



ST CHRISTOPHER'S
PENANG

After School Activities

Term 3

Monday 24th April 2017 - Friday 30th June 2017

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. We have also increased the weekly amount of ASAs per child from a maximum of 3, to a maximum of 4.**

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 17th April and will close at 12pm on Friday 21st 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 and pay this amount to Miss Oona in the office. The minimum cost for any activity is RM25.

PLEASE REMEMBER THAT PUPILS ARE LIMITED TO A MAXIMUM OF 4 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://ims.scips.org.my>
- 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 4 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, unless otherwise stated. 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. Pick up is sometimes from a different location. It will be stated in this booklet. **If there is a clash of pickups with siblings, please head to the external venue first, with the exception of swimming at the CRC on Mondays which is 4:10pm finish.**

ABSENCE

If your child is at school on a particular day but 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 24th April**. They will finish on **Friday 30th June**.

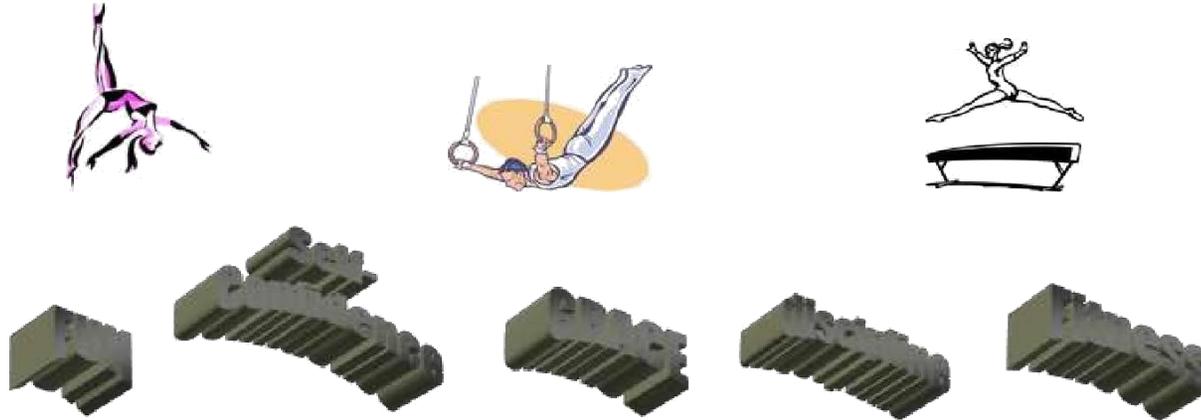
DAY	STAFF	ACTIVITY	Y/GR	LOCATION	MAX	COST	COMMENT
Mon	Gareth	Sport: Touch Rugby	2-6	Field		RM50	Touch rugby is a fun, non-contact form of rugby. We will be covering the basic principles of attack and defense. We will be applying our skills to match situations.
Mon	Sarah + Tom + Dave	Sport: Swimming	1-6	CRC		RM125	A group for all swimmers. This is an opportunity to gain more confidence in the water. Don't worry if you haven't mastered all 4 strokes. This is a swimming club for everyone! Pick up 4.10pm from Chinese Recreation Club
Mon	Coach Sunny	Sport: Karate		EY Playground/Hall			Sign up through the coach. See separate flyer for info.
Mon	Coach Gan	Sport: Unicycling	3-6	Basketball Court	13	RM120	A challenging and rewarding skill. Unicycling with a specialist coach. Experience riding a bike is essential! Your own uni-cycle is not required.
Mon	Jen	Craft & Wider World: Eco-Club	3-6	3JB		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.
Mon	Jessica	Language: Mandarin	4-6	Mandarin Room		RM25	Come and learn Mandarin. Class for beginners and intermediates.
Mon	Jenny	Indoor Games + Books: Pokémon Card Game Club	3-6	Canteen		RM80	The Pokémon card game is a table top battling game which requires strategy and planning to be successful. Two players assume the role of Pokémon trainer and use their energy, training, item and Pokémon cards with individual strengths and weaknesses to battle each other. The ASA will provide all the cards, playing mats and tokens required as well as tuition in playing Pokémon , evolving Pokémon and using Pokémon card combination strategies. If they wish, ASA members will be able to bring their Pokémon cards from home to help strategically improve the school Pokédecks to bring them victory. The children will also be able to play Magic The Gathering card game - cards, tokens and training will be provided by the school.
Mon	Kirsty Abel	Art: The Art Studio	4-6	TAES (Straits Quay)	20	RM240	<i>Do you have creativity and a passion for art?</i> Then join us in a real art studio to unleash your creativity. Each term will have a new theme. The first few weeks will focus on learning new skills and techniques, we'll look at the art from different countries and artist influences and the final few weeks we will create a dazzling end project. Sign up through the coach. See separate flyer for more info. Price includes transport to Straits Quay from SCIPS, utilisation of the studio, all art supplies, and take-home end projects. Pick up 5pm from Straits Quay
Mon	Jasmine	Art: Mandala Colouring	1-6	2JD		RM30	Come and relax with mandala colouring. Each week you will learn new colouring techniques to create beautiful mandalas.
Mon	Sharon	Dance: Hip Hop Urban Jazz	1-6	TBC		RM90	Sign up through the IMS. See separate flyer for info.

Mon	Mei Kin	Art: Sketch Club	1-6	RMK		RM50	The Sketch Club is back again!! Come and enjoy sketching for those who love to draw. Materials will be provided.
Mon	TBC + TBC	Cookery: Fabulous Food for Juniors	3-6	Staff Room	20	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. Bring a container to take your food home in!
Tues	Jon + Sarah + Dave + Tim + Jamie + Deka	Sport: Athletics and Teeball Academy	FOBISIA SQUAD	PSC		NO CHARGE	FOBISIA training – 2 sports on one afternoon. FOCUSED SESSIONS. Pick up 5pm from Penang Sports Club Final session Tuesday 16 th May
Tues	Coach Gan	Sport: Unicycling	3-6	4 Square Area	13	RM120	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	Hall			Sign up through the coach. 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	Angelica	Sport: Yoga	3-6	4AM	12	RM25	A relaxing way to end the day. Lots of yoga positions taught.
Tues	Joanne + Oona	Cookery: Fabulous Food for Infants	1-2	Staff Room	20	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. Bring a container to take your food home in!
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	Karen	Craft + Wider World: Paper crafts	1-6	TBC		RM50	Papercrafts include making: cards, bookmarks, animals, lanterns, paper weaving, gift bags, photo frames!!!
Tues	Catherine	ICT: ICT Games	2-6	ICT Suite		RM25	Come and have lots of crazy fun with computer games. Learn some new ones and teach others your favourites!
Tues	Jessica	Language: Mandarin	1-3	Mandarin Room		RM25	Come and learn Mandarin. A beginners and intermediate class.
Tues	Andrea	Indoor Games & Books: Lego	2-6	RAD		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	5VA		RM50	Whether you are an experienced dancer or someone starting out, come and give 'dance all styles' a go. You will learn new techniques, improve flexibility and most of all, have fun!
Tues	Sarasu	Craft + Wider World: Craft Club	1-6	Bahasa Room		RM50	Come and have some fun designing some arts and craft.
Tues	Sittra	Art: Art Club	1-6	TBC		RM50	Learn and have fun designing and painting!
Wed	Coach Sunny	Sport: Karate		Hall			Sign up through the coach. See separate flyer for info.
Wed	Helen O'Grady Drama Academy	Drama: Speech and Drama Club	1-3	KS 1 Music Room		RM290	Sign up through the Tutor. See separate flyer for info. Pick up 2:15pm from SCIPS (Children have lunch at school at 12:45pm)
Wed	Coach Marrean	Dance: Creative Dance	1-6	KS 2 Music Room		RM150	Sign up through the Tutor. See separate flyer for info. Pick up 2:15pm from SCIPS (Children have lunch at school at 12:45pm)

Wed	Coach Edward	Sport: Floorball	3-6	Basketball Court	20	RM150	Come and join this exciting game – a lighter, faster version of Hockey! All equipment will be provided, just come with your PE kit. Pick up 2:15pm from SCIPS (Children have lunch at school at 12:45pm)
Wed	Sarah, Dave, Jon, Deka	Sport: Swimming + Football Academy	FOBISIA SQUAD	PSC		NO CHARGE	FOBISIA training – 2 sports on one afternoon. FOCUSED SESSIONS. Pick up 4pm from Penang Sports Club Final session Wednesday 17 th May
Thurs	Coach Foong	Sport: Gymnastics	2-3	Nursery Play Area		RM200	Sign up through the coach. See separate flyer for info.
Thurs	Coach Edward	Sport: Floorball	3-6	Basketball Court	20	RM150	Come and join this exciting game – a lighter, faster version of Hockey! All equipment will be provided, just come with your PE kit.
Thurs	Kirsty Abel	Art: The Art Studio	1-3	TAES (Straits Quay)	20	RM240	<i>Do you have creativity and a passion for art?</i> Then join us in a real art studio to unleash your creativity. Each term will have a new theme. The first few weeks will focus on learning new skills and techniques, we'll look at the art from different countries and artist influences and the final few weeks we will create a dazzling end project. Sign up through the coach. See separate flyer for more info. Price includes transport to Straits Quay from SCIPS, utilisation of the studio, all art supplies, and take-home end projects. Pick up 5pm from Straits Quay
Thurs	Sunita	Craft + Wider World: Stitching and Sewing	2-4	NSU	10	RM50	Come and have fun stitching and creating simple felt toys to keep. You can make teddies, finger puppets and more.
Thurs	Stu + 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 Hotspurs? If so this is the club for you? If not then simply come and enjoy some football.
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	Yi Yiing	Music: Musical Fun	1-3	KS1 Music Room		RM25	Come and have some fun singing and playing musical instruments.
Thurs	Louise	Art: Modelling	1-6	2LK		RM50	Use your imagination and some plasticine to create wonderful models
Thurs	Beth	Dance: Cheerleading	3-6	Hall		RM50	A change to learn some great moves and a chance to support out sports teams at home matches!
Fri	Coach Pang	Sport: Aikido	1-6	Nursey Play Area			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	Jon + Jessica + Deka	Sport: Football + Tee Ball + Athletics	3-6	PSC		RM125	Come and improve your football, athletics, and tee ball skills. All abilities welcome. We hope to start a SCIPS Football and Tee Ball league! Children can choose between sports each week. OPEN

							INVITE. Pick up 4pm from Penang Sports Club
Fri	Coach Marrean	Dance: Bollywood Dance	1-6	KS1 Music Room		RM150	Sign up through the Tutor. See separate flyer for info. Pick up 4pm from SCIPS
Fri	Ashley + Adam	ICT: Animation	1-6	ICT Suite		RM50	Ever wondered how some cartoons are made? Want to be a film director? In this ASA you will be designing and making sets as well as using animation and video editing software to make your own mini movie.
Fri	Elaine	Art: Paper/Magazine Bead Jewellery	3-6	REL		RM25	Have you ever thought of making your own bead jewellery out of old magazines or paper? Have fun making your own beads and stringing them to make fantastic colourful necklaces or bracelets.
Fri	Ravi	Indoor Games & Books: Scrabble and Chess	1-6	Bahasa Room		RM25	Sharpen your wits and become a vocabulary genius and a chess master! Your choice of game to play each session.
Fri	Andy	Music: FOBISIA Performing Arts Academy	FOBISIA SQUAD	Hall		NO CHARGE	FOBISIA training – FOCUSED SESSIONS.
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	Alicja	Art: Art club	3-6	2AL		RM60	Encourage and inspire your creativity while learning useful skills through weekly team/individual projects that will involve painting, string art, printing, construction, sewing, gardening, scratch art and many more with Ms. Alicia!
Fri	Edith	Indoor Games & Books: Puzzles/Brain Teasers/Word Search	1-6	NEV		RM25	Come and relax and have fun after school. We will be doing all kinds of puzzles, word searches and various types of brain teasers.
Fri	Jack	PSHE: Random of Acts of Kindness Club	1-6	6JM		RM50	Do you enjoy being kind to others? Have you ever played with someone new or washed a teacher's car? Have you let someone go in front of you in the line or left a mystery thank you note? Ever visited an animal rescue shelter? These are examples of random acts of kindness and I need your help to share these with the world! This ASA will inspire acts of kindness that are both big and small. Children will be encouraged to secretly perform and promote acts of kindness around the school to children and staff of SCIPS. Each week you will be given a new secret kindness mission to complete.

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 24th April 2017.

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

THE ART STUDIO

In a real art studio!

Do you have creativity and a passion for art?

Then join us in a real art studio to unleash your creativity.

Each term will have a new theme. The first few weeks will focus on learning new skills and techniques, we'll look at art from different countries and artist influences and the final few weeks we will create a dazzling end project.

WHEN:	Years 4-6 Monday afternoons 3:30-5 Years 1-3 Thursday afternoons 3:30-5
WHERE:	The children will be transported by bus after school finishes and pick up will be at TAES (The Art E Space) Straits Quay at 5pm
WHAT TO BRING:	Enthusiasm and creativity ☺ and an art overall (large T-shirt is fine)
DIRECTIONS:	1 st floor next to Thai Odyssey Straits Quay
RSVP TO:	Mrs Kirsty Abel 01258 56264
COST:	RM240 - Payable at pick up of session 1. Payment made to Mrs Abel. Cost includes bus to Straits Quay, venue cost, all supplies and take home projects



WUSHU

Time: Tuesday 3pm-4pm

Cost: 280RM per term + 160RM uniform & registration for new members
and 280RM per term + 30RM for old members

Age groups: Year 1 – 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

Beginners Hip Hop Urban Jazz

Time: Monday 3.00 - 4.00pm (Y1-6)

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.

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

Fees: RM 290 Per Term

Contact: Andrina Peterson 016 – 6603023

Hurry up and register now!!

Our website: helenogrady.co.uk or fb.com/helenogradysubang



Aikido (合気道)

Focus, Confidence, and Conflict Resolution. Body & Mind development.



A peaceful Japanese martial arts, which is effective for **self-defence** because of its circular and non-aggressive nature. Aikido emphasize on **body movements**, **relaxation** and **leverage power**.

Malaysia Aikido Assoc., which is recognized as the **national sports body** affiliated to Japan Aikikai headquarter, National Sports Council and Olympic Council of Malaysia.

Penang Aikido is the official representative of

Age Group; Day/Time	Year 1 – 6. Friday, 3:00pm-4:00pm.
Fee	RM320 (class+membership). RM95 (uniform for new student).
Instructor	JM Pang (Tel: +6016-433 8666) http://www.aikido-penang.com

[Sign up through the instructor](#)

“Reap the **life-long benefits** of martial arts, minus the aggressiveness”

CREATIVE DANCE blends movement, music, improvisation, and basic dance steps while providing an excellent introduction for the future study of all dance techniques. Students learn dance fundamentals while improving motor skills, self-expression, confidence, imagination and social development. By certified Creative Dance Tutor.

WEDNESDAY 1.15 - 2.15 PM

RM 150 PER SEMESTER

PAY TO COACH DIRECTLY

Year 1 - 6, ENQUIRIES TO Marrean 017-4007088

CREATIVE MOVERS





Bollywood Dance Style

Friday 3 - 4pm

RM 150 per term, sign up with Club Tutor
Enquiries to Marrean 017 400 7088

BOLLYWOOD dance is the dance-form used in Indian films. It is a mixture of numerous dance styles such as belly-dance, Indian classical, Bangra, Salsa, Latin American, Funk, Jazz and Western dance



Come experience this fun modern dance to Move and Groove like you have never done before!

