



International School Moshi

SESSION 1: TERM 1A EXTRACURRICULAR (ECA) PROGRAMS

Monday August 28th - Wednesday October 11th 2006

Dear Students and Parents,

Please take the time to read the following information about our ECA program. There are once again abundant activities, sports and lessons to choose from, thanks to the talents of our staff and local instructors. Please read and sign up for the activities that your family is interested in, and return the attached sign up sheet to your child's teacher/tutor or email it to micks@ismac.ac.tz

The sign up sheet with your child's activity choices listed on it is due to your child's classroom teacher or tutor, or emailed to micks@ismac.ac.tz NO LATER THAN TUESDAY AUGUST 22nd 2006 .

It is extremely important that you hand in your child's form on time-I will not be able to accommodate children's' first choices on late forms. I will do my very best to put your child into your first choices, but please understand that I have a limited number of activities from which to choose, and a limited number of spaces in each activity and I am not able to increase the number of students in an activity. I also hope that you understand that I might not have room for your child during all three days, but that again, I will do my very best. Please make sure that you have filled in a second choice for each day that you choose an activity for! If you don't give me a second choice, then your child may not be able to participate in anything at all that day!

Important Information and Reminders!

- For safety, students should not be on campus after regular school hours unless they are directly supervised by an adult, or involved in an ECA program
- ECA activities run Mondays, Tuesdays and Wednesdays from 2:30-3:30pm, and during the lunch hour
- Attendance will be taken at each ECA activity each week, please send a note if you know that your child will be absent from their ECA activity any given week
- students should meet their ECA teachers/instructors at the locations listed in the brochure**

Important Dates:

Tuesday August 22nd	Final day to submit ECA sign up sheets to your child's classroom teacher or tutor or email them to micks@ismac.ac.tz
Friday August 25 th	ECA lists posted on classroom doors and e-mailed home
Monday August 28 th	First day of ECA Activities
Wednesday October 11th	Last day of Session 1 Term 1A ECA Activities
The brochure for Session 2 ECA Activities will be sent home on Thursday October 12th.	

I look forward to an excellent first session in our ECA programs. Thank you so much to all of you who continue to support me and for your extra efforts with our ECA programs.

Don't hesitate to contact me with any thoughts, questions or concerns!

Yours truly,

Mick Spears

micks@ismac.ac.tz

International School of Moshi
EXTRA-CURRICULAR ACTIVITIES (ECA) STUDENT SIGN UP SHEET

Dear parents and students,
 Please use the information listed in this ECA Term 1A Brochure to fill in your choices for your afternoon ECA activities. For each day that you sign up for, please write the full name of the activity that you are interested in. For each activity, please indicate your top 3 choices.
 Kindly return your completed ECA forms to your child's tutor/classroom teacher by **Tuesday August 22nd 2006**. Activity lists will be posted around the school, on classroom doors and emailed home by Friday August 25th 2006.

Student Name _____ <small style="display: block; text-align: center;">Full Name Please</small>	Student Teacher/Tutor _____
Parent Contact E-mail Address _____	

MONDAY ACTIVITIES

Choice	Activity Name and Instructor Name
First Choice	
Second Choice	
Third Choice	

TUESDAY ACTIVITIES

Choice	Activity Name and Instructor Name
First Choice	
Second Choice	
Third Choice	

WEDNESDAY ACTIVITIES

Choice	Activity Name and Instructor Name
First Choice	
Second Choice	
Third Choice	

This sign up sheet with your child's activity choices listed on it is due to your child's classroom teacher or tutor or emailed to micks@ismac.ac.tz NO LATER THAN TUESDAY AUGUST 22ND 2006.

Term 1A **MONDAY** ECA Activities 2:30-3:30pm

Activity Name and Description	Student Age	Maximum	Location/ Day
<p>BEAD ART Students will make bead necklaces, jewelry and other creations using beads! <i>Ms. Rose Mshanga</i></p>	Primary P1-P2	12 students	●Mr. Marcello's classroom ●MONDAY
<p>Outdoor Games *lunch time ECA* Play familiar and new group games on the open field. This ECA will teach children new ideas and how to play games for future playtimes. You should have your hat, sunscreen and water bottle! Students should meet at the back of Diana's classroom at 12:30. Although this activity is running on both Mondays and Wednesdays, students may only choose to participate on one of the days. <i>Ms. Diana Kraft</i></p>	Primary P2-P4 Secondary Helpers	10 students	●Ms. Diana's classroom, meet at 12:30pm ●MONDAY from 12:30-1:00pm
<p>JUNIOR TENNIS I will be teaching the basic of tennis through fun outdoor activities, which encourage children to discover and improve their own capabilities and also to learn more about their general motor skills, eye-ball co-ordination, racquet skills and team building. Tennis skills will include foot work, body placement, balance, all ground strokes and the volley, as well as the serve and smash for the more advanced players. Most importantly I aim to allow the children a chance to enjoy tennis as a game and to encourage their overall sporting ability and confidence! The cost for this activity is Tsh 10,000 per class, to be paid to the instructor on the first day. <i>Ms. Frances Travers, qualified instructor</i></p>	Primary P1-P3	Minimum of 5 students, maximum of 12	●Hard Court ●MONDAY
<p>BALLET P3-P4 Develop the dancer in you with ballet lessons and our professional teacher Taryn Siddique. Explore different movements and techniques to various pieces of music and become a ballet dancer! The cost is USD5.00 per session, to be paid in US dollars to Taryn on the first day. <i>Ms. Taryn Siddique</i></p>	Primary P3-P4	Minimum 5 students, Maximum 16 students	●Drama Studio ●MONDAY
<p>TAEKWONDO Come out and learn Taekwondo with experienced instructors Mr. Prosper Makonya and Mr. David. This activity is offered to all skill levels and students have the opportunity to progress through different skills. The cost for this activity is Tsh5000- per session, and payment is to be arranged through Mr. Prosper, to be paid on the first day. <i>Mr. Prosper Makonya and Mr. David</i></p>	Primary P1-P6	20 students	●Grass beside music room ●MONDAY
<p>Math and Academic Games! Come on out and learn while having fun! Test your knowledge and mental skills with challenging, engaging and stimulating games and activities. <i>Ms. Ann Joyce Mwamafupa</i></p>	Primary P3-P6	12 students	●Meet at Primary Kitchen ●MONDAY

Continued: Term 1A **MONDAY** ECA Activities 2:30-3:30pm

<p>Hands In Clay Students will engage in an exploration of how clay works to create a selection of functional, non-functional and 3-D art and other creations. Students should be prepared to get messy and tidy up! <i>Ms. Kara Kirby</i></p>	<p>Primary P5-P6</p>	<p>10 maximum</p>	<p>●Ms. Kara's classroom ●MONDAY</p>
<p>Introduction to Piano and Keyboarding Students will learn basic introductory skills for piano playing such as fingering, scales, primary chords and simple melodies. <i>Ms. Magdalena Leoni</i></p>	<p>Primary P5-P6</p>	<p>10 maximum</p>	<p>●Music Room ●MONDAY</p>
<p>Primary Netball Students will have the opportunity to learn and practice basic netball skills, familiarize themselves with the game and engage in physical fitness! <i>Ms. Paskalina Martin</i></p>	<p>Primary P5-P6</p>	<p>15 students</p>	<p>●Meet at the Hard Court ●MONDAY</p>
<p>Swim Training This activity is for <u>experienced</u> swimmers who wish to further develop their stroke technique, speed and fitness. Dry-land and in-water fitness will be combined to create a comprehensive program. Students can expect to work hard! Students will train for various swim meets in which ISM participates. <i>Ms. Annette Wood</i></p>	<p>Primary P6 Secondary S1-S5</p>	<p>20 students</p>	<p>●Meet at swimming pool ●MONDAY</p>
<p>Computers for Kids Students will have the opportunity to teach local orphanage students in basic computer skills! <i>Mr. Kyle Acres</i></p>	<p>Secondary S1-S5</p>	<p>6 students</p>	<p>●Computer Lab ●MONDAY</p>
<p>Fitness Fun Club Students will have the chance to participate in a wide range of personal fitness activities including: circuit training, aerobics, yoga, pilates, walking, running and more! Come out and experience fun, new and exciting ways to develop and maintain your personal fitness. <i>Ms. Natalie Croome</i></p>	<p>Secondary S1-S5</p>	<p>Minimum 6 students Maximum 16 students</p>	<p>●Performance Area ●MONDAY</p>
<p>Boys Soccer Begin serious soccer training for various tournaments that ISM will participate in. Develop skills, teamwork and fitness while enhancing game play performance. Athletes are expected to work to a high standard every session. <i>Mr. Erasto Suyani</i></p>	<p>Secondary S2-S5</p>	<p>24 students</p>	<p>●Large Pitch ●MONDAY</p>
<p>Girls Soccer These sessions will be for soccer players interested in developing soccer fitness, and learning techniques, tactical and technical skills. Training will be for various tournaments that ISM will participate in. Come on out! <i>Ms. Mick Spears</i></p>	<p>Secondary S1-S5</p>	<p>24 students</p>	<p>●Large Pitch ●MONDAY</p>

Term 1A TUESDAY ECA Activities 2:30-3:30pm

Activity Name and Description	Student Age	Maximum	Location
<p>ARTS AND CRAFTS CLUB Come out and make creations that only you can imagine! Use a variety of different supplies and materials. <i>Mrs. Rosemary Davidson</i></p>	<p>Primary P1-P2 Secondary Helpers</p>	15 students	<ul style="list-style-type: none"> ●Meet at Ms. Rosemary's Room ●TUESDAY
<p>BALLET P1-P2 Develop the dancer in you with ballet lessons and our professional teacher Taryn Siddique. Explore different movements and techniques to various pieces of music and become a ballet dancer! The cost is USD5.00 per session, to be paid in US dollars to Taryn on the first day. <i>Ms. Taryn Siddique</i></p>	<p>Primary P1-P2</p>	Minimum 5 students, Maximum 16 students	<ul style="list-style-type: none"> ●Drama Studio ●TUESDAY
<p>P1-P2 Boys Football with Coach Thabit You will have the chance to learn fundamental techniques and tactics as well as the laws of the game. Have fun, learn skills and practice the popular game of soccer. The cost for the coaching is Tsh4000- per session to be paid to Mr. Thabit on the first day. <i>Mr. Eliasa Thabit</i></p>	<p>Primary P1-P2</p>	20 students	<ul style="list-style-type: none"> ●Meet at Primary Field ●TUESDAY
<p>JUNIOR TENNIS I will be teaching the basic of tennis through fun outdoor activities, which encourage children to discover and improve their own capabilities and also to learn more about their general motor skills, eye-ball co-ordination, racquet skills and team building. Tennis skills will include foot work, body placement, balance, all ground strokes and the volley, as well as the serve and smash for the more advanced players. Most importantly I aim to allow the children a chance to enjoy tennis as a game and to encourage their overall sporting ability and confidence! The cost for this activity is Tsh 10,000 per class, to be paid to the instructor on the first day. <i>Ms. Frances Travers, qualified instructor</i></p>	<p>Primary P3-P5</p>	Minimum of 5 students, maximum of 12	<ul style="list-style-type: none"> ●Hard Court ●TUESDAY
<p>SWIM TRAINING This activity is for experienced, capable swimmers who must be able to swim one length of the pool using 2 different strokes. Students will have the chance to enhance, improve and develop their already existing skills. Secondary helpers are encouraged to sign up to assist! <i>Mr. Rashid Kateta</i></p>	<p>Primary P1-P6 Secondary helpers welcome to sign up</p>	15 students	<ul style="list-style-type: none"> ●Pool ●TUESDAY
<p>CROCHETING AND KNITTING CLUB Come out and learn how to knit and how to crochet! Create different items for yourself or for gifts, and have fun while doing it! Impress your friends and family with your new skills! The cost will be Tsh20,000 for the term, to be paid to Cathie on the first day. <i>Mrs. Cathie Stubbs</i></p>	<p>Primary P5-P6</p>	8 students	<ul style="list-style-type: none"> ●Meet at Banda beside library ●TUESDAY

Continued-Term 1A **TUESDAY** ECA Activities 2:30-3:30pm

<p>BURKA KINDERGARTEN Community and Service Students will have the opportunity to work with the Burka Kindergarten to develop different resources and materials for their classes. <i>Ms. Joanne Duplessis and Ms. Ishbel Brydon</i></p>	<p>Primary P5-P6 Secondary S1-S5</p>	<p>14 students</p>	<p>●Meet in Mrs. Joanne's classroom ●TUESDAY</p>
<p>RUNNING CLUB Come on out and enhance your personal fitness as you run at your own pace in the beautiful environment that surrounds our campus. This is an excellent way to improve your personal fitness as well as an excellent introduction if you would like to develop your long distance running skills and endurance. <i>Ms. Di Kitterer</i></p>	<p>Secondary S1-S5</p>	<p>20 students</p>	<p>●Meet in Ms. Kitterer's room ●TUESDAY</p>
<p>CONTACT RUGBY This popular game is being brought to you by our resident rugby expert. For both boys and girls, come on out and learn what Mr. Brown deems to be the greatest game of them all! Learn new skills and train for festivals and tournaments that ISM participates in. <i>Mr. Steve Brown</i></p>	<p>Secondary S1-S5</p>	<p>40 students</p>	<p>●Large Pitch ●TUESDAY</p>
<p>SALSA DANCING The very popular salsa dancing is back! Come out and learn all of the moves in salsa and different salsa techniques. This activity will be taught by Sami Perry, an experienced Salsa Dancer! <i>Ms. Sami Perry</i></p>	<p>Secondary S1-S5</p>	<p>20 students</p>	<p>●Performance Area ●TUESDAY</p>
<p>WALKING CLUB Explore the beautiful environment surrounding our school and get some exercise at the same time! Students can walk at their own pace and enjoy the benefits of walking, talking and nature. <i>Mrs. Marilyn Simonson, Ms. Madeleine Cox</i></p>	<p>Primary P5-P6 Secondary S1-S5</p>	<p>15 students</p>	<p>●Meet at Ms. Cox's classroom ●TUESDAY</p>
<p>TENNIS Come out and learn the tactics and basic techniques of this popular sport! Play in singles and doubles matches. <i>Mr. Derek Druce</i></p>	<p>Secondary S1-S5</p>	<p>12 students</p>	<p>●Hard Court ●TUESDAY</p>

Term 1A **WEDNESDAY** ECA Activities 2:30-3:30pm

Activity Name and Description	Student Age	Maximum	Location/ Day
<p>Outdoor Games *lunch time ECA* Play familiar and new group games on the open field. This ECA will teach children new ideas and how to play games for future playtimes. You should have your hat, sunscreen and water bottle! Students should meet at the back of Diana's classroom at 12:30. Although this activity is running on both Mondays and Wednesdays, students may only choose to participate on one of the days. <i>Ms. Diana Kraft</i></p>	<p>Primary P2-P4 Secondary Helpers</p>	10 students	<p>●Ms. Diana's classroom, meet at 12:30pm ●WEDNESDAY from 12:30-1:00pm</p>
<p>LAMDA (London Academy of Music and Dramatic Art) Students will experience drama through poetry, mime, drama exercises and games, eventually leading to LAMDA exams! There will be a cost of Tsh- 10,000 per student for the term, to be paid to Cathie at the start of the sessions. <i>Mrs. Cathie Stubbs</i></p>	<p>Primary P2-P3</p>	14 students	<p>●Banda beside Library ●WEDNESDAY</p>
<p>TAEKWONDO Come out and learn Taekwondo with experienced instructors Mr. Prosper Makonya and Mr. David. This activity is offered to all skill levels and students have the opportunity to progress through different skills. The cost for this activity is Tsh5000- per session, and payment is to be arranged through Mr. Prosper, to be paid on the first day. <i>Mr. Prosper Makonya and Mr. David</i></p>	<p>Primary P1-P6</p>	20 students	<p>●Grass beside music room ●WEDNESDAY</p>
<p>KNITTING In this activity students will learn the basics of knitting and produce their own creations! Surprise someone with a gift that you made! <i>Ms. Lucia Mbuya</i></p>	<p>Primary P3-P5</p>	8 students	<p>●Meet in Early Years classroom ●WEDNESDAY</p>
<p>'KEEP ME IN STITCHES' QUILTING Students will learn quilting basics and create their own block. Future projects will be decided by the group, for example, a school quilt. Donations of 100% cotton material, needles, thread, pins and sewing scissors are appreciated. <i>Mrs. Samantha Mongardi, Mme. Michele Curley</i></p>	<p>Primary P3-P6 Secondary Helpers are encouraged</p>	15 students	<p>●Meet in French Room ●WEDNESDAY</p>
<p>P3-P4 BOYS FOOTBALL with Coach Thabit You will have the chance to learn fundamental techniques and tactics as well as the laws of the game. Have fun, learn skills and practice the popular game of soccer. The cost for the coaching is Tsh4000- per session to be paid to Mr. Thabit on the first day. <i>Mr. Eliasa Thabit</i></p>	<p>Primary P1-P2</p>	20 students	<p>●Meet at Primary Field ●TUESDAY</p>
<p>P5-S1 BOYS FOOTBALL Train, develop, learn skills, techniques, strategies and team positional play! Skills and Thrills on the Pitch! <i>Mr. Lloyd Curley and Mr. Marcello Mongardi</i></p>	<p>Primary P5-P6 Secondary S1</p>	16 students	<p>●Meet at large pitch ●WEDNESDAY</p>

Continued-Term 1A WEDNESDAY ECA Activities 2:30-3:30pm			
<p>IT CONSTRUCTION PROJECTS Students will start out designing, building, decorating and putting into place typing stands for our IT computers. This will be followed by other projects! <i>Ms. Christine Matemu</i></p>	<p>Primary P5-P6 Secondary S1-S2</p>	<p>12 students</p>	<p>●Meet in banda behind computer lab ●WEDNESDAY</p>
<p>BALLET P5-S1 Develop the dancer in you with ballet lessons and our professional teacher Taryn Siddique. Explore different movements and techniques to various pieces of music and become a ballet dancer! The cost is USD5.00 per session, to be paid in US dollars to Taryn on the first day. <i>Ms. Taryn Siddique</i></p>	<p>Primary P5-P6 Secondary S1</p>	<p>Minimum 5 students, Maximum 16 students</p>	<p>●Drama Studio ●WEDNESDAY</p>
<p>TENNIS LESSONS with Nico Learn how to hit forehand, backhand, serve, smash and volley in exciting lessons with long-time ISM instructors Nico and Martin! Try out your skills in game situations. The cost is Tsh 5000- per session to be paid to Mr. Nico on the first day of instruction. <i>Mr. Nico Jonas and Mr. Martin Dzuwa</i></p>	<p>Primary P3- P6 Secondary S1</p>	<p>20 students</p>	<p>●Hard Court ●WEDNESDAY</p>
<p>COMMUNITY AND SERVICE Students will have the opportunity to become involved in numerous community and service projects- there are a vast array of choices and opportunities that Mrs. Armon has set up with her multitude of contacts. This may be used by students in the MYP program as one way to achieve their community and service. It is open to all secondary students however, who have an interest in community and service. Mrs. Armon will facilitate your involvement and you can find something that interests you specifically! Help our world! <i>Mrs. Leebeth Armon</i></p>	<p>Secondary S1-S5</p>	<p>20 students</p>	<p>●Meet in Art Room ●WEDNESDAY</p>
<p>SENIOR MIXED NETBALL Come and develop technique for both technical and tactical skills. Enhance game understanding and knowledge and participate in matches! Train for upcoming tournaments and festivals in which ISM will participate. <i>Mrs. Betty Brown</i></p>	<p>Secondary S3-S5</p>	<p>20 students</p>	<p>●Hard Court ●WEDNESDAY</p>
<p>CARDIO KICK BOXING Once again, the popular cardio kickboxing is back with kick boxing instructor Gina! Come out and work up a sweat, have fun, enjoy great music all while learning and practicing basic and more advanced cardio kickboxing moves. An excellent and fun way to learn new skills and keep fit! <i>Mrs. Gina Goodgame</i></p>	<p>Secondary S1-S5</p>	<p>20 students</p>	<p>●Performance Area ●WEDNESDAY</p>