

Clubs and Extracurricular Programme

2016-2017 Session 2: January 16 - March 31



CEDAR
INTERNATIONAL
SCHOOL
BRITISH VIRGIN ISLANDS

BORRELLI WALSH

Proud sponsor of the Cedar Sports Programme



Borrelli Walsh Limited is Cedar's first official sponsor of the Co-Curricular Sports Programme. The firm specialises in corporate recovery, insolvency and forensic accounting. Borrelli Walsh Limited has offices in Hong Kong and Singapore and serves clients in China, the Asia Pacific region and internationally. The firm has longstanding ties with the British Virgin Islands and works extensively with the islands legal, finance and business community.

Borrelli Walsh has a history of supporting youth sports programmes and their commitment represents a belief in the power of sport and its ability to better the individual, community and the world. Thanks to their generous funding since 2009, Cedar's Sports Programme has a solid foundation to build upon. It is an exciting time as we develop our focus to enhanced club related activities and to the training of competitive athletic teams to represent the school throughout the region.

In honour of Borrelli Walsh's support, the school has initiated a **Borrelli Walsh Sportsmanship Award** that will be awarded to one secondary student every year at the year end graduation ceremony.

The **Borrelli Walsh Sportsmanship Award** will be given to the athlete that displayed the best sporting behaviour or generally conducted themselves with a high degree of character and good sportsmanship.

We are grateful to Borrelli Walsh Limited for enriching our sports programme and for being committed to making a difference in the lives of young people.

Scott Crawford,
Director

Programme Philosophy

One of the most significant goals of the International Baccalaureate's PYP, MYP and DP is to provide a balanced development of the "whole person". In accordance with this philosophy, life at Cedar International School extends beyond the classroom through our comprehensive Co-Curricular Clubs and Activities Programme.

Our programme enables Cedar students to develop physically, emotionally, culturally and socially by providing them with opportunities to broaden their horizons, gain knowledge and skills, and generate an interest in a variety of areas they may not have previously experienced. It also provides a refreshing counterbalance to the demands of the student's academic studies and encourages students to share their energy and special talents with others.

The extensive programme of clubs and activities available at our school continues to set Cedar International School apart from other schools in the region. The programme itself, however, would not be possible without dedicated teachers, parents and friends within the greater Cedar community giving up their time and energy for the school. Again, it is this attitude and commitment that makes Cedar International School unique.

The dynamic nature of the programme means that it is continually evolving and diversifying. We always welcome any member of the extended Cedar family to volunteer or to suggest new ways of further strengthening the programme. Please do not hesitate to contact me if you have any special ideas or talents that you believe can assist the programme.

Norma Pierre-Louis

Clubs Coordinator

norma.pierre-louis@cedar.vg

Tel: (284) 494-5262 ext 262

Programme Rules

In order for your child(ren) to participate in clubs, we require the following to be returned to the front office:

- A completed and signed Registration and Parent/Students Release form, even if a club is free.
- Cedar clubs are very popular and spaces are limited. To ensure your child has a space in a club, a full payment of cash or cheque must be received promptly.
- In order to ensure the smooth and safe running of the clubs we ask that the following rules be noted:
 - In most cases, the price of the club assumes 1-2 sessions will be cancelled as a result of inclement weather or teacher commitments.
 - Generally, clubs run from 3:15 until 4:15 unless otherwise indicated. If for any reason a club is postponed (weather, etc.), every effort will be made to contact parents to notify you of the cancellation. A makeup session will be provided at the end of the trimester.
 - Unless otherwise noted, parents will need to arrange transportation for clubs that occur off campus. It is important that you pick up your child(ren) on time.
 - Most clubs will only run if a specific number of students enroll.
 - Children should be collected in the atrium promptly once the club ends. If you are unable to collect your child, he/she/they will be kept safe and placed in our After School Care programme, for which there will be a charge. Please note this service is not available for any club that ends after 5:30pm, on a weekday or at any time on the weekend. This service is only available for Cedar students.
 - All clubs operate on a first come first serve basis. Please note that priority will be given to Cedar students. We would also need all non-Cedar students to hand in a health form and emergency contacts to keep on file. Registration for non-Cedar students will commence on the third day of registration. An amount of 25% of the club fee will apply to non-Cedar students upon registration.
 - Please note that when participating in the clubs programme, students must adhere to the school code of behaviour at all times. Failure to comply may jeopardize their position in the club.
 - All club fees are non-refundable. Please be advised, if you decide to remove your child(ren) one week after sessions, have begun, or are traveling during the sessions you are not entitled to receive any refunds nor deductions. Late registrations are expected to pay the full trimester rate.
 - Only secondary students from grades 6-12 are allowed to assist in a club for CAS hours.

MONDAY

January 16, 23, 30. February 6, 20, 27. March 20, 27.

Ms. Johnny's Early Morning Arts and Crafts Club (Ms. John)

Grade: Pre-K - 2

Venue: Kindergarten playground picnic tables

Time: 7:45-8:15

Limited to: 12 students

Cost: \$50

This fun arts and crafts club will cover a wide range of creative projects. They will create seasonal, themed and recycling pieces. Students will delve into their imagination and create their own brilliant master pieces.

Cedar Swim Club (Ms. Rebecca, Ms. Pip and Mr. Ennis)

Grade: Pre-K - 12 (Confident swimmers)

Venue: Prospect Reef Pool

Time: 7:00-7:30am (Monday) 3:30 - 4:15pm (Tuesday)

Limited to: Intermediate - Advance Swimmers

Cost: \$200 (Plus one time payment of \$20 for 1 year insurance coverage)

This club will focus on improving the swim strokes and techniques you know, and working towards faster times in all four strokes, in preparation of getting to competition standards. Students will be swimming distance as well as short sprints to improve their swimming, while having fun. The club is intended for students who are already confident swimmers, who have an understanding of the strokes, but want to improve and get a more competitive edge for the future. The club will take place twice a week, once on a Monday morning from 7:00 - 7:30am and once on the Tuesday afternoon from 3:30 - 4:15pm. It's a steal, two sessions a week. Swimmers should attend both sessions if possible to get the best swimming experience, but if they are only able to attend one that is not a problem. (Registration and payment at Cedar)

**For first time signers, a one time additional \$20 must be brought to the club on the first day of class to pay for insurance. This insurance will cover the student for an entire year in swimming. Students will not be able to swim without paying the insurance. To sign up for this club the student must already be able to swim well without an aid.*

Football Boys Club and Soccer Sisters (Coach Reilly)

Grade: K-3

Venue: CIS Citco Pitch

Time: 3:15-4:15

Limited to: No limits

Cost: \$80

This is where future Premiership and La Liga football stars get their start with perhaps a stint state-side on a football scholarship! Covering basic football skills, boys and girls will learn the fine art of passing, dribbling, teamwork and good sportsmanship. Your child could be the next big Cedar star, all while keeping in shape, breathing in fresh air and being part of a team.

**Students who will be participating in the BDO after school league are encouraged to sign up.*

MONDAY

January 16, 23, 30. February 6, 20, 27. March 20, 27.

Handball Club (Mrs. Pierre-Louis)

Grade: 1 - 12

Venue: CIS Handball Court

Time: 3:15-4:15

Limited to: 12 students

Cost: \$80

Handball is also known as Four Squares. The handball court is split into fours with the most prestigious position being the King, followed by the Queen, Jack and then the lowest rank, Duce. Players will master hitting the balls into their box first and then passing it to the next play. Does your child spend a lot of time during recess or pick up playing this game? Now they can join the handball club to have more fun, practice their hand to eye coordination, make friends by playing with younger or older students, invent and learn rules.

Homework Club (Ms. Malen)

Grade: 2 - 5

Venue: Ms. Carbine's Room (256)

Time: 3:15-4:15

Limited to: No limits

Cost: \$10 per session

Supervised homework in a classroom setting. Students in the "after-school care" programme can attend for no additional cost.

**Homework club is invoiced monthly dependent upon attendance.*

Lego Club (Ms. Woodman)

Grade: 2+

Venue: Ms. Allyssa Room (313)

Time: 3:15-4:15

Limited to: 10 students

Cost: \$80

Students will have the opportunity to design, construct and share lego creations with guidance and collaboration. A favourite activity of many children, this club will foster creativity in our future architects, engineers and designers!

MONDAY

January 16, 23, 30. February 6, 20, 27. March 20, 27.

Good News Club (Mrs. Grant)

Age: 5-12

Venue: IT/Spanish room (255)

Time: 3:30-4:30

Limited to: No limit

Cost: \$40

The purpose of this club is to evangelize boys and girls with the gospel of the Lord Jesus Christ and establish them in the word of God with strong discipleship, training to build character and strengthen moral and spiritual growth for Christian living. The one hour long session includes songs, story telling, scripture and memory verses, mission stories, review games or other activities focused on the lesson's theme.

Play Leaders (Mrs. Pierre-Louis)

Grade: 4-5

Venue: CIS Citco Pitch

Time: 12:30 - 12:55

Limited to: 10 students

Cost: Free

To introduce and develop leadership skills in grades 4 and 5. Training students to help organize and facilitate activities for other children on the playground. Hopefully there will be a whole primary impact both during snack and lunch time. This program will also raise the self esteem and self confidence of the leaders.

RBVIYC Tortola Tackers (Level 2)

Age: 7+

Venue: Nanny Cay

Time: 3:30-5:30 (9 Jan – 3 Apr)

Limited to: No limit

Cost: \$270 (\$225 for Full Family Members)

Requirement: Level 1

This course is designed for those who can sail on their own in an Opti. Sailors should be able to complete most tasks in the previous level without coach assistance. Sailors will become more independent in their boats on and off the water. They will learn to sail a proper course and fine-tune basics like body positioning, sail trim, and rigging. At the end of this course, sailors will be able to follow the correct procedure for tacking and gybing and know how to sail on all points of sail. Throughout their sailing they will continue developing an understanding of water safety.

Sailors may spend 2-3 terms depending on age, size, and skill level. (Registration at Cedar)

MONDAY

January 16, 23, 30. February 6, 20, 27. March 20, 27.

RBVIYC Race Training Laser (Coach Taylor)

Age: 7+

Venue: Nanny Cay

Time: 3:30-6:00 (9 Jan – 3 Apr)

Limited to: No limit

Cost: \$330 (\$275 for Full Family Members)

Requirement: Level 3. Race in two Green Fleet Regattas in the BVI

This course is designed for those who are interested in pursuing racing or enhancing their performance skills. Sailors will learn advanced techniques in racing and will continue their development in boat speed and boat handling. Specific instruction will vary term to term depending on the teams' skill level and goals. Sailors should aim to race in two regattas per year. (Registration at Cedar)

Invention Club (Ms. Reider)

Grade: 3 - 5

Venue: Ms. Reider's room (324)

Time: 3:15- 4:15

Limited to: 12 students

Cost: \$80

Create! Design! Invent! Use recyclable materials to create design and invent. Learn the stages of design and showcase your designs at the end of each session.

Football Boys Club and Soccer Sisters (Coach Reilly)

Grade: 4-6

Venue: CIS Citco Pitch

Time: 4:15-5:30

Limited to: No limit

Cost: \$80

This is where future Premiership and La Liga football stars get their start with perhaps a stint state-side on a football scholarship! Covering game strategy situations, defensive/offensive formations, nutrition and strength/conditioning/agility in addition to the basic skills noted above. The syllabus for this session has been written by Cedar's very own UEFA Certified Football Coach - John Reilly. Girls are encouraged to come out.

****Students who will be participating in the BDO after school league are encouraged to sign up.***

MONDAY

January 16, 23, 30. February 6, 20, 27. March 20, 27.

Cricket Club (Mr. Kumar)

Grade: 4+

Venue: CIS Citco Pitch

Time: 3:15-4:15

Limited to: No limit

Cost: \$80

Learn how to play the popular game of cricket. This club will teach skills and strategies to help you improve your game. Previous experience helpful but not required.

Action in Africa (Mrs. Maduro)

Grade: 6-12

Venue: Mrs. Maduro/ Ms. DiVincenzo's room (231)

Time: 3:15-4:15

Limited to: 10 students

Cost: Free

Action in Africa is based in Jinja, Uganda. AiA strives to educate, inspire and empower people in Uganda by focusing on education and community development. Our shared goal is to provide sustained education, allowing individuals to reach their untapped potential and incite economic growth. Through this club, we will work to fundraise and support the centre in Jinja where services are provided. Elected students will hold officer positions and students will lead meetings to discuss and make decisions regarding appropriate and effective fundraising events. Involvement in this club will help fulfill both Cedar MYP and Service credits, and IB Diploma CAS hours.

Secondary Enrichment (Mr. Pascoe/Dr. Fraser/Mrs. Gujar)

Grade: 6-12

Venue: Library Annex (212)

Time: 3:15-4:15

Limited to: No limit

Cost: Free

The students would be able to request assistance from the teacher and complete work in a place that is fully resourced and quiet.

TUESDAY

January 17, 24, 31. February 7, 21, 28. March 7, 14, 21, 28.

FIREBIRD BALLET I

Age: 3-5

Venue: Firebird Studio @ UPS Cineplex

Time: 3:30 - 4:15pm (Begins Jan. 10th)

Limited to: No limit

Cost: \$140

Miss Sarah brings your little one into a fun creative movement class with ballet basics, technique and exploration. Lots of dance, imagination games and a great starting place for building your little ones' knowledge of movement fundamentals. (Registration at Cedar)

Crafts Club (Ms. Woodman)

Grade: Pre-K- 1

Venue: - Ms. Allyssa's room (313)

Time: 3:15-4:15

Limited to: 10 students

Cost:\$100

Students will have the opportunity to get creative with art in a variety of forms. Crafts will be suited to the time of year, holidays, and other special events. Their imaginations will guide them as they collaborate and build their take-home crafts. There will be a balance of time between individual art time and task-specific crafts.

Drama Club I (Mrs. Ormond)

Grade: Pre-K - 2

Venue: Ms. Maclean's room (254)

Time: 3:15-4:15

Limited to: 15 students

Cost: \$100

This fun club uses Drama games and activities to build children's confidence, communication skills, group awareness and creativity. Children will learn through play and make friends. In the third semester Drama Club will be replaced by a Primary school play rehearsal slot and attending Drama club will be excellent preparation taking a role in the Primary school play.

TUESDAY

January 17, 24, 31. February 7, 21, 28. March 7, 14, 21, 28.

Cedar Girls Club (Mrs. Pierre-Louis)

Formally known as the Brownies

Grade: Pre-K- 5

Venue: Ms. Bunsie's Room (323)

Time: 3:15-4:15

Limited to: 12 students

Cost: \$100

CIS Girls Club will provide our girls with exciting and innovative activities in the following areas: arts and crafts, dance, field trips, cooking, and other unique activities. This club will help develop characters, gain life skills, foster teamwork and build lifetime friendships.

This club is no longer affiliated with the BVI Girl Guides Association. Girls are asked not to wear the yellow uniform. They can wear their school uniform until further notice

FIREBIRD BALLET III

Age: 5-7

Venue: Firebird Studio @ UPS Cineplex

Time: 4:15-5:15pm (Begins Jan. 10th)

Limited to: No limit

Cost: \$140

Miss Sarah brings your little one into a fun creative movement class with ballet basics, technique and exploration. Lots of dance, imagination games and a great starting place for building your little ones' knowledge of movement fundamentals. (Registration at Cedar)

TUESDAY

January 17, 24, 31. February 7, 21, 28. March 7, 14, 21, 28.

S.T.E.M. (Science, Technology, Engineering and Math) (Mrs. Dow)

Grade: Pre-K - 3

Venue: CIS Terrace

Time: 3:15-4:15

Limited to: 15 students

Cost: \$100

STEM Club focuses on fostering the natural curiosity kids have for Science, Technology, Engineering and Mathematics. The students will do several individual experiments, a short project, and a long project that will culminate in an expo at the end of the term. Activities will be specific as well as cross-curricular with the overall aim of increasing STEM literacy. Art will be an intrinsic part of some of the activities.

Activities will include but are not limited to the following:

- Simple Machines
- Rube Goldberg projects
- Microscope work
- Time lapse videos
- Building Bridges
- Number Sense
- Paper circuits

Green Team Club (Mrs. Boazman)

Grades: 1-5

Venue: Mrs. Bayles' room (312)

Time: 3:15-4:15

Limited to: 20 students

Cost: \$100

If you are environmentally conscious, or if you would like to be more environmentally conscious this is the club for you. We will focus our time on green initiatives, recycling, upcycling, service learning, conservation, and habitat beautification all through games, cooking projects (like using a solar oven), and arts & crafts.

TUESDAY

January 17, 24, 31. February 7, 21, 28. March 7, 14, 21, 28.

RBVIYC Race Training Opti (Coach Taylor)

Age: 7+

Venue: Nanny Cay

Time: 3:30-6:00

Limited to: No limit

Cost: Tuesday 10 Jan – 4 Apr - Cost: \$330 (\$275 for Full Family Members)

Requirement: Level 3. Race in two Green Fleet Regattas in the BVI

This course is designed for those who are interested in pursuing racing or enhancing their performance skills. Sailors are not limited to the Optimist and are encouraged to find the sailboat that best suits their size (Laser, Club 420). Sailors will learn advanced techniques in racing and will continue their development in boat speed and boat handling. Specific instruction will vary term to term depending on the teams' skill level and goals. Sailors should aim to race in two regattas per year. (Registration at Cedar)

Homework Club (Ms. Reider)

Grade: 2-5

Venue: Ms. Reider's Room (324)

Time: 3:15-4:15

Limited to: No limit

Cost: \$10 per session

Supervised homework is a classroom setting. Students in the "after-school care" programme can attend for no additional cost.

**Homework club is invoiced monthly dependent upon attendance.*

Dynamic Twirlers Majorette Club (Ms. Marshall)

Grade: 5 - 12

Venue: Cedar's Atrium

Time: 3:15-4:15

Limited to: 10 students

Cost: \$100

Dynamic Twirlers are an all girls' organization that acts as a sisterhood support group for its members. It combines baton twirling with self-development and career development skills. The purpose of Dynamic Twirlers is to promote and encourage self-improvement in young ladies and help them to achieve educational and athletic success and excellence. Specifically, the organization will promote the sport of baton twirling and encourage teamwork, competitiveness, sportsmanship, and leadership in all the twirlers. This club will also promote self-awareness, community work, and ethics.

TUESDAY

January 17, 24, 31. February 7, 21, 28. March 7, 14, 21, 28.

FIREBIRD DANCE CREW

Age: 10-16

Venue: Firebird Studio @ UPS Cineplex

Time: 5:30-6:30pm (Begins Jan. 10th)

Limited to: No limit

Cost: \$140

Dance Crew is a performance team that encourages dance development from three specific directions - technique, choreography and audience connection. Teamwork and regularly scheduled performances are an important part of the experience. Coached by Miss Sarah Penney, Miss Amanda Georges and Miss Sara Smith. More details dancebvi@gmail.com (Registration at Cedar)

Touch Rugby Club (Coach Solo)

Grade: 5 - 12

Venue: CIS Citco Pitch

Time: 3:15-4:15

Limited to: No limit

Cost: \$100

Touch Rugby is a thrilling team building sport. It teach students discipline, skills and techniques. Coach Solo will prepare students for the under 19 team recruitment and to participate in local and international competitions.

Chess Club (Mr.Thibaud)

Grade: 6-12

Venue: Mr. Kumar's room (225)

Time: 3:15-4:15

Limited to: 16 students

Cost:\$100

A place where we get to practice chess first, but also improve our skills, review strategies and explore variants. Expect blitz games and tournaments. All levels, from beginners to advanced are welcome.

TUESDAY

January 17, 24, 31. February 7, 21, 28. March 7, 14, 21, 28.

Teen Cert (Ms. Carishma)

Age: 12+

Venue: IT/Spanish Room (255)

Time: 3:15-4:15

Limited to: 10 students

Cost: \$90

This course provided by the Department of Disaster Management (DDM) and Red Cross teaches students how to respond to a variety of emergency situations including fire, injury and search and rescue, how to identify hazards and use a VHF radio. Upon successful completion of the course, students will be awarded First Aid/CPR/AED certification. Involvement in this club will help fulfill both Cedar MYP service credit, and IB Diploma CAS hours. Students, who successfully complete the course will have their names placed on the Cedar's Disaster Management Software so that in case of an emergency it is known who has the skill.

WEDNESDAY

January 18, 25. February 1, 8, 22. March 1, 8, 15, 22, 29.

Spanish Club: Los Peques y los Grandes (Big and Small) (Mrs. Cazabon-Blok)

Age: 3+

Venue - Spanish/IT Room (255)

Time: 3:15-4:15

Limited to: 6 families

Cost: \$160 per pair and \$215 for three family members

Children, bring your mum or dad along to learn some Spanish with you. Parents of children aged 3 to 99 are invited to come along with their offspring to have some fun learning Spanish together. This is one of the best ways to support your child in moving towards that coveted goal of good communication in more than one language. You will find it easy to pick up a language when it is geared towards children's comprehension. Come and join in the fun and games!

Lego Club (Mr. Boazman)

Grade: Pre-K & K

Venue: Kindergarten's room (255)

Time: 3:15-4:15

Limited to: 10 students

Cost: \$100

Students will have the opportunity to design, construct and share lego creations with guidance and collaboration. A favourite activity of many children, this club will foster creativity in our future architects, engineers and designers!

Gymnastics for Littlun's Club (Coach Mary Ormond)

Grade: Pre-K - 1

Venue: CIS Citco Pitch

Time: 3:15-4:15

Limited to: 7 students

Cost: \$100

A small group for grade 1 and under (with grade 1 being given preference), working in tandem with the older gymnasts but as a separate club with their own coach focused on their needs. Students will learn various gymnastic techniques using the BGA Award and Achievement programme. The system advances through various stages of difficulty. British Gymnastic Association proficiency badges 6 through 1 are offered. Students need to wear shorts and a tight fitting shirt or leotard. Long hair must be tied.

WEDNESDAY

January 18, 25. February 1, 8, 22. March 1, 8, 15, 22, 29.

Gardening Club (Ms. Merritt)

Grades: PreK-Grade 5

Venue: Kindergarten Garden

Time: 3:15-4:15

Limited to: 10 students

Cost: \$100

Hello, hello, Cedar Primary. How does your garden grow?

Leaf, stem and seed, what do plants need? See pretty plants all in a row.

We'll experiment in the garden with pretty flowers and fast growing herbs and veggies to learn about how new plants start and what plants need to grow and thrive. We'll learn where our food comes from and, hopefully, we'll produce what we need to make a posy and a simple salad.

Grasshopper Skippers (Mr. Harrigan)

Grade: Pr-K - 12

Venue: CIS Basketball Court

Time: 4:00 - 5:00

Limited to: 20 students

Cost: \$100

The BVI Grasshoppers Rope Skipping and Demonstration Team coached by Mr. Patrick Harrigan is happy to introduce their club at Cedar once again. Students will learn jump rope skills, techniques, tricks and strict discipline. Some benefits we hope they will foster are improvement in classroom attitudes and performances, skills in developing good sportsmanship, good habits, cardiovascular fitness, improve coordination, ability to work in small and large groups, better communication, opportunities to perform in front an audience and be creative. Homework club and After school care will be free from 3:15 - 4pm.

Cedar International School Choir (Mrs. Woodley)

Grade: K-5

Venue: Music Room (440)

Time: 8:00 - 8:40 am

Limited to: 35 students

Cost: Free

Singing songs from all over the world. Includes all types of music: folksongs, popular songs, silly songs, songs with percussion, we do all kinds of music. The choir provides an opportunity for your child to learn excellent vocal skills and inherently teaches cooperation and collaboration. This club culminates in two performances for the year: winter and spring.

****Session runs from Sept. 23 to June 12.***

WEDNESDAY

January 18, 25. February 1, 8, 22. March 1, 8, 15, 22, 29.

Cooking Club (Mrs. Boazman)

Grades: 2 - 5

Venue: Cedar's Terrace

Time: 3:15-4:15

Limited to: 16 students

Cost: \$100

Calling all Primary students who would like to learn how to cook or work on learning some new skills in the kitchen. Each week we will prepare and/or cook something new from around the world, it may be a soup from Spain or a dessert from Australia. You will have the opportunity to help decide the following week's menu.

Gymnastics Club (Coach Kay/Ms. John)

Grade: 2-6

Venue: CIS Citco Pitch

Time: 3:15-4:15

Limited to: 20 students

Cost: \$100

Students will learn various gymnastic techniques using the BGA Award and Achievement programme. The system advances through various stages of difficulty. There will also be an introduction to rhythmic gymnastics using hoops, balls, dance and apparatus. Equipment includes the vaulting horse, low beam and floor mats. British Gymnastic Association proficiency badges 6 through 1 are offered. Advanced floor and vault bronze, silver and gold awards, as well! Students need to wear shorts and a tight fitting shirt or leotard. Long hair must be tied.

Breeze Paddlesurf SUP Club (Lee Donovan)

Grade: 2-12

Venue: Brandywine Bay

Time: 3:15-4:30

Limited to: No limit

Cost: \$225

Tel #: (284) 443-9663

SUP (stand up paddle board) Club will teach children the basics of paddle boarding including stroke technique, turns and how to paddle in different conditions. Each week will build upon the last and we will progress towards more advanced techniques. Transportation will be provided. Parents are encouraged to pick up their child(ren) from Brandywine Bay at 4:15, or they will be returned for school for pick up at 4:30. (Registration at Cedar)

WEDNESDAY

January 18, 25. February 1, 8, 22. March 1, 8, 15, 22, 29.

Homework Club (Ms. Bunsie)

Grade: 2-5

Venue: Ms. Bunsie's Room (323)

Time: 3:15-4:15

Limited to: No limit

Cost: \$10 per session

Supervised homework is a classroom setting. Students in the "after-school care" programme can attend for no additional cost.

**Homework club is invoiced monthly dependent upon attendance.*

RBVIYC Gorda Gybers (Level 3)

Age: 7+

Venue: Nanny Cay

Time: 3:30-5:30 (4 Jan - 5 Apr)

Limited to: No limit

Cost: \$330 (\$275 for Full Family Members)

Requirement: Level 2

This course is designed for independent sailors who are confident sailing on all points of sail and can tack and gybe. Sailors will begin to refine their sailing skills such as upwind and downwind sailing, tacking and gybing. Sailors will learn to use more complex theory in practice. They will also begin to learn new boat-handling skills such as backwards sailing. Sailors will continue their awareness and understanding of water safety.

At this point sailors may become interested in racing. In this case sailors can begin to develop an understanding of basic racing techniques as they enter in our Green Fleet Regattas.

Sailors should expect to spend 2-3 terms depending on their interest in racing, age, size and skill level. (Registration at Cedar)

Art and Poetry Club (Ms. Cramer)

Grade: 3-8

Venue: Art Room (501)

Time: 3:15-4:15

Limited to: No limit

Cost: \$100

Combining two of Ms. Cramer's loves - art and poetry - we will focus on both, either switching from week to week or combining both in a session! A lot of the work - writing and artistic expression - will be done collaboratively. So if you feel as if you're not particularly strong in one of the categories, that's O.K., your club mates will help you along. We may even submit some work for publication!

WEDNESDAY

January 18, 25. February 1, 8, 22. March 1, 8, 15, 22, 29.

TRW (Tola Race Wars) Junior Club (Ms. Bunsie/ Mr. Joseph/Dr. Dawson)

Age group: 9+

Venue: Ms. Bunsie Room (323) & Cedar basketball court

Time: 4:15 - 5:15

Limited to: 10 students

Cost: Free

Ever wonder what it takes to build a car? Do you like getting your hands dirty? Would you love to design a soapbox car and race it? If you answered yes to any of those questions this club is for you! Students will learn the basics of the automotive industry, build a soap box car, and race it against other schools!

Extreme Dodgeball (Malcolm Kyne, Nicholas Chomiak and Sasha Hart)

Grade: 5-10

Venue: CIS Basketball Court

Time: 3:15-4:15

Limited to: 20 students

Cost: Free

Extreme dodgeball is a free club targeted towards grades 5-10. We will teach kids the rules of dodgeball, coach them through mini-games and tournaments, and improve important skills like hand-eye coordination!

Football Boys Club and Soccer Sisters (Coach Reilly)

Grade: 6-9

Venue: CIS Citco Pitch

Time: 4:15-5:30

Limited to: No limit

Cost: \$100

This is where future Premiership and La Liga football stars get their start with perhaps a stint state-side on a football scholarship! Covering game strategy situations, defensive/offensive formations, nutrition and strength/conditioning/agility in addition to the basic skills of dribbling/passing/teamwork and good sportsmanship.

Girls are encouraged to come out. Coach John Reilly has organized Soccer Sister programmes in Ireland which have been well received.

**Students who will be participating in the BDO after-school league are encouraged to sign up.*

WEDNESDAY

January 18, 25. February 1, 8, 22. March 1, 8, 15, 22, 29.

Girls Unite (Liliana Rhymer and Faith Amory)

Grades: 7 -12

Venue: Ms. DiVincenzo (234)

Time: 3:15 - 4:15

Limited to: No limit

Cost: Free

Girls Unite will be a club open to girls in grades 7- 12. Students will discuss current events around the world regarding women/girls. The aim of the club is to raise money for a girl/or a group of girls around the world (the club members will choose) who students could help to improve their quality of life, and to change our views on women which in turn will hopefully make a positive impact in the way that we regard ourselves.

Secondary Enrichment (Mr. Pascoe/Dr. Fraser/Mrs. Gujar)

Grade: 6-12

Venue: Library Annex

Time: 3:15-4:15

Limited to: No limit

Cost: Free

The students would be able to request assistance from the teacher and complete work in a place that is fully resourced and quiet.

THURSDAY

January 19, 26. February 2, 9, 23. March 2, 9, 16, 23, 30.

FIREBIRD LYRICAL JAZZ

Age: 5-7

Venue: Firebird Studio @ UPS Cineplex

Time: 3:30-4:15pm (Begins Jan. 12)

Limited to: No limit

Cost: \$140

Jazz is a fundamental dance form that complements all other dance forms with a basis in ballet and popular dance genres. Emphasizing technique and style, this class begins with a thorough warm-up, detailed centre work and "across the floor" progressions including jumps and turns. Musical selections for classes are inspired, and span eras and styles both familiar and new, so that musical knowledge is expanded. (Registration at Cedar)

RBVIYC Anegada Anchors (Level 1)

Age: 7+

Venue: Nanny Cay

Time: 3:30-5:30 (2 Feb - 6 Apr)

Limited to: No limit

Cost: \$240 (\$200 for Full Family Members)

Requirement: No experience needed

This course is designed for children who are not yet confident sailing in a boat on their own. Sailors will learn to rig, launch, sail and discuss theory as a team. By the end, sailors should be comfortable sailing with a partner (or on their own) on a reach course. Sailors will explore all points of sail and may be able to tack or gybe with coach and crew assistance. Sailors will also learn the importance of water safety. Your child should expect to spend 1-2 terms at this level but age and size could be factors on their progression. (Registration at Cedar)

Homework Club (Ms. Celeste)

Grade: 2-5

Venue: Library (200)

Time: 3:15-4:15

Limited to: No limit

Cost: \$10 per session

Supervised homework is a classroom setting. Students in the "after-school care" programme can attend for no additional cost.

**Homework club is invoiced monthly dependent upon attendance.*

THURSDAY

January 19, 26. February 2, 9, 23. March 2, 9, 16, 23, 30.

RBVIYC Race Training Opti (Coach Taylor)

Age: 7+

Venue: Nanny Cay

Time: 3:30-6:00 (5 Jan - 6 Apr)

Limited to: No limit

Cost: Cost: \$360 (\$300 for Full Family Members)

Requirement: Level 3. Race in two Green Fleet Regattas in the BVI

This course is designed for those who are interested in pursuing racing or enhancing their performance skills. Sailors are not limited to the Optimist and are encouraged to find the sailboat that best suits their size (Laser, Club 420). Sailors will learn advanced techniques in racing and will continue their development in boat speed and boat handling. Specific instruction will vary term to term depending on the teams' skill level and goals. Sailors should aim to race in two regattas per year. (Registration at Cedar)

FIREBIRD ACRO JAZZ DANCE

Age: 8-12

Venue: Firebird Studio @ UPS Cineplex

Time: 4:15-5:15pm ((Begins Jan. 12)

Limited to: No limit

Cost: \$140

Acrobatics in dance nowadays is typically the style of dance you see on Broadway, commercials, music videos and theatre. Taking its influence from many other dance forms, Jazz can be smooth, classical, sharp and aggressive, or lyrical. Each class consists of a quick warm up with conditioning and "across the floor" exercises, followed by specific acrobatic techniques and choreography. (Registration at Cedar)

FIREBIRD DANCE CREW

Age: 10-16

Venue: Firebird Studio @ UPS Cineplex

Time: 5:30-6:30pm (Begins Jan. 12)

Limited to: No limit

Cost: \$140

Dance Crew is a performance team that encourages dance development from three specific directions - technique, choreography and audience connection. Teamwork and regularly scheduled performances are an important part of the experience. Coached by Miss Sarah Penney, Miss Amanda Georges and Miss Sara Smith. More details dancebvi@gmail.com (Registration at Cedar)

THURSDAY

January 19, 26. February 2, 9, 23. March 2, 9, 16, 23, 30.

Improvisation Drama Club (Ms. Diandra Jones)

Grades: 6 -10

Venue: Atrium

Time: 3:15-4:15

Limited to: 12 students

Cost: \$100

Let's laugh! Learn improvisation thinking, acting skills, and gain self - confidence in this fun supportive, high- energy class. Students will learn public speaking skills, stage presence, improv theory, trust and team building, improv exercises and games, and participate in a performance at the end of the session. If there is interest, students may perform and collaborate with the students of the Gift Hill School Improve Club in St. John, USVI!

M.A.C. (Multi-Art Club) (Olivia Messum and Mariam Jallow)

Grades: 6 -10

Venue: Mrs. Evers' room (253)

Time: 3:15-4:15

Limited to: 15 students

Cost: Free

This club is aimed to help its members explore and develop their skills in various art subjects such as film, theatrical arts, literature arts, and visual arts. During these sessions, we will not only be teaching members about the arts, but working towards an end product which will be presented to the school.

Rotary International Interact Club (Bi-monthly) (Ellie Messum)

Age: 12 years +

Venue: Mrs. Barbant Room (233 anf Terrace)

Time: 3:15-4:15

Limited to: No limit

Cost: Free

Rotary International is a worldwide service organization which sponsors and runs "Interact" as a service club for youth ages 12-18. Interact's name is a combination of the words "international" and "action," which are exemplified in the international focus of much of their service work; including water, literacy projects and service/volunteer projects. This club is being offered to Cedar students ages 12-18 who are interested in developing both leadership and community organizing skills, who have a commitment to bettering their local and regional communities, and in performing international service. Involvement in this club will help fulfill both Cedar MYP Service credits, and IB Diploma CAS hours.

Interact will meet every other week until June 16. Advisors for this club will be Rotary Club Road Town leaders, Youth Service Director- Brian Liverpool, Secretary -Tamara Maduro, President -Nelcia St. Jean and Antonio Maynard (on a rotating basis)

THURSDAY

January 19, 26. February 2, 9, 23. March 2, 9, 16, 23, 30.

Graffiti Club (Eduardo Vargas)

Grade: 7-10

Venue: CIS Citco Pitch

Time: 3:15-4:15

Limited to: 10 students

Cost: Free

In this Graffiti club students will be able to express themselves through art. They will create words and educational images that will help motivate them and assist them to remain focus throughout the rest of the school year.

FRIDAY

January 20. February 3, 10, 24. March 3, 10, 17, 24, 31.

FIREBIRD BALLET II

Age: 3-5

Venue: Firebird Studio @ UPS Cineplex

Time: 3:30 - 4:15pm (Begins Jan. 13th)

Limited to: No limit

Cost: \$140

Miss Sarah brings your little one into a fun creative movement class with ballet basics, technique and exploration. Lots of dance, imagination games and a great starting place for building your little ones' knowledge of movement fundamentals. (Registration at Cedar)

Surf School BVI (Coach Steve)

Age : 7+

Venue: Josiah's Bay

Time: 3:30-4:30

Limited to: 10 students

Cost: \$20 per session

We run a surfing school out of Josiah's Bay. Our aim is to introduce complete beginners and any other levels to the ocean environment, improving their awareness and making individuals more comfortable in an environment that is foreign to most people. We cover most aspects of water related equipments, including body boards, paddle boards, and kayaks. We also have qualified swim instructors that will help the kids improve their swimming skills in the ocean. Parents are asked to register at the Cedar's front office and make payments on the day. Transportation is not available. (Registration at Cedar)

Drama Club II (Mrs. Ormond)

Grades: 3 - 5

Venue: Mrs. Kinkead's room (322)

Time: 3:15-4:15

Limited to: 20 students

Cost: \$90

This Fun club uses Drama games and activities to build children's confidence, communication skills, group awareness and creativity. There will be an increased skills building at this level and children will have lots of partner and group working opportunities in which to express themselves and develop their own ideas. In the third semester Drama Club will be replaced by a Primary school play rehearsal slot and attending Drama club will be excellent preparation taking a role in the Primary school play.

FRIDAY

January 20. February 3, 10, 24. March 3, 10, 17, 24, 31.

Level 1 Fencing (Coach Mitch)

Grade: 3-6

Venue: Atrium

Time: 3:15-4:15

Limited to: No limit

Cost: \$90

A nine week session focusing on an introduction to the skills and terminology of Epee fencing.

FIREBIRD DANCE CREW

Age: 10-16

Venue: Firebird Studio @ UPS Cineplex

Time: 5:30-6:30pm

Limited to: No limit

Cost: \$140

Dance Crew is a performance team that encourages dance development from three specific directions - technique, choreography and audience connection. Teamwork and regularly scheduled performances are an important part of the experience. Coached by Miss Sarah Penney, Miss Amanda Georges and Miss Sara Smith. More details dancebvi@gmail.com (Registration at Cedar)

Level 2 Fencing (Coach Mitch)

Grade 4-8

Venue: Atrium

Time: 4:15-5:15

Limited to: No limit

Cost: \$90

This nine week session builds upon the skills developed in Level 1 Fencing and will incorporate blade fencing. Students are required to have successfully completed Level 1 and provide some of their own equipment.

**May be combined with Level 1 depending upon registration*

Secondary Enrichment (Mr. Pascoe/Dr. Fraser/Mrs. Gujar)

Grade: 6-12

Venue: Science Lab

Time: 3:15-4:15

Limited to: No limit

Cost: Free

The students would be able to request assistance from the teacher and complete work in a place that is fully resourced and quiet.

FRIDAY

January 20. February 3, 10, 24. March 3, 10, 17, 24, 31.

Rock Band! (Mr. Forti)

Grade: 8+

Venue: Music Room (440)

Time: 3:15-4:15

Limited to: 8 students

Cost: \$90

Do you want to produce some heavy noise by smashing a guitar or a drum kit? Do you want to scream your voice away singing epic rock anthems? If you do, or you simply want to practice/learn a new instrument while having fun, come and join the Rock Band Club! Priority will be given to students with previous musical experience in Rock Band.

SATURDAY

Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25, Apr 1

FIREBIRD BALLET IV

Age: 4-7

Venue: Firebird Studio @ UPS Cineplex

Time: 11:00 - 11:45am (Begins Jan.14th - April 1st)

Limited to: No limit

Cost: \$140

Miss Sarah brings your little one into a fun creative movement class with ballet basics, technique and exploration. Lots of dance, imagination games and a great starting place for building your little ones' knowledge of movement fundamentals. (Registration at Cedar)

SHOWBIZ KIDZ I

Age: 5-8

Venue: Firebird Studio @ UPS Cineplex

Time: 10:00-11:00am (Begins Jan.14th - April 1st)

Limited to: No limit

Cost: \$140

Let's make a music video! Class combines voice coaching and dance training, plus the art of doing both at the same time! Miss Sarah + Mr Joshua James (New York Theatre Professional!) work with students as they learn lyrics, work with microphones, learn choreography to a wide range of music and develop their stage presence. (Registration at Cedar)

SATURDAY

Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25, Apr 1

The Worldwide Nature Club (Mr. and Mrs. Simpson)

Age: 6 -10

Venue: Noel Lloyd Park

Time: Varies based of activity

Limited to: No limit

Cost: Free

This is a nature club in the British Virgin Islands with a network of friends, family and neighbors established on 28th February 2016. The Worldwide Nature Club was founded by Chelsea Simpson a 7 year old elementary student. Chelsea loves to explore the natural world environment with her friends and family. The Club is led by her parents Christopher Simpson and Mitsy Simpson. Six months prior to the establishment of this nature club, Chelsea conceptualized the idea and told her parents that she wanted to start a nature club because she thinks "Wildlife is Awesome" - and so it began!

The Club meets every 4-6 weeks but sometimes earlier. Please check website worldwidenatureclub.org or call us for schedule of activities. The Club was started with 9 of Chelsea's friends and family. As a club we will continue to learn about the wonders of the natural world and develop skills necessary to safely explore the outdoors. The Worldwide Nature Club supports a family oriented culture of enjoyment and exploration of the natural world - worldwide!

Worldwide Nature Club gives young children 6 to 10 years old, family and friends the chance to enjoy nature in shorter, more manageable bursts. Each adventure has a theme such as Farm Life, Mangrove Life or Dinosaur Dig.



CEDAR
INTERNATIONAL
SCHOOL
BRITISH VIRGIN ISLANDS

Please enroll _____ in _____ (Day) _____

(Type of payment: cheque / cash) Amount paid: _____

Please enroll _____ in _____ (Day) _____

(Type of payment: cheque / cash) Amount paid: _____

Please enroll _____ in _____ (Day) _____

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Please enroll _____ in _____ (Day) _____

(Type of payment: cheque / cash) Amount paid: _____

Please enroll _____ in _____ (Day) _____

(Type of payment: cheque / cash) Amount paid: _____

Parent Signature _____ Date _____



Co-curricular Clubs and Activities Programme Waiver

Parent/Student Release Form

*Please complete the form below and return it to the School Office.
This form is to be completed for the free clubs also.*

I understand that although Cedar International School is a sponsor of the Co-Curricular Clubs and Activities Programme. The school does not assume responsibility for any loss, injury to the person or property in connection with the participation of _____ in the programme, regardless of the cause of such loss, injury, damage or expense and whether or not caused by any negligence or fault.

Release: I fully release, waive and further agree to indemnify Cedar International School and its volunteers, members, officers, directors, committees, and/or employees arising out of, during or in anyway connected with such participation from and against and all claims which I, my heirs or executors may have for any losses, damages and injuries arising out of, during or in connection with the participation of _____ in Co-Curricular Clubs and Activities Programme or in rendering any first-aid, emergency medical procedures or any related expenses if any.

Signed _____ (Student) Date: _____

Signed _____ (Parent/Guardian) Date: _____

Signed _____ (Parent/Guardian) Date: _____

Contact phone number _____

Contact phone number _____

Contact email address _____ (in case of cancellation of the club on the day)