

ENRICHMENT ACTIVITIES – PASAs and Clubs

Dear Parents,

I would like to remind you about the 2015-2016 Enrichment Activities which consist of Paid After School Activities (PASAs) and Clubs. PASAs as the name says are paid activities offered after school hours by a visitor teacher and clubs are free of charge activities also offered after school hours by a teacher or an assistant teacher.

Paid After School Activities (PASAs)

Please notice that there will be two registration days. 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 **August 11th and 12th**, Tuesday and Wednesday, from **14:00 to 16.00**.

The paid after school activities are organised by specialist teachers and most are offered to all Pre-Prep pupils. There is a wide variety of options: Aikido, Ballet, Capoeira, Chess, Football (only after half-term), For a greener and healthier world, Judo, Programação, Tecnologia, Aplicativos and Games (PP2 and PP3 only), Mandarin, Nutrition'n Me (from June 23rd to August 14th, please contact the teacher through email), Olympic Gymnastics and Yoga For Kids.

Please notice that the football PASA lessons will start only after half-term due to the teacher medical conditions. More information about it will be sent during the term. Also, be aware that the Nutrition'n Me teacher will not be present during the workshop days. Please feel free to contact her through e-mail.

PRE-PREP SCHOOL PAID AFTER SCHOOL ACTIVITIES 2015 - 2016 (1st Term)				
Activity	Teacher	Days of the week	Time	Place
Aikido	Mirla Fernandes	Fridays	14.45 to 15.35	PPMP
Ballet	Kyone Ogura	PP2 - Mondays PP3 - Tuesdays PP2 - Wednesdays PP1 - Thursdays	14.30 to 15.30 (M) 14:30 to 15:30 (T) 14:30 to 15:30 (W) 14:30 to 15:15 (Th)	Music Room
Capoeira	Eduardo Areias	Tuesdays and Wednesdays	14:30 to 15:15	PPMP
Chess	Dayse Vescovi	Mondays	14:40 to 15:10	PP1F
Drama Club	Hayley Deborah Coggan	Tuesdays (only PP3s)	15:05 to 15:50	Sports Multipurpose Room
Football	Gustavo Prieto	Tuesdays, Wednesdays and Thursdays	15:05 to 16:05 (only after half-term)	Field (In case of rain, PP3D)
For a greener and healthier world	Luly Vidigal	Mondays	14:45 to 15:45	PP1B
Judo	Afrânio de Sousa	Mondays	14:30 to 15:15	PPMP
Programação, Tecnologia, Aplicativos e Games	Fabiana Silva	Mondays	15:00 to 16:30	PP3A
Mandarin	Marina Silva	Mondays and Wednesdays	14:45 to 15:30	PP1D
Nutrition'n ME!	Vanessa Ary	Wednesdays	14:45 to 15:30	PP3C
Olympic Gymnastic	Renata	Thursdays	14:45 to 15:30	PPMP
Spanish	Josefa Ortiz (Pepi)	Mondays and Wednesdays	14:45 to 15:30	PP2E
Yoga For Kids	David Arzel	Thursdays	14:30 to 15.00	PP1E

PAID AFTER SCHOOL ACTIVITIES CONTACTS			
Activity	Teacher	Phone	E-mail
Aikido	Mirla Fernandes	9-8290-6651	mirlaf@gmail.com
Ballet	Kyone Ogura	3772-7396, 3771-3305	kyoneogura@uol.com.br; kyoneballet@ig.com.br
Capoeira	Eduardo Areias	9-8149-7901, 3539-2464	eareiaspersonal@hotmail.com
Chess	Dayse Vescovi	9-8333-0403	dayse_vescovi@hotmail.com
Drama Club	Hayley Deborah Coggan	9-8715-0540	bruxahay@yahoo.com
Football	Gustavo Prieto	9-8171 8072, 3082-3014	gusprieto@bol.com.br; gusacerbiprieto@gmail.com
For a greener and healthier world	Luly Vidigal	98307-5454 (Luly), 3083-0949 (Rita)	luly@lulyvidigalflores.com.br
Judo	Afrânio de Sousa	9-8219-1059	afraniodesousa@hotmail.com
Programação, Tecnologia, Aplicativos e Games	Fabiana Silva	3541-1293	fsilva@madcode.com.br; contato@madcode.com.br
Mandarin	Marina Silva	9-4832-8675	marinachines21@gmail.com
Nutrition'n ME!	Vanessa Ary	9-8588-1628 or 9-4273-3906	vanutre@gmail.com
Olympic Gymnastic	Renata Saiga	9-4186-0444	tata_golimpica@yahoo.com.br
Spanish	Josefa Ortiz	9-9229-0506, 4508-5980	belmonte_ortiz@hotmail.com
Yoga For Kids	David Arzel	9-8668-3333	david@yoga4kids.com.br

Clubs

The school will offer two clubs this year: Football Club and Mini Chef Club.

The football club will be offered only to PP3 pupils till half term and monitored by a senior PE teacher. This club will take place on Thursdays from 15h05 to 16h to a limited number of 15 pupils. Class enrolment will be done on a first come first served basis during registration days. If the lesson gets on its full capacity during the first day of registration, there will be no registration on the following day. E-mails sent to PE teachers or to the Pre-Prep secretary will not be considered a spot reservation for your child.

The mini chef club is a gastronomic activity that will be monitored by an assistant teacher. More information about it can be found below along with the other enrichment activities descriptions.

CLUBS ACTIVITIES 2015 - 2016 (1st Term)

<u>Activity</u>	<u>Teacher</u>	<u>Days of the week</u>	<u>Time</u>	<u>Place</u>
Mini Chef	Joao Neuman	Tuesdays	14:45 to 15:30	PP3D
Football Club	Rebecca Owen	Thursdays	15:05 to 16:00 (only to PP3 pupils and till half-term)	Field (In case of rain, PP3D)

CLUBS ACTIVITIES CONTACTS

<u>Activity</u>	<u>Teacher</u>	<u>E-mail</u>
Football Club	Rebecca Owen	
Mini chef	Joao Neumann	jn@stpauls.br

You can find more information about the enrichment activities at the end of this letter. The descriptions were provided by the actual instructors and, therefore, some are in Portuguese whereas some are in English, but please feel free to contact us for further clarification.

Please note that there is a limited number of spaces for children for each activity and that the venues may change over the term. **St. Paul's School is not responsible for class enrolment or for reserving a spot for your child.**

Please note that we, St Paul's teachers and assistants, will be responsible for taking your child to the correct place and activity. Parents should pick up their child **only after** the activity is finished. **Parents and pupils will not be allowed in the corridors, inside the classrooms or in the Art Room. Please wait for your child in the patio/covered area of the school. The PASA teacher will be responsible for bringing him/her to you.**

If you have any questions or concerns, please feel free to contact me in person or by e-mail: cpo@stpauls.br

The enrichment activities will start on Monday, August 17th.

We appreciate your time and collaboration.

Sincerely,

Cristina Oliveira

Aikido

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.

Ballet

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!

Capoeira

Capoeira has a Brazilian African origin. It is a mixture of several martial arts, dance, rhythms, and musical instruments of different people around the world. As Capoeira is involved with musicality and movement, children identify themselves with it spontaneously. Capoeira also provides coordination, rhythm, body expression, memorization (choreography), posture, group work, integration, muscle strengthening, balance, agility and lots of fun.

Chess

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.

Drama Club

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.

Football

A aula é uma oportunidade de pratica esportiva, que além de alegre e divertida tem grande atuação na sociabilização e integração das crianças. Optamos por inúmeros jogos em equipe, a exercícios repetitivos e maçantes. Estimulando a importância do senso coletivo. Através de exercícios globais como saltar, arremessar, chutar, rolar com diferentes tipos de materiais, desenvolvemos a coordenação motora e a noção de tempo e espaço. Ao final da aula refletimos o que foi feito e como podemos melhorar.

For a greener and healthier world

This workshop is designed for children of PP1, PP2 and PP3. Its main objective is to encourage contact and respect for nature. There will be "hands on" activities, where pupils learn how to deal with plants, flowers, seedlings and seeds. This workshop aims to stimulate awareness of sustainability in a fun and challenging way. It will stimulate creativity and mastery of planting techniques, including watering, pruning, flower arrangements and basic maintenance. At the end of the class, each pupil takes his/her work home so that the whole evolution of the project is visualised and he/she becomes a multiplier of behaviour change. The materials used are special and non-toxic. St. Paul's is a pioneer in encouraging this project.

Judo

Learning Judo helps in developing physical, cognitive and psychosocial aspects of a child's life, and even improves a child's basic motor skills. The method makes use of various supplements in physical activity, promoting its initiation directed to each specific age group, based on the pedagogical principles of application, providing recreational activities. That way, children will experience new opportunities and challenges at each lesson.

Programação, Tecnologia, Aplicativos e Games

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 childrens 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 Startups and the startup culture. Come bring your child to know us and unleash their creative self!!!

Mandarin

A língua chinesa possui mais de três mil anos de história e mantém-se quase inalterada apesar dos séculos de história que possui. É parte essencial da cultura chinesa, juntamente com sua escrita ideogramática, e ganha cada vez mais destaque, devido ao desenvolvimento econômico da China. Com materiais didáticos pensados especialmente para este curso e esta faixa etária, o objetivo é não só o ensino da língua, mas também de aspectos culturais que são parte importante para a compreensão e estão intimamente ligados a esse país que atualmente impressiona o mundo com o seu rápido desenvolvimento.

Mini chef

Mini chef's club is a way to motivate children to be proactive in their own home, trying new tastes and learning techniques of confectionery. They will be the protagonists of the kitchen by decorating cakes, preparing individual desserts as cheesecakes and learning how to make homemade non-industrialized products that you can buy on supermarkets. Organization and hygiene are topics to be discussed since they are extremely important inside a kitchen and in their own lives.

Nutrition 'n me!

Learning how to eat + understanding that foods play different roles in our body = tons of fun! Through experiencing the colors, odors and textures of foods, and through cooking classes, games, biology and anatomy demonstrations, as well as drawing and stories on the relationship between foods, nutrients and organic functions, children quickly assimilate and incorporate the importance of eating properly to stay healthy. The result? A positive relationship to eating, greater satisfaction and more autonomy and consciousness when making food choices!

Olympic Gymnastics

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!

Spanish

Espanhol para crianças: "Aprendemos brincando!"

Professora Nativa Espanhola, Graduada e Pós graduada em Psicopedagogia, com experiência docente com crianças em escola Bilingüe na Espanha.

Há 4 anos no Brasil, experiência como professora particular de famílias do St. Paul's School e para executivos.

Com este projeto "Aprendemos espanhol brincando!" pretendemos estimular a aprendizagem da língua espanhola mediante uma metodologia lúdica (músicas, jogos, teatro,...), fomentar a comunicação oral, despertar o interesse por uma nova cultura e aproveitar a capacidade que as crianças possuem nesta idade para aprender um novo idioma.

Para maiores informações fico à disposição através do e-mail belmonte_ortiz@hotmail.com ou pelo celular: 992290506.

Yoga For Kids

Através de historias 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.

Mais informações: www.yoga4kids.com.br