



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

St. Paul's Prep School

2015-16

Term 1

**Clubs & Societies/ PASA
Booklet**

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Thursday, 6th August 2015

Dear Parents,

Please find below the clubs and societies offered by our teachers and staff and a list of PASAs (Paid after School Activities) which take place at school and are available for your children.

In order to sign up for a club, you must complete the registration sheet your child has taken home today and send it back to their class teacher/tutor. There is usually always room for pupils to join their preferred club. If your child wishes to join a PASA then you will have to contact the person in charge directly (you do not need to fill out a registration slip for a PASA). This week you will only be able to put your child down for one club. However, as from next week your child will be able to join more clubs if they wish to and if there is a vacancy, in which case they will need to contact the teacher in charge of the club and request to join it.

Regards

Victoria Hughes

Registration slip:

I, _____ agree for my child to join a club at school. If the club is after school hours, I will make the necessary arrangements so that s/he will be supervised before and after the club, and will make arrangements for her/him to be picked up after the club.

Pupil's name: _____

Tutor group: _____

Club choice: _____

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Art Journaling Club **P4/5**

Come and create your own Art journal. You will learn new techniques and work with a variety of media, while expressing your own creativity!

Teacher

Mrs Blackaby

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Wednesdays	15:00 - 15:30	Room 225	12

Colouring Club **P3/4/5**

Bring your colouring book and let's colour together.

Teacher

Mrs. Ribeiro

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Thursday	12:25 - 12:45	Room 215	15

Creating and colouring mandalas Club **P3/4/5**

Let's create and colour beautiful mandalas.

Teacher

Mrs. Oliveira / Mrs. Martins

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Tuesday	12:25 - 12:45	Room 213	15

Cross-stitching Club **P2/3/4**

Come and join Mrs Stipp in a fun cross-stitching club. Learn how to make a simple gift in a creative way.

Teacher

Mrs. Stipp

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Friday	12:00 - 12:35	Room 224	10

Handball Club **P5**

Come and have fun playing handball.

Teacher

Mr. Ribeiro/Mr. Davy

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Monday	12.25 - 12:55	New Gym	15

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Histórias da boneca Emília Club ***P4/5***

Reinações de Narizinho: a boneca Emília e as suas aventuras com os outros personagens do Sítio do Picapau Amarelo.

Teacher

Dona Rosana

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	12:25 - 12:45	Room 211	8

Just Dance Club ***P3/4/5***

Let's have fun picking pop songs and learning dance routines together!

Teacher

Mrs. Santos

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesdays	12:20 - 12:40	Room 217	20

Knitting Club ***P4/5***

If you can cut and glue, you can make fun and unexpected decor, accessories, such as scarfs, pompom animals, wrapped bangles and so many more things. Come and join the fun.

Teacher

Ms. Gonçalves

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	12:20 - 12:45	Room 219	12

Magic Card Club ***P 3/4/5***

Bring your own cards and together we will learn how to perform awesome card tricks with mystery and intrigue.

Teacher

Miss Beer

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	12:25 - 12:45	Room 214	10

Mandala Club ***P1 / P2***

Let's have fun making beautiful mandalas!

Teacher

Mrs. Tiso / Mrs. Matteoni

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	12:00 - 12:20	Room 215	15

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Online maths games Club ***P3/4/5***

Come to the IT room for fun online maths games.

Teacher

Mrs. Noble

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	12.25 - 12.45	Room 224	20

P2/3 Boys Basketball Club ***P2/3***

This club is designed specifically for Basketball players without experience and who wish to start playing basketball. The aim will be to develop the fundamental basketball skills in a fun atmosphere whilst creating a team spirit. These pupils will also be able to play some games during the basketball festival in their age group categories.

Teacher

Mr. Guedes do Prado/Miss Fogaça

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Friday	15:10 to 16:10	Basketball Gym	30

P2/3 Girls Basketball Club ***P2/3***

This club is designed specifically for Basketball players without experience and who wish to start playing basketball. The aim will be to develop the fundamental basketball skills in a fun atmosphere whilst creating a team spirit. These pupils will also be able to play some games during the basketball festival in their age group categories.

Teacher

Mr. Guedes do Prado/Miss Fogaça

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Monday	15:10 - 16:10	Basketball Gym	30

P3/4/5 Choir society ***P3/4/5***

The best way to start a day is by singing. We will be learning new songs in unison and harmony and participate in different concerts.

Teacher

Mrs Fabris

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	8.00 - 8.40	Music 1	by invitation only

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

P3/5 Chamber Choir society

P3/4/5

Come and join a new chamber choir of the best singers in the Prep School. It is the aim to make this a fantastic choir, giving concerts in and out of school, taking part in competitions and workshops and learning some challenging music to a high standard.

Teacher

Mr Ward

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	15:05 - 16:00	Music Room	by audition only

P4/5 Boys Basketball Club

P4/5

This club is designed specifically for Basketball players without experience and who wish to start playing basketball. The aim will be to develop the fundamental basketball skills in a fun atmosphere whilst creating a team spirit. These pupils will also be able to play some games during the basketball festival in their age group categories.

Teacher

Mr. Guedes do Prado/Miss Fogaça

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday & Thursday	15:10 - 16:10	Basketball Gym	30

P4/5 Girls Basketball Club

P4/5

This club is designed specifically for Basketball players without experience and who wish to start playing basketball. The aim will be to develop the fundamental basketball skills in a fun atmosphere whilst creating a team spirit. These pupils will also be able to play some games during the basketball festival in their age group categories.

Teacher

Mr. Guedes do Prado/Miss Fogaça

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Monday & Wednesday	15:10 - 16:10	Basketball Gym	30

P5 Choir society

P5

Join the Prep 5 choir to learn some more demanding songs and to join in singing with senior school pupils in concerts and recitals.

Teacher

Mr Ward

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	8:10 - 8:40	Music Room	by invitation only

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Prep 3 Fun Games Club

P3

Each week we will play a different game. Come and have fun!

Teacher

Mrs. de Luca Cunha

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	12:15 - 12:40	Basketball Gym	20

Prep 4/5 Girls Football Club

P4/5

Football is Fun is the motto of Football in the Prep School. Each week the girls will develop new skills and learn to have fun playing the beautiful game. We will also have regular games home and away against local International Schools.

Teacher

Mr. Green

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	15:15 - 16:15	Field	20

Problem Solvers (maths Club)

P3/4/5

If you can cut, glue and are interested in developing simple projects such as moving pictures, model homes, cars and many more, you have found the right place. This is where maths, arts and science come together. Bring your idea and join the fun.

Teacher

Ms Gonçalves

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesdays	15:30 - 16:00	Room 219	10

Safety Pin Brooches Club

P3/4/5

Have fun making colourful brooches using beads and safety pins.

Teacher

Ms Pernumiam

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	12:20 - 12:40	Room 207	12

Self-portrait Club

P 1/2/3/4

Do you enjoy art? Would you like to learn more about how to use colours, line and texture in your work? Come discover the many ways to make a self-portrait using different media and artists as inspiration.

Teacher

Mrs. Jordão

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Monday	15:15 - 15:45	Room 217	16

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Swimming - Dolphins

Developing Level - Pupils will learn and practise their swimming skills. Pupils must be able to attend on both days.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Tuesday & Thursday	16:10 - 16:50	Swimming Pool	18

Swimming - Dolphins

Developing Level - Pupils will learn and practise their swimming skills. Pupils must be able to attend on both days.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Wednesday & Friday	16:10 - 16:50	Swimming Pool	18

Swimming - Penguins

Adaptation Level - Pupils will learn and practise their swimming skills.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Monday	15:20 - 16:00	Swimming Pool	10

Swimming - Penguins

Adaptation Level - Pupils will learn and practise their swimming skills.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Wednesday	15:20 - 16:00	Swimming Pool	10

Swimming - Pre-Training

Pre-training

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Tuesday, Wednesday & Thursday	17:00 - 17:40	Swimming Pool	try out lesson

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Swimming - Seals

Beginners Level - Pupils will learn and practise their swimming skills.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Monday	16:10 - 16:50	Swimming Pool	10

Swimming - Seals

Beginners Level - Pupils will learn and practise their swimming skills.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Tuesday & Thursday	15:20 - 16:00	Swimming Pool	10

Swimming - Seals

Beginners Level - Pupils will learn and practise their swimming skills.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Tuesday & Thursday	15:20 - 16:00	Swimming Pool	10

Swimming - Seals

Beginners Level - Pupils will learn and practise their swimming skills.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Wednesday & Friday	15:20 - 16:00	Swimming Pool	10

Swimming - Sharks

Advanced Level - Pupils will develop their swimming skills even further. Pupils must be able to attend on both days.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Monday & Wednesday	17:00 - 17:40	Swimming Pool	18

Swimming - Training

Advanced Level - Pupils will develop their swimming skills even further. Pupils must be able to attend at least two days. At this level, pupils will be invited to represent the school for some of the swimming competitions.

Teacher

Mr. Mota / Mrs. Moraes

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Monday, Thursdays & Friday	15:20 - 16:00	Swimming Pool	18

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Table tennis Club ***P5***

Come and practise your table tennis skills during lunch time!

Teacher

Mr. de Luca

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	12:15 - 12:40	Multi Purpose Gym	15

Touch Typing Club ***P3/P4/P5***

Come and learn how to touch type or improve your typing skills in a fun way. You will become an expert for sure if you join this club.

Teacher

Mrs. Hughes

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	15:05 - 15:30	Room 224	20

Ultimate Frisbee Club ***P3/4/5***

Introduction to one of the fastest growing sports in the world!

Teacher

Mr. Hill

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	12.25 - 12.55	New Gym	14

Under 12 Girls Volleyball Club ***P5/F1/F2***

This club gives pupils the chance to develop their fundamental volleyball skills through fun activities and games.

Teacher

Mr. Costa

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday & Thursday	16:30 - 18:00	Volleyball Gym	25

P5/F1 Girls' Volleyball ***P5***

This club gives pupils the chance to develop their fundamental volleyball skills through fun activities and games.

Teacher

Mr. Costa

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Monday	15:15 - 16:30	Sports Centre	20

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

P3 & P4 Girls' Volleyball Club ***P3/P4***

This club gives pupils the chance to develop their fundamental volleyball skills through fun activities and games.

Teacher

Mr. Costa

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Thursday	15:15 - 16:30	Sports Centre	20

P2 Girls' Volleyball Club ***P2***

This club gives pupils the chance to develop their fundamental volleyball skills through fun activities and games.

Teacher

Mr. Costa

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Friday	15:15 - 16:00	Sports Centre	20

Prep 3 Boys Football Club ***P3***

This club will be a fun and enjoyable way to play football. A few basic skills will be developed but the emphasis will be on playing small sided games.

Teacher

Mr. Pierrobon

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Thursday	15:15 - 16:10	Field	20

P4/5 Boys Football Club ***P4/5***

This club will be a fun and enjoyable way to play football every week. The aim is to develop skills, tactics and teamwork in a small game situation. Everyone will get a chance to play all positions to strengthen their all round play and hopefully score a goal.

Teacher

Mr. Pierrobon

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	15:15 - 16:10	Field	16 (P4s)/16 (P5s)

Cricket Club ***P5/F1***

This club will have fun, fast-paced activities to introduce you to the game of cricket and give everyone a go. It's a bat and ball game that mixes hand-eye coordination, speed, and agility with tactics and team work. Originally, a British game, it is now played in 25 countries around the world. It is currently the second most popular sport in the world after football.

Teacher

Mr Jones & Mr Sweetman

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Thursday	15:15 - 16:00	Hardcourt	20

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

The Magic of Science ***P4/5***

Let's use science and logic to learn special magic tricks!

Teacher

Mrs de Mello

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	15:10 - 15:40	Prep Lab	10

Pop Idol Club ***P3/4/5***

Do you like listening to the radio? Singing along to pop music and watching music videos? If so this is the club for you! We will sing and talk about hit songs. You will have the opportunity to sing like Bruno Mars and dance like Taylor Swift whilst practising and improving reading comprehension, decoding and spelling.

Teacher

Mrs Lopes

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	15:05 - 15:35	220	10

Prep 2/3 Girls Football Club ***P2/3***

This club will provide the opportunity to develop basic football skills and develop an understanding of the game.

Teacher

Miss. Rebecca Owen

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	15:15 - 16:00	Field	20

Prep Yoga Club ***P4/5***

This club is a fun opportunity for the children to improve balance, focus, flexibility, breathing, strength and creative movement. Within the club the children will work independently, in partners and create sequences in small groups.

Teacher

Ms. K. Waller

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	15:05 - 15:30	PP1C	10

Prep School PASAs

Dear Parents,

Please notice that there will be two registration days for the PASAs now in August. The school will open its doors for you to meet the teachers personally and clarify any questions that you may have. This will take place in the **Covered Area/patio on Tuesday, August 11th and Wednesday, August 12th from 14:00 to 16:00.**

The PASA activities are organised by specialist teachers and are offered to Prep pupils. There is a wide variety of options. The descriptions were provided by the actual instructors and therefore some are in Portuguese and others are in English. **St. Paul's School is not responsible for class enrolment or for reserving a spot for your child.**

The PASAs will start on **Monday, August 17th.**

Regards

Victoria Hughes

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Ballet – P2&3

Prep 2 & 3

We follow the Russian methodology, VAGANOVA School. In ballet classes we work towards developing coordination, focus, discipline, independence and social communication. We encourage the children to feel comfortable in public situations such as being on stage. More importantly, using the Arts we care for the child's self-esteem. Our philosophy is not limited to preparing professional dancers but also to help the children grow into a happy and confident young adult. Join us!

Teacher

Kyone Ogura

contact email

kyoneballet@ig.com.br

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Monday	15.30 – 16.30	PP Music Room	12

Judo

Prep 1 to 5

The aim of judo course is the initiation to the practice of sport in a playful manner. It is a way to improve motor, cognitive and affective partner. Judo allows healthy relationships with other people, using the game and fight as a dynamic integrator, it develops physical abilities such as strength, endurance, balance and speed well as the improvement of all psychomotor possibilities such as spatial location, ambidexterity, laterality, throwing, pulling, pushing, crawling, jumping, rolling, falling, among others.

Teacher

Afrânio de Sousa Silva

contact email

afraniodesousa@hotmail.com

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Monday	15.15 – 16.00	PP Multipurpose Room	15

Chess

Prep 1 to 5

O xadrez é um jogo milenar de tabuleiro que envolve cálculo, análise e estratégia. O estudo e a prática do xadrez ajudam a desenvolver o raciocínio lógico, a concentração, a memória, o autocontrole, a criatividade, entre outras habilidades importantes para o futuro de seus filhos.

Teacher

Dayse Vescovi

contact email

dayse_vescovi@hotmail.com

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Monday	15.15 – 16.05	216	15

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Capoeira Prep 1 to 5

Capoeira has a Brazilian African origin. It's a mixture of several fights, dances, rhythms and musical instruments of different people worldwide. As Capoeira is totally involved with musicality and movement, children identify with it quite spontaneously. Capoeira also provides to practitioners: coordination, rhythm, body expression, memorizing (choreography), posture, group work, integration, muscle strengthening, balance, agility and lots of fun.

Teacher

Eduardo da Silva Areias

contact email

eareiaspersonal@hotmail.com

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Tuesday	15.15 – 16.00	PP Multipurpose Room	15

Ballet – P4 to F2 Prep 4 to Form 2

We follow the Russian methodology, VAGANOVA School. In ballet classes we work towards developing coordination, focus, discipline, independence and social communication. We encourage the children to feel comfortable in public situations such as being on stage. More importantly, using the Arts we care for the child's self-esteem. Our philosophy is not limited to preparing professional dancers but also to help the children grow into a happy and confident young adult. Join us!

Teacher

Kyone Ogura

contact email

kyoneballet@ig.com.br

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Tuesday	15.30 – 16.30	PP Music Room	12

MadCode - Coding & STEM topics Prep 1 & 2

MadCode is a School of Technology for Children and Teenagers founded by parents concerned with their own children and the abilities required of them in the 21st century (namely technology, programming and coding). We are aligned with the cutting edge children teaching technology currently developed and used in Universities such as MIT, Stanford and Cambridge. Beyond teaching children to code, MadCode believes children should learn to work with one another and master a wide range of technology. The learning of these disciplines will also teach children a new way to think, more focused and results-oriented. We want our pupils to turn their time spent consuming technological products into time creating and implementing their ideas through the tools technology provides. We have developed a proprietary teaching system built on the Challenge Based Learning methodology (as used by Apple). At last, we have an exchange student program with a sister school in California for the older students (14+) to spend some weeks learning to code in the Silicon Valley while being able to visit the main technology companies in the World, from Google to Facebook to Start-ups and the start-up culture. Come bring your child to know us and unleash their creative self!!!

Teacher

Fabiana Silva

contact email

fsilva@madcode.com.br or
contato@madcode.com.br

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Max pupils</u>
Tuesday	15.10 – 16.40	224	15

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

MadCode - Coding & STEM topics

Prep 3,4 &5

MadCode is a School of Technology for Children and Teenagers founded by parents concerned with their own children and the abilities required of them in the 21st century (namely technology, programming and coding). We are aligned with the cutting edge children teaching technology currently developed and used in Universities such as MIT, Stanford and Cambridge. Beyond teaching children to code, MadCode believes children should learn to work with one another and master a wide range of technology. The learning of these disciplines will also teach children a new way to think, more focused and results-oriented. We want our pupils to turn their time spent consuming technological products into time creating and implementing their ideas through the tools technology provides. We have developed a proprietary teaching system built on the Challenge Based Learning methodology (as used by Apple). At last, we have an exchange student program with a sister school in California for the older students (14+) to spend some weeks learning to code in the Silicon Valley while being able to visit the main technology companies in the World, from Google to Facebook to Start-ups and the start-up culture. Come bring your child to know us and unleash their creative self!!!

Teacher

Fabiana Silva

contact email

fsilva@madcode.com.br or
contato@madcode.com.br

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Thursday	15.10 – 16.40	224	15

Capoeira

Prep 1 to 5

Capoeira has a Brazilian African origin. It's a mixture of several fights, dances, rhythms and musical instruments of different people worldwide. As Capoeira is totally involved with musicality and movement, children identify with it quite spontaneously. Capoeira also provides to practitioners: coordination, rhythm, body expression, memorizing (choreography), posture, group work, integration, muscle strengthening, balance, agility and lots of fun.

Teacher

Eduardo da Silva Areias

contact email

eareiaspersonal@hotmail.com

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesdays	15.15 – 16.00	PP Multipurpose Room	15

Ballet – P2&3

Prep 2&3

We follow the Russian methodology, VAGANOVA School. In ballet classes we work towards developing coordination, focus, discipline, independence and social communication. We encourage the children to feel comfortable in public situations such as being on stage. More importantly, using the Arts we care for the child's self-esteem. Our philosophy is not limited to preparing professional dancers but also to help the children grow into a happy and confident young adult. Join us!

Teacher

Kyone Ogura

contact email

kyoneballet@ig.com.br

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Wednesday	15.30 – 16.30	PP Music Room	12

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Ballet – P1-3

Prep 1 to 3

We follow the Russian methodology, VAGANOVA School. In ballet classes we work towards developing coordination, focus, discipline, independence and social communication. We encourage the children to feel comfortable in public situations such as being on stage. More importantly, using the Arts we care for the child's self-esteem. Our philosophy is not limited to preparing professional dancers but also to help the children grow into a happy and confident young adult. Join us!

Teacher

Kyone Ogura

contact email

kyoneballet@ig.com.br

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Thursday	15.30 – 16.30	PP Music Room	12

Olympic Gymnastic

Prep 1 to 5

Modalidade esportiva que trabalha a força, flexibilidade, equilíbrio e coordenação. A ginástica auxilia no desenvolvimento de capacidades e habilidades motoras de uma forma lúdica e divertida. Venha conhecer a modalidade!

Teacher

Renata Saiga

contact email

tata_golimpica@yahoo.com.br

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Thursday	15.30 – 16:30	PP Multipurpose Room	15

Drama Club

PP3 to P2

Through drama pupils can use and develop their imagination and enhance their creativity. Drama also promotes individual self-confidence and raises pupils' self-esteem. The activities proposed in these drama lessons will allow pupils to express themselves physically and emotionally in a fun, positive and safe environment, as well as foster their respect and empathy toward others. Pupils will be increasing their sense of social cooperation through games and by preparing, sharing and negotiating ideas for dramatic presentations and improvisations. They will also be encouraged to perform in front of an audience and communicate themselves effectively by using appropriate voice, gesture, movement, timing and space.

Teacher

Hayley Deborah Coggan

contact email

bruxahay@yahoo.com

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	15:05 to 15:50	Sports Multipurpose Room	12

PREP SCHOOL CLUBS & SOCIETIES/PASA PROGRAMME

Drama Club

P3 to P5

Through drama pupils can use and develop their imagination and enhance their creativity. Drama also promotes individual self-confidence and raises pupils' self-esteem. The activities proposed in these drama lessons will allow pupils to express themselves physically and emotionally in a fun, positive and safe environment, as well as foster their respect and empathy toward others. Pupils will be increasing their sense of social cooperation through games and by preparing, sharing and negotiating ideas for dramatic presentations and improvisations. They will also be encouraged to perform in front of an audience and communicate themselves effectively by using appropriate voice, gesture, movement, timing and space.

Teacher

Hayley Deborah Coggan

contact email

bruxahay@yahoo.com

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Tuesday	15:50 to 16:50	Sports Multipurpose Room	15

Yoga For Kids

P1 to P5

Através de histórias com animais, as crianças mergulham no mundo do yoga, aprendendo a imitar as posturas dos bichos projetadas na tela da classe, iniciando-se na prática do yoga de uma forma lúdica e divertida. Estas posturas ajudam a melhorar a autoestima e confiança; ajudam na concentração e no foco; ajudam a desenvolver a criatividade e imaginação, e promove um sentido de tranquilidade e paz interior. No transcurso da aula trabalhamos a força, equilíbrio, concentração, respiração para conseguir chegar aos 5 últimos minutos de relaxamento no final da aula. Os benefícios dos alunos são surpreendentes, descobrindo o prazer de fazer yoga todas as semanas, ganhando mais serenidade no dia a dia.

Teacher

David Arzel

contact email

david@yoga4kids.com.br

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Thursdays	15:15 - 16:00	PP1E	15

Aikido

P1 to P5

Aikido, also known as the art of peace, is a non-competitive martial art created in Japan in the beginning of XX century. Its practice develops great flexibility, motor coordination and self-consciousness. For children, Aikido is a fun activity that helps to develop a harmonic and cooperative attitude.

Teacher

Mirla Fernandes

contact email

mirlaf@gmail.com

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Max pupils</i>
Friday	15:30 to 16:20	PPMP	15