

**EIS Jumeirah High School**

# **After School Activities**

## **Information Booklet**



**Term 1 2009-10**

**Sunday 27<sup>th</sup> September - Thursday 26<sup>th</sup> November**

# SUNDAY

## **Best Buddies International**

Best Buddies matches EIS-J with students from Dubai Centre for Special Needs. It enhances the lives of people with intellectual disabilities by providing opportunities for one-on-one friendships.

*\* An excellent programme for CAS and EISAP students looking for a worthwhile service activity.*

Venue – HS 13

Teacher – Rose Kamath & Sandra Poole

## **‘The Torch’**

Add some articles, photos, graphic designs to the school newspaper – ‘The Torch’

Venue – HS 35

Teacher – Nancy Hamilton

## **Skiing & Boarding Club**

Have fun and learn how to ski or board in the super cool Ski Dubai. Includes gear hire & 90 minute lessons with fully qualified instructors.

Cost - 1,292 AED

Places are limited so the first 10 students with their payment to Mr Munnery will be accepted.

Venue – Mall of Emirates

Teacher – Chris Burch

*\* An excellent activity for students going on the school ski trip to Switzerland*

## **Gym Training – Boys**

Get fitter, stronger, toned, ripped, lean, healthier and much more.....Open for boys in **grade 10, 11, 12 and 13.**

Venue - new school gym up stairs in the sports hall

Teachers – Manoj & Ganga

## **Gavel Club**

A Public Speaking Club – affiliated with Toastmasters International, entirely run by students. Don't be intimidated to speak up and speak out! Get over your shyness with impromptu speeches, table topics, snacks ☺ etc. Open to grades 10 and above.

Venue – HS31

Teacher – Ratna Subramanian & Roy Forrest

## **Personal Statement Writing**

Assistance with UCAS and writing your personal statements. Open to grade 12 & 13 students.

Venue – AX 10

Teacher – Adam Dean

### **Chamber String Orchestra**

The Chamber Orchestra is an opportunity for students who play the violin, viola, cello or Double Bass to play together. We have a wide selection of really enjoyable repertoire.

Venue – TW17

Teacher – Jacqueline Hanna

### **Girls Combat Fitness**

Get in shape with a high intensity session utilising kick pads, punching mits, strength exercises and cardio.

Venue – E1

Teachers – Chriselle Nisbet & Steph Carte

### **U19 Girls Basketball Team**

Training & inter school matches for selected students, trials held after Eid.

Venue – Sports hall

Teacher – Peter Everett

### **Junior Table Tennis Teams**

Training & inter school matches for selected students in the U13 & U15 age groups.

Selection trials held after Eid.

Venue – E 2

Teacher – Doug Dixon

### **U15 Boys Football Team**

Training & inter school matches for selected students, trials held after Eid.

Venue – main pitch

Teacher – Stephen Munnery

### **Yoga**

An opportunity to find your inner peace, improve flexibility, suppleness and general health in a calm relaxing atmosphere. PE kit must be worn.

Venue – Drama room

Teacher – Annahita Nasr

# MONDAY

## **IB French Conversation Club – Grade 10 & 11 GCSE students only**

Pour tous les moulins à parole (to all chatter boxes...)

Here is a great opportunity to practice and improve your spoken French as well as to broaden your knowledge about French and francophone countries in view of your GCSE exams.

Venez nombreux ! A bientôt!

Venue – NB 6

Teacher – Fadoua Chahboun & Redouane Mehamsadj

## **Grade 7, 8 & 9 Table Tennis Club**

Training & matches to improve your skills. Limit of 30 students for this activity.

Venue – E 2

Teacher – Divya Jayaprakash & Rositta Xavier

## **U13 Boys Football Team**

Training & inter school matches for selected students, trials held after Eid.

Venue – main pitch

Teacher – Simon Williams & Peter Stoddart

## **IB French Support – IB students only**

Exam preparation and extra tutoring for areas of difficulty.

Venue – HS 25

Teacher – Laure Gardner

## **Math Support Club – Grade 11**

Tutoring programme for students who need extra help in GCSE maths. **Open to Grade 11 students** only.

Venue – M6

Teacher – Mohammed Abdul Rashid

## **U15 Boys Volleyball Team**

Selections after Eid with the team focus on developing fundamental skills and game strategy in a fun and competitive environment. The season highlights may include a tournament in Bahrain.

Venue – Sports hall

Teachers – Kimberly Blake & Sarah Colgrove

## **Boys Football Club – Grade 10, 11, 12 & 13**

Open to all boys who want to get active, practice their skills and play some small matches.

Venue – Junior School Pitch

Teacher – Rani Saleh

*\* An excellent activity for CAS students looking for a worthwhile Action activity.*

### **Swimming Squad Training** *(after school)*

This is only for swimmers who made the squad team during trials. Team trials after Eid.

Venue – School pool

Time – 3 – 4pm

Teacher – Lorraine Hickey & Justine Wedge

### **Photography – Grades 10 - 13**

Learn about different shots and how to take better photos. This activity may be of interest for those thinking about doing IB Film in grade 12.

Venue – Film classroom TW9

Teacher – Maggie Miranda

*\*An excellent activity for CAS students looking for creative hours or EISAP members looking for skills hours.*

### **Environmental Club**

The club aims to create awareness of our environment and how to protect it.

This term we would be involved in beach clean ups, making posters to conserve water, recycled paper in school, visiting bird sanctuary etc.

*\* An excellent club for CAS & EISAP students looking for a worthwhile service activity.*

Venue – SC 13

Teachers – Stephen Pinto, Lopa Bhatt & Amina Haider

### **Junior Girls Netball Club**

Practise and matches building up to the start of the league season.

Venue – Sports hall

Teacher – Deb Kyd

### **History Film Club**

Watching action films covering different periods of history! Films ranging from Platoon to Gladiator. Brilliant if you love blood, guts and gore!

Venue – HS 48

Teacher – Emma McAskie

### **Rock Climbing**

Students will learn the basics on our very own state of the art climbing facility. A limit of 4 students taking part each week so there might be a rotation system applied.

Venue – Sportshall

Teacher – Sarfraz Svar

### **Languages Club**

Improving your speaking and oral skills in French/ Italian/ Spanish through games and Internet websites.

Venue – HS 24

Teacher – Aline Ronco

### **Mixed Martial Arts**

Introduction sessions to Jui Jitsu, Karate, Kune Do and many more. Classes run by Steve Drake, an accredited instructor offering non contact and non violent classes in a safe and fun environment. A focus on good manners, anger management, goal setting, team building and streetwise awareness. For more info check out [www.uaemartialarts.com](http://www.uaemartialarts.com)

Cost – 450 AED for the 9 sessions.

Places are limited so the first 20 students with their payment to Mr Munnery in HS 39 will be accepted.

Venue – E 1

Teacher – Chantal Ghoneim

### **Tennis Coaching – beginners - intermediate**

This includes transport to the venue, lessons from a fully qualified world class tennis instructor (former coach of top 10 players Davedenko and Mario Antic) and all equipment. A limit of 12 students for this club. Places are limited so the first 12 students with their payment to Mr Munnery will be accepted.

Cost – 480 AED for the 8 sessions

Venue – Habtoor Grand Hotel

Teacher – Shiralee Biesot

### **Gym Training – Boys & Girls**

Learn how to use the equipment correctly, tone up, build strength and improve your cardio. Open for students in **grade 10, 11, 12 and 13.**

Venue - new school gym up stairs in the sports hall

Teacher – Heather McCleery

### **Chess Club**

Learn the game and play matches.

Venue – NB 3

Teachers – Kheira Zouar & Amani Hashim

# TUESDAY

## **BJJ & Combat Cardio**

Old school fitness mixed with Brazilian Jiu Jitsu cardio drills, with some Muay Thai drills incorporated.

Venue – E1

Teacher – Darren Jones

## **School Choir**

This will be a four part choir and we will cover all styles including pop, jazz, classical and traditional. You must like Music and you must be a reasonably good singer. Auditions will be held in the week after the Eid holiday. There will be lots of opportunities for performance! There will be CAS hours available and it is open to all age groups.

Venue – TW 19

Teacher – Brendan McTeieman

## **Gym for Girls – No boys allowed!!!!**

Gym club for senior girls only. A healthy body makes a healthy mind. The importance of exercise is often overlooked by students with hectic schedules. In these sessions senior girls will be given the opportunity to maintain the essential balance between exercising both the body and mind.

Venue – School gym

Teachers- Sinead Moriarty & Courtney Wyche

## **Senior Girls Netball Club**

Practise and matches building up to the start of the league season.

Venue – Sports hall

Teacher – Deb Kyd

## **Rock Climbing Introduction**

Students will learn the basics on our very own state of the art climbing facility. A limit of 4 students taking part each week so there might be a rotation system applied.

Venue – Sportshall

Teacher – Joanne Killin & Jodie Wills

## **Dragon Boating**

Become part of a team, train hard and have loads of fun.

Venue – Dubai Marina

Cost – 450 AED for 9 sessions

Places are limited so the first 20 students with their payment to Mr Munnery will be accepted.

Teacher – Robyn Spicer

### **Senior Boys Football Team**

Practice & matches in the Dubai School League.

Venue – School pitch

Teacher – Eric Kinderman & Peter Everett

### **Swimming Squad Training** (*before school*)

Specialised team coaching with EIS-J lead swim coach. Working on race technique and fitness.

Venue – School pool

Time – 6 – 7am

Teacher – Tamin Connolly

### **Project Support**

Do you want to get assistance with projects, posters and leaflets for all subjects then sign up for this activity.

Venue – Sc 14

Teacher – Rajaa Kassem

### **Grade 10 -13 Table Tennis Club**

Training & matches on the 8 new tables to improve your skills with a view to play inter school tournaments. A limit of 20 students from grades 10 and above.

Venue – E 2

Teacher – Lyn Crowe

### **TOK Film Club**

“What the bleep do we know?” Come and see the videos that link to TOK. Do animals have languages? Is it nature or nurture? What happened to the boy they turned into a girl?

If you haven't read Orwell yet, maybe you should see a film and THEN READ his masterpieces. Many films and documentaries await. **Open only to grades 12 and 13.**

Venue – AX 16

Teachers – Andy Seehusen and Pat Martin Seehusen

### **Walking Club**

Get out and about to improve fitness and health levels. Open to all ages and current fitness levels - super fit sporty types need not apply.

Venue - meet at the side of the main pitch in the grandstand at 3pm then set off around school and surrounding attractions.

Teachers – Mohamed Lufti & Mushira Salama

### **Student Representative Council (SRC)**

This is the council representing the school. Meetings will take place during lunch break and once a month after school.

Venue – M13

Teachers – Cora-Mari Vandermerwe

# WEDNESDAY

## **Football – Girls Teams**

Selected players in the grade 7 - 9 and 10+ team will practice and play in newly formed Dubai Girls School Football League.

Venue - School pitch

Teachers - Stephanie Carte & Jodie Wills

## **Jazz Group**

We hope to expand Jazz Group this year and depending on interest, we may even have two groups. You should be good on your instrument and you should have good reading skills also. If you can play trumpet, saxophone, clarinet, flute, keyboard/piano, electric guitar/electric bass , drums AND you can read Music, then sign up ! There will be lots of opportunities for performance ! There will be CAS hours available and it is open to all age groups.

Venue – TW 19

Teacher – Brendan McTeieman

## **U13 Boys Football Team**

Training & inter school matches for selected students, trials held after Eid.

Venue – junior pitch

Teacher – Simon Williams

## **U19 Boys Basketball Team**

Training & inter school matches for selected students, trials held after Eid.

Venue – Sports hall

Teacher – Stephen Munnery

## **Scottish Ceilidh Dancing**

Join this energetic and fun dance club. Boys and girls dance together to traditional Scottish music.

Venue – E1

Teacher – Liana Mennie

## **Art Gallery Club**

A chance to explore local and international artists work and to fill in your sketchbooks with work guaranteed to get you excellent marks. Open for GCSE and IB students only.

Venue – art room and various local galleries

Teachers – Assya Makawi & Sabiha Qadry

## **Swimming Squad Training** *(after school)*

This is only for swimmers who made the squad team during trials. Team trials after Eid.

Venue – School pool

Time – 3 – 4pm

Teacher – Malin Rogland

### **Art Club**

Create backdrops, scenery etc. for the December production and the Dinner Theatre night.  
*\* An excellent activity for creative CAS time and EISAP students looking for a worthwhile service activity.*

Venue – TW 35

Teacher – John Kent

### **MUN Club**

The Model United Nations provides an exciting forum for students to discuss global concerns in a context that closely parallels the ‘real world’. You learn vital skills in research writing, speaking, consensus building and conflict resolution as you represent countries that you become ambassadors of.

Venue – HS 48

Teacher – Mahrukh Cooper

### **Personal Training Certification**

Become a personal trainer and receive an outstanding qualification very handy for university applications /employment. Join this 15 week course taught on site by external qualified trainers and is internationally accredited. Open to grade 11 – 13 only and is an excellent CAS/EISAP skill.

Cost – 2400 AED

Venue – School Gym

Teachers – Kim Kirchner & Silvia Natale

### **Recreational Mathematics**

Maths began with puzzles and was done just for fun. Today, because Maths is so useful, we forget this. Anyone who enjoys puzzles, riddles and thinking should sign up as we will do puzzles from Ancient Egypt to Rubik’s cube!

Venue – M5

Teacher – Charles Taylor

### **Beading, Jewellery Making and Assorted Arts and Crafts**

The activities include beading projects (making necklaces, bracelets and earrings), felt sewing, scrapbooking, card designing, T-shirt painting, pottery, glass painting, purse designing, macramé, candle making, paper craft, making puppets. An external instructor from CDN Beading is running this activity.

Cost – 360 AED for 8 weeks

Venue – HS 33

Teacher – Nicolette Taylor

# THURSDAY

## **Robotics Club**

Design, build and program robots using the Lego kits in preparation for competitions held inside or outside the country.

Venue – Sc 20

Teachers – Dania Tabarra & Wissam Yehya

## **Reading Rocks**

"Reading Rocks!" is an activity intended to motivate and encourage younger students toward reading success. "Reading Rocks!" introduces senior students to juniors so they can enhance their reading abilities. You can help make this happen by becoming a reading mentor in the after school program.

Venue – E1

Teachers - Ms Cristina & Ms Komal

*\* An excellent club for CAS & EISAP students looking for a worthwhile service activity.*

## **Senior Table Tennis Team**

Training & inter school matches for selected students in the U13 & U15 age groups. Selection trials held after Eid.

Venue – E 2

Teacher – Manoj Nicholas

## **Theatre Management**

Learn about all aspects of how to work and manage a theatre. This will include backstage management, props, costume, sound and lighting. Open to GCSE and IB students only.

Venue – TW 15

Teacher – Christina Bristow

## **International Cooking Club**

Have fun working in groups preparing different types of food and sweets. A focus on healthy food.

Venue – food science room

Teachers – Mona Al Massri, Manal Mahmoud & Dalia Hosny

## **Camp Cooking**

Cooking outdoors, BBQ's, lighting fires for camps and planning food items.

Venue – school grounds (meet at Sc 7)

Teachers – Ratna & Mahrouk Cooper

## **Gym Training**

Using the state of the art exercise equipment, come along and boost your health and fitness. Open for students in **grade 10, 11, 12 and 13.**

Venue - gym up stairs in the sports hall

Teacher – Oscar Gallego & Ivanka Gibbons

## **Rugby**

Players will train and play in various tournaments and friendly matches.

Venue – main pitch

Teachers – Kieran Packard, Chris Birch & Peter Everett

## **Football Refereeing Course**

Instruction on laws of Association football and how to referee football matches. Success graduates will officiate in school matches in term 2. Senior students only.

Venue – HS 41B

Teacher – Stephen Munnery with G13 students Harris & Momin

*\* An excellent activity for CAS & EISAP students looking for a worthwhile Skill or Service activity.*

## **Swimming Squad Training** (*before school*)

For swim squad members to train for inter school competitions.

Venue – School pool

Time – 6 – 7am

Teacher – Tamin Connolly

## **Activity Sign Ups**

- Students to return their permission slip signed by their parents, along with contact details.
- These slips are to be returned to your form teacher for collection.
- If you miss 2 sessions your parents will be contacted.
- If another week is missed your name will be removed from the activity register.