and electronic music.

Learn a lifelong skill of musicianship studying a truly unique instrument: the **Harp**. Learning the hard will improve coordination, builds concentration and promotes better time management skills. The joy of the harp comes from day one as beginners can play beautiful music at the first sitting!

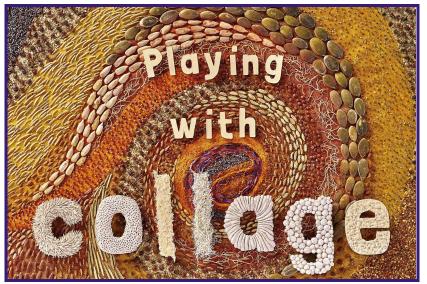
#### <u>Drama Games with Ms. Saranya</u>



The Drama Games School Club will be a fun and engaging program for primary years students, offering a variety of exciting drama activities that encourage self-expression, teamwork, and confidence. Through improvisation, role-playing, and imaginative games, children will explore the magical world of theatre while developing their communication skills and fostering a love for the performing arts.



#### Collage Club with Ms. Beth



In the style of Jeanie Baker, create collages as art works, or to accompany a poem or story. This club is an excellent opportunity to practice mindfulness and reflect on all of the learning and experiences from the school day. This is ideal for students who thrive on creativity, enjoy opportunities for socialization and who love making!

### COMIC READING CLUB with Mr. Hoffman



This club will come together to read comics/manga made available through the MYIS library, from the collection of Mr. Hoffman, or from students' homes. We will share opinions and discuss stories, characters, and art styles. Note: Club members will be prioritized for available places on future MYIS trips to the Thailand Comic Con!



#### Dot Painting with Ms. Amy Diener



The dot painting ECA program is designed by New York dot artist of Bangkok, Amy Diener. With this weekly art class, your child will be taught various dot painting techniques. Students will learn how to make mandala, portrait, animal, and nature dot paintings. Weekly instruction covers various dotting methods, including walking the dots, swooshes, and spirals, each tailored to different skill levels ranging from beginner to advanced practitioners. Students are provided choice and independence in the materials and subject matters

throughout the course. Students will get their own kit of art supplies such as dotting tools, acrylic paints, and surfaces such as pendants and canvases to use throughout the course. Amy's talented team of teachers will be guiding students every step of the way, one dot at a time! This healing art activity encourages mindfulness, focus, and patience. It cultivates balance and peace within the mind, body, and spirit. The process also helps decrease anxiety and depression.

#### Mini-Chefs, Young Chefs and Culinary Club

Session 1: Ms. Sofia
Session 2: Ms. Catherine
Session 3: Ms. Lindsey & Ms. Proud



Cooking will provide students with the opportunities to be independent chefs, while becoming risk-takers, as they engage in the following experiences: different recipes, trying new foods and using different kitchen tools. The activity will give them the chance to utilize all of their senses, tune in their fine motor skills and engage their communication, thinking, social and self-management skills.

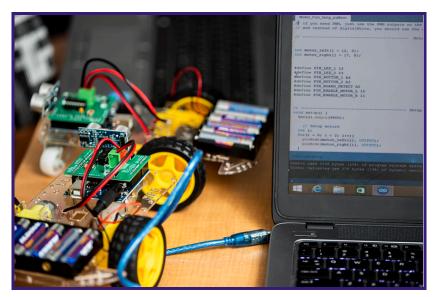


#### Puppetry with Ms. Angelika



Puppetry is a fun performing arts club where students can make their first performing arts experiences as they create their own puppets, and bring stories to life! Students will engage with a variety of stories and puppet-making techniques.

#### Spark Lab/Maker Space



In the Spark Lab students will develop an understanding of the interplay between coding and robotics, and will use their creative thinking skills as well as their social and research skills to interact with a variety of technology tools and resources.

In this club, students will work in the Design Technology space to create, make and tinker with tools and sustainable materials, all while developing their social, thinking, fine motor and research skills.



#### STEM LEGO by Bricks 4 Kidz



Students are encouraged to explore their creativity and imagination to build new ideas using lego bricks. Lego makes learning fun and engaging for students through hands-on experiences. Our STEM Lego club will provide opportunities for students to demonstrate and build their 21st century skills like collaboration, critical thinking and problem solving through STEM based learning.



### <u>Fun Science by</u> <u>KiDe Science</u>

- Fun, play-based science experiments for children
- A science education model based on university research
  - Trained Kide teachers
  - Story-based experiment units
- Exciting home assignments for the whole family

The club structure has been developed pedagogically to follow the research process. It involves setting a problem or goal, making a plan to solve a problem or to accomplish a goal, investigating action and documenting and reporting activities.

- 1. Getting into a role
- 2. Starting circle
- 3. Research stations
- 4. End summary
- 5. Getting out of the role



#### **APPROACHES TO LEARNING**

#### Reading Boost

<u>Ms. Paige</u> <u>Ms. Ansophie</u>



Reading boost gives students additional exposure to independent reading practice, phonics and vocabulary development, and reading comprehension skills and strategies - all while nurturing a love for reading! This club is ideal for students who would benefit from additional skill-building, time and practice with reading.

#### English (EAL) Boost with Ms. Avery



This club is for English Language Learners who would benefit from more time and practice developing English vocabulary, practicing reading, writing, speaking and listening skills. Facilitated by our EAL teacher, this class will support students to build up their English language foundation in order to be better prepared for accessing learning in their classrooms.



#### Reading Readiness with Ms. Meredith



Develop foundational literacy skills with Early Years Literacy Consultant, Ms. Meredith! In this club students will engage with a balanced approach to literacy, centered around developing a love for reading through read-alouds, drama, phonics, and art!

#### Math Foundations & Math Boost

Session 2: Ms. Grace Session 3: Ms. Rupa



Math foundations helps our youngest learner to develop number sense, spatial reasoning, and increase their fluency when it comes to composing and decomposing numbers - all through fun math games and hands-on learning engagements. Young learners must visualize math in order to understand deeply, and this class will give them many opportunities to build meaningful connections.

Students in our **Math Boost** program will have an opportunity to deepen their understanding of the math skills and concepts they are learning in their classroom. Through low floor, high ceiling math tasks, all learners in this classroom will be able to engage with rich mathematical tasks and solve complex problems.



#### MANDARIN for Beginners

Session 1: Ms. Regina Session 2: Ms. Li



Session 1: Young learners construct meaning through play. In Mandarin through Play club, students will sing songs, read books and play games that expose them to the Mandarin language, and will also experience a play-based environment while being immersed in the Chinese language.

Session 2: Students will have a chance to be exposed to the Chinese language and culture through fun games and activities. Through engaging teaching approaches, students will learn to read, write, listen and speak using Mandarin vocabulary and sentence structures.

#### Korean Language 101 with Ms. Yea



In Korean 101, students will have a chance to be exposed to the Korean language and culture through fun games and activities. Through engaging teaching approaches, students will learn to read, write, listen and speak using Korean vocabulary and sentence structures.



#### Hebrew Classes with Ms. Pesi



A club for learning the Hebrew language and Jewish heritage. The class will be conducted weekly in an engaging and enjoyable manner, featuring activities, games, and lots of fun.

### Library Council with Ms. Pud (MYP only)



The library council will be made up of a small group of passionate readers who will support school-wide reading initiatives by creating book reviews for younger students, helping to organize library displays, helping to develop initiatives to increase book circulation, doing class visits and read alouds, connecting with Bumblebee library and taking up opportunities for community service. Students who need to complete service learning requirements as part of their MYP course work may be interested in this club.



#### **ATHLETICS**

#### **GYMNASTICS** with Coach Mon



Let's get ready to tumble! Learn the basics of gymnastics through rolling, swinging, jumping and balancing in this after school class. Through targeted taught skills, the chance to freely and safely explore equipment, as well as games, children can improve their strength, balance and flexibility.

#### Basketball Team (G3-G10)



Join our MYIS Goats competitive co-ed basketball team. With many opportunities for competition around greater Bangkok, the basketball team will practice drills, key skills and develop their stamina, teamwork and enthusiasm for this great game!



#### GOATS SOCCER with Lusitanos (Session 2, 3)



At Lusitanos, we believe football is more than just a game - it's a way of life. Our unique training style is based on game-specific training tailored to each player's needs, built around 5 dimensions of development: technical, tactical, physical, mental, and social. We aim to create well-rounded players who can excel both on and off the field. Our coaching methodology has been developed and supervised by Mano Polking, the current Thai national coach and a renowned mentor in the field. Inspired by his expertise, we will be utilizing his coaching method throughout our entire process. <a href="https://lusitanos.org/">https://lusitanos.org/</a>

#### MYIS GOATS Volleyball Club (G3-10)



In this club, students will get together and learn how the basic components of playing volleyball. Students will develop key volleyball skills and have opportunities to compete in games against each other, the MYIS students and local schools.



#### **SWIMMING** with Coach Mon



The swimming program will focus on basic swimming skills through play and specially designed activities that develop confidence in the water, improve motor skills and strengthen core muscles. They will also learn, through fun games and experiences, how to dive underwater, developing lung capacity and the coordination of breathing.

#### MYIS GOATS SWIM ACADEMY with Coach Mon



Dive into the world of swimming with Coach Mon as we develop the first official swim team in MYIS history. ! As the head instructor of the MYIS Goats Swim Academy, he's dedicated to turning beginners into competitive swimmers. With his expertise in early years development and passion for the sport, Coach Mon will guide you through every stroke and help you unlock your full aquatic potential. Swim Academy training will take place after school this year.



#### TAE KWON DO with Mr. Choochai



Tae Kwon Do is a fun and challenging program for all children. The children learn the importance of obedience, discipline and responsibility. The children develop their coordination skills and strengthen their physical movements by practicing punching, kicking and stances.

#### **Badminton with Coach Aum**



Become a badminton superstar with our exciting after-school badminton class!

Designed for students of all skill levels, our club offers topcoaching, fun drills, and engaging gameplay. Develop your agility, hand-eye coordination, and teamwork skills while having fun with your friends on the court. Join us to practice your shots, challenge friends, and improve your game. Don't miss this opportunity to become a badminton superstar!



#### <u>Brazilian Jiu-Jitsu with Mr. Gong of Gambit BJJ</u>



While learning Brazilian Jiu-Jitsu, students will develop their self-defense skills as well as strengthen their focus, persistence, problem-solving skills, and self-confidence. With an emphasis on cardio fitness and the development of core strength, Brazilian Jiu-Jitsu training offers a wide range of benefits for children of all ages. Our program, taught by local brown-belt Professor Gong of Gambit BJJ, is one of Bangkok's top BJJ schools for children

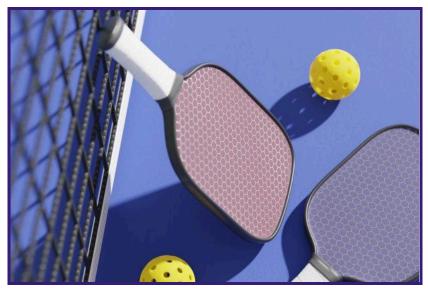
#### Cheerleading with Ms. Nadia



The MYIS Cheerleading team will learn how to become part of a cheerleading squad, how to participate in coordinated routines, and how to be a model of school spirit for the rest of the community. Students who love to dance, perform and belong to a team will love their experience in the first ever MYIS Cheerleading squad!



#### Pickleball with Ms. Fleur



Looking for a fun new sport that incorporates elements of badminton, ping-pong and tennis? Well, look no further and sign up for pickleball!
Beyond being fun to play, pickleball offers benefits for all ages. It gets your kids active, helps with balance and agility, and can be played as a singles or doubles game. In this club we will practice basic skills as well as sportsmanship, no prior experience or equipment required!

# Mini-Athletics: Motor Skills & Coordination with Mr. Emmanuel



Our PSPE team are on hand to put on exciting and engaging sessions, structured to emphasize fun whilst teaching students valuable team-building exercises that are transferable to all walks of life. Each session is made up of a blend of skill drills, training activities and mini-games. This club is in Session 1 for Peace & Unity students.

