

# **Clubs and Extracurricular Programme**

**2022-2023 Session 2: January 16th - March 24th**



**CEDAR**  
INTERNATIONAL  
SCHOOL

## **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](mailto:norma.pierre-louis@cedar.vg)

Tel: (284) 340-1636 ext. 313

## **Programme Rules**

In order for your children to participate in clubs, we require the following to be returned to the front office:

- A completed and signed Registration and Release form, even if the club is free.
- Cedar clubs are very popular and spaces are limited. To ensure your child can join in a club, a full payment of cash or cheque must be received promptly.

In order to ensure smooth and safe running of the clubs we ask that the following rules be noted:

- Generally, clubs run from 3:15 until 4:15 unless otherwise indicated. If for any reason a club is postponed/cancelled (weather, etc.), every effort will be made to contact parents before 12 noon to notify them of the cancellation. A makeup session will be provided at the end of the trimester. Primary students who are not picked by 3:15 pm on the day of the cancellation will be signed into after-school care.
- 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 are enrolled.
- Children should be collected promptly once the club ends. Any child not collected promptly will be kept safe 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 5:30 pm 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 served basis. Please note that priority will be given to Cedar students. We also require that health and emergency contact forms be submitted to be kept on file for all non-Cedar students. You may ask for a copy of the health form in the front office, or find it online at [cedar.vg/resources](http://cedar.vg/resources), under Health. Registration for non-Cedar students will commence on the third day of 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. The code may be viewed on pages 13-14 of the Student Parent Handbook, available online at [cedar.vg/resources](http://cedar.vg/resources) under Student Parent Handbook.

- All club fees are non-refundable. Please be advised that refunds and deductions are not available should any student be withdrawn from a club after the first week or in the case of absence from any sessions. Full payment for the trimester is expected even in cases of late registration.
- Only secondary students from grades 6-12 are allowed to assist in a club for CAS hours.
- Please add the clubs coordinator to any email sent to the class teacher about a child's absence. As a continuation of our attendance policy and child safety procedures, parents must email Ms. Vanessa ([vanessa.simon@cedar.vg](mailto:vanessa.simon@cedar.vg)) and the clubs coordinator, Mrs. Pierre-Louis ([norma.pierre-louis@cedar.vg](mailto:norma.pierre-louis@cedar.vg)) and classroom teacher if their child will be absent from a club they are registered in or will be picked up by someone other than the parents.

# Early Years (PreK 3 and Kindy)

## MONDAY

*January 16, 23, 30 February 6, 20, 27 March 13, 20 (8)*

**Little Ones Drama Club (Mrs. Iman)**

**Grades: PreK 4 - Gr. 1**

**Venue: Alan's room (#253)**

**Time: 3:15 - 4:15**

**Limited to: 10 students**

**Cost: \$80**

This is an ongoing play-based theatre class for little ones ages 3-5. Your little ones will be encouraged to use their big imaginations as we play and build teamwork skills. We will learn about acting using our bodies, facial expressions and emotions. We will play games, dress up, sing, dance, read stories and explore different theatre styles including musical theatre, storybook theatre and puppet theatre. We will practise projecting our voices and speaking with confidence. I strive to create a warm and inviting atmosphere for your child to grow and develop while exploring the world of acting.

**Football Club (Coaches John Reilly, Walter Reich, Alessandro Palladino and Nick Hollingworth, assisted by Cedar student Hugo Hlavaček)**

**Grades: K - 3**

**Venue: Cedar Community Pitch**

**Time: 3:15 - 4:15**

**Limited to: No limit**

**Cost: \$80**

This is where future BVI National Football Team, Premiership and La Liga football stars get their start! Pre-pandemic off-island tournaments that Cedar normally attends in Bahamas, Puerto Rico and Florida will hopefully resume and being part of the Club provides a pathway (when the kids get older) to these great opportunities to play abroad and meet new friends. 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 football star, all while keeping in shape, breathing in fresh air and being part of a team. Students should be picked up promptly at 4:15 pm or they will be signed back into after school care or homework club.

*\*Students who wish to participate in the BDO after school league are encouraged to sign up.*

# TUESDAY

*January 17, 24, 31 February 7, 21, 28 March 7, 14, 21(9)*

**Primary Culinary Arts Club (Mrs. Pierre-Louis and Ms. Tonya)**

**Grades: PreK 3 - Grade 5**

**Venue: Drakes Traders Ltd Culinary Centre/Terrace**

**Time: 3:15 - 4:30**

**Limited to: 16 students**

**Cost: \$90**

Cooking with kids is a great way to educate them about good nutrition and to encourage them to eat healthy foods. Cooking may even help get students interested in trying healthy foods they might normally refuse to eat. Expand their horizons by getting students into the kitchen through this cooking club! They will create desserts and dinners and bake yummy meals. Let's cook and eat.

# WEDNESDAY

*January 18, 25 February 1, 8, 22 March 1, 8, 15, 22 (9)*

**Little Ones Gymnastics (Ms. Iman and Ms. Tonya)**

**Grade: PreK 4 - K**

**Venue: Cedar Community Pitch**

**Time: 3:15 - 4:15**

**Limited to: 10 students**

**Cost: \$90**

This first introduction to gymnastics will help children build coordination and motor skills, including balance and agility. Experience all the basics of gymnastics in a musical, fun and exploratory way. Students will be safely guided when learning to tumble, roll, slide and jump, using soft play equipment.

**Rainbows (Bernadette - "Buttercup")**

**Age: 4 - 7 years old**

**Venue: Anglican Church Hall on Main Street**

**Time: 4:30 - 5:30 pm**

**Limited to: 4 girls**

**Cost: \$10 (administration and registration fee)**

**Weekly cost: \$2 weekly subscription**

We are back! Join us as we help your girls develop their self confidence, make new friends, learn new skills and have loads of fun. Our girls enjoy getting connected with nature, getting their tiny hands dirty and playing games with each other. We practise learning by doing. We will meet once a week and maybe sometimes via Zoom. Girls are insured under the Girlguiding UK insurance.

Contact Bernadette at (284) 341-6496 or email: [sherlybalexander@gmail.com](mailto:sherlybalexander@gmail.com) to register.



# THURSDAY

*January 19, 26 February 2, 9, 23 March 2, 9, 16, 23 (9)*

**L'il Kickers Soccer Sisters Club (Coaches Walter Reich, Alessandro Palladino, and Anjali Sukhtankar, assisted by Cedar student Giada Palladino)**

**Grades: K - 2**

**Venue: Cedar Community Pitch**

**Time: 3:15 - 4:15**

**Limited to: 20 students**

**Cost: Contribution welcome for the upkeep of the pitch**

Did you watch the Canadian women's soccer team beat Sweden to win gold at the Tokyo Olympics, or the Lionesses of England beat Germany to win the Women's European Championships in dramatic extra-time fashion in front of nearly 90,000 fans at Wembley? Women's football is exciting and it is here to stay! Could your daughter be the next Kadeisha Buchanan or Chloe Kelly? Or closer to home, the next Darci, Gabi or Zolita (only first names, just like the Brazilian players) who, as Cedar High School students all got to represent BVI in 2022 at the Women's World Cup qualifiers in St. Vincent, Honduras and BVI. This club is an introduction to football which creates a pathway to joining the Junior Soccer Sisters programme and thereafter Soccer Sisters for secondary players. The club will also work on movement, coordination skills and good sportsmanship. Students should be picked up promptly at 4:15 pm or they will be signed back into after school care or homework club.

# FRIDAY

*January 20 February 3, 10, 24 March 3, 10, 17, 24 (8)*

**Lego Club (Ms. Iman)**

**Grades: PreK 3 - K**

**Venue: Ms. Richie's room (#255)**

**Time: 3:15 - 4:15**

**Limited to: 10 students**

**Cost: \$80**

Lego Club will provide access to play and social opportunities with other children. This will help children develop and reinforce creativity, communication, play, and social skills. Lego play therapy is known to help children improve their verbal/nonverbal communication, task focus, sharing and turn-taking, as well as problem-solving skills.

## **SATURDAY**

*January 21, 28 February 4, 11, 25 March 4, 11, 18, 25 (9)*

### **Saturday Morning Junior Squash Programmes (Coach Adam)**

**Grades: K and up**

**Time: 9:00 am - 12:00 pm**

**Venue: Tortola Sports Club**

**Limited to: 12**

**Cost: \$20 per session (paid session by session)**

Squash is a very fast sport which is perfect for youngsters with lots of energy who have good hand-eye coordination. The Mini-Squashers sessions are based primarily on having fun and developing sporting skills (movement, hand-eye coordination, catching, spatial awareness, discipline, etc.) within a squash environment. There will, of course, also be a focus on basic squash technique, movement and tactics. Squash was voted the "World's Healthiest Sport" by Forbes Magazine. Our coach Adam Murrills is a former world-ranked top 80 player. He has been the National Coach on island for the past 3 years in which time the junior programmes have grown substantially. We are about to finish the development of two brand new state-of-the-art squash courts (which gives us four in total) and we're very much looking forward to using these to further develop our programs!

Contact coach Adam to book directly.

Telephone number +1 (284) 346 2057

# Primary (Grade 1 - Grade 5)

**MONDAY**

*January 16, 23, 30 February 6, 20, 27 March 13, 20 (8)*

**Little Ones Drama Club (Mrs. Iman)**

**Grades: PreK 4 - Gr. 1**

**Venue: Alan's room (#253)**

**Time: 3:15 - 4:15**

**Limited to: 10 students**

**Cost: \$80**

This is an ongoing play-based theatre class for little ones ages 3-5. Your little ones will be encouraged to use their big imaginations as we play and build teamwork skills. We will learn about acting using our bodies, facial expressions and emotions. We will play games, dress up, sing, dance, read stories and explore different theatre styles including musical theatre, storybook theatre and puppet theatre. We will practise projecting our voices and speaking with confidence. I strive to create a warm and inviting atmosphere for your child to grow and develop while exploring the world of acting.

**Football Club (Coaches John Reilly, Walter Reich, Alessandro Palladino and Nick Hollingworth, assisted by Cedar student Hugo Hlavaček)**

**Grades: K - 3**

**Venue: Cedar Community Pitch**

**Time: 3:15 - 4:15**

**Limited to: No limit**

**Cost: \$80**

This is where future BVI National Football Team, Premiership and La Liga football stars get their start! Pre-pandemic off-island tournaments that Cedar normally attends in Bahamas, Puerto Rico and Florida will hopefully resume and being part of the Club provides a pathway (when the kids get older) to these great opportunities to play abroad and meet new friends. 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 football star, all while keeping in shape, breathing in fresh air and being part of a team. Students should be picked up promptly at 4:15 pm or they will be signed back into after school care or homework club.

\*Students who wish to participate in the BDO after school league are encouraged to sign up.

**Homework Club (Mr. Kumar)****Grades: 1 - 5****Venue: MYP English Room (#211)****Time: 3:15 - 4:15****Limited to: No limit****Cost: \$20 per regular session****Cost: \$25 per drop-in session**

Supervised homework club is for students to work on their homework, reading and other assigned projects. Students are allowed to work collaboratively and quietly with their peers, following the social distancing protocols, and will receive support from the teacher on duty. Students will be able to use iPads and Chromebooks to assist with research or assignments for which they are required. Students signed up for 4:15 pm football club will attend homework club for free and receive a small snack before football commences. Any student not collected by the end of homework club will be transferred to After School Care. Homework club is invoiced monthly depending upon attendance, and after school care (available until 5:30) is invoiced separately.

**Steelpan Club (Mr. Johnson)****Grades: 1 - 5****Venue: Design/Drama tent (staff car park)****Time: 3:15 - 4:15****Limited to: 21 students****Cost: \$80**

Students will learn how to play music on the steelpan, invented right here in the Caribbean, on the island of Trinidad where discarded oil drums were fashioned into what is now recognised as the only major musical instrument invented in the 20th century. They will learn music theory and proper technique for playing and performing. They will be a part of a steel band that will perform for various events to be scheduled. Instrument care and teamwork will be a major focus of the steel pan club as well as learning the history and origins of the steelpan.

**Colourful Soap Making (Ms. Smith)**

**Grades: 1 - 5**

**Venue: Science Lab (#221)**

**Time: 3:15 - 4:15**

**Limited to: 10 students**

**Cost: \$80**

Looking for a fun and creative activity for kids? Give Colourful Soap Making Club a try. Kids will be making soaps from a premade base, adding colour and creating soap of all shapes and sizes.

**Brownies (Bernadette - "Buttercup" )**

**Age: 7 - 10 years old**

**Venue: Anglican Church Hall on Main Street. Time: 4:00 - 5:30 pm**

**Limited to: 10 girls**

**Cost: \$10 (administration and registration fee) Weekly cost: \$2 weekly subscription**

We are back! We are inviting you to sign up your daughter in the BVI Girl Guides (Brownies) programme. We will meet once a week and maybe sometimes via Zoom to work on badges, play games, learn new skills, and make lots of friends. We will be working on the six programme themes - Know Myself, Express Myself, Be Well, Have Adventures, Take Action and Skills For My Future. Your daughter will be excited to attend sleepovers, camps, community service events, day trips and other special events. Girls are insured under the Girlguiding UK insurance.

Contact Bernadette at (284) 341-6496 or email: [sherlybalexander@gmail.com](mailto:sherlybalexander@gmail.com) to register.

**Football Club (Coaches John Reilly, Alessandro Palladino and Nick Hollingworth)**

**Grades: 4 - 6**

**Venue: Cedar Community Pitch**

**Time: 4:15 - 5:30**

**Limited to: No limit**

**Cost: \$80**

This is where future BVI National Football Team, Premiership and La Liga football stars get their start with perhaps a stint state-side on a football scholarship! Pre-pandemic off-island tournaments that Cedar normally attends in Bahamas, Puerto Rico and Florida will hopefully resume and being part of the Club provides a pathway for this age group to these great opportunities to play abroad and meet new friends. Covering game strategy situations, defensive and offensive formations, nutrition, strength, conditioning, and agility in addition to the basic skills of passing, dribbling, teamwork and good sportsmanship. The syllabus for this session has been written by Cedar's very own UEFA A Certified Football Coach, John Reilly. Girls are encouraged to join. Primary students are signed into homework club for free and will receive a light snack before football club commences.

*\*Students wishing to participate in the BDO after school league and try out for off island tournaments are encouraged to sign up but the Club is open to all levels!*



## **TUESDAY**

*January 17, 24, 31 February 7, 21, 28 March 7, 14, 21(9)*

**Primary Culinary Arts Club (Mrs. Pierre-Louis and Ms. Tonya)**

**Grades: Pre-K 3 - Grade 5**

**Venue: Drakes Traders Ltd Culinary Centre/Terrace**

**Time: 3:15 - 4:30**

**Limited to: 16 students**

**Cost: \$90**

Cooking with kids is a great way to educate them about good nutrition and to encourage them to eat healthy foods. Cooking may even help get students interested in trying healthy foods they might normally refuse to eat. Expand their horizons by getting students into the kitchen through this cooking club! They will create desserts and dinners and bake yummy meals. Let's cook and eat.

**Homework Club (Ms.Wilks)****Grades: 1 - 5****Venue: MYP English Room (#211)****Time: 3:15 - 4:15****Limited to: No limit****Cost: \$20 per regular session****Cost: \$25 per drop-in session**

Supervised homework club is for students to work on their homework, reading and other assigned projects. Students are allowed to work collaboratively and quietly with their peers, following the social distancing protocols, and will receive support from the teacher on duty. Students will be able to use iPads and Chromebooks to assist with research or assignments for which they are required. Students signed up for 4:15 pm football club will attend homework club for free and receive a small snack before football commences. Any student not collected by the end of homework club will be transferred to After School Care. Homework club is invoiced monthly depending upon attendance, and after school care (available until 5:30) is invoiced separately.

**Surf Club (Mr Gabel & Mr Howes)****Grades: 1 - 5****Venue: Josiah's Bay****Time: 3:30 - 5:00****Limited to: 10 students****Cost: \$225**

Attention all surfers! Mr Gabel and Surf School BVI have teamed up again to provide a club catering for all levels of surfers. Each Tuesday we will take advantage of the beautiful waves at Josiah's Bay. With the coaching expertise of Mr Gabel and Mr Howes, you will be able to learn the basics using beginner surfboards. Intermediate-Advanced surfers are encouraged to bring their own surfboard and will also benefit from coaching while surfing open-face waves and maybe even getting your first barrels! Get in quick as places are limited. \$225 per student for the season.

**Board Games (Ms. Siobhan and Toby Lane)**

**Grades: 3 - 5**

**Venue: Ms. Siobhan's room (#324)**

**Time: 3:15 - 4:15**

**Limited to: 15 students**

**Cost: \$90**

We will play a variety of board and card games to have fun, build friendships and boost strategic thinking skills!

**Harry Potter Club (Fizz and Grace)**

**Grades: 3 - 6**

**Venue: Ms. JJ's room (#323)**

**Time: 3:15 - 4:15**

**Limited to: 6 students**

**Cost: Free**

Depending on interests, we will do various activities such as drawing, creating theories and play board games. This club will be a way for students to make new friends, collaborate with different grade levels, connect through common interests, and have fun.

**Cricket Club (Mr. Kumar)**

**Grades: 3 - 12**

**Venue: Cedar Community Pitch**

**Time: 3:15 - 4:30**

**Limited to: No Limit**

**Cost: \$90**

Cricket is one of the favourite sports in the Caribbean. You can avail yourself of the opportunity to learn the game and its rules. You will improve your motor skills by practising the various aspects of the game like fielding, catching, bowling, batting, etc. You will get an opportunity to learn and develop strategies to collaborate and lead. You could make a difference in bringing laurels to your house in an inter-house cricket tournament.

# WEDNESDAY

*January 18, 25 February 1, 8, 22 March 1, 8, 15, 22 (9)*

## **Mini-Squashers After School Club (Coach Adam)**

**Grades: K - 2**

**Venue: Tortola Sports Club**

**Time: 3.15 - 4.15 pm**

**Limited to: 12 students**

**Price - \$20 per session (paid in bulk per term)**

Squash is a very fast sport which is perfect for youngsters with lots of energy who have good hand-eye coordination. The Mini-Squashers sessions are based primarily on having fun and developing sporting skills (movement, hand-eye coordination, catching, spatial awareness, discipline, etc.) within a squash environment. There will, of course, also be a focus on basic squash technique, movement and tactics. Squash was voted the "World's Healthiest Sport" by Forbes Magazine. Our coach Adam Murrills is a former world-ranked top 80 player. He has been the National Coach on island for the past 3 years in which time the junior programmes have grown substantially. We are about to finish the development of two brand new state-of-the-art squash courts (which gives us four in total) and we're very much looking forward to using these to further develop our programs!

Contact coach Adam directly to book.

Telephone number +1 (284) 346 2057

**Gymnastics Club (Ms. Shannon)****Grades: 1 - 3****Venue: Cedar Community Pitch****Time: 3:15 - 4:15****Limited to: 10****Cost: \$90**

Build confidence, strength and flexibility as you learn and improve your gymnastics skills! We will adjust difficulty based on each individual's needs, and Ms. Shannon will be there to coach and "spot" students as safety requires.

**Homework Club (Ms. Merritt)****Grades: 1 - 5****Venue: Picnic table****Time: 3:15 - 4:15****Limited to: No limit****Cost: \$20 per regular session****Cost: \$25 per drop-in session**

Supervised homework club is for students to work on their homework, reading and other assigned projects. Students are allowed to work collaboratively and quietly with their peers, following the social distancing protocols, and will receive support from the teacher on duty. Students will be able to use iPads and Chromebooks to assist with research or assignments for which they are required. Students signed up for 4:15 pm football club will attend homework club for free and receive a small snack before football commences. Any student not collected by the end of homework club will be transferred to After School Care. Homework club is invoiced monthly depending upon attendance, and after school care (available until 5:30) is invoiced separately.

**STEM (Ms. Smith)****Grades: 1 - 5****Venue: Science Lab (#221)****Time: 3:15 - 4:15****Limited to: 12 students****Cost: \$90**

Are you curious? Do you love technology? Do you like to create things in your free time? Come join the STEM club as we bring together our science, technology, engineering and maths skills in a meaningful way. Come let us unleash our curiosities!

**Steelpan Club (Mr. Johnson)****Grades: 1 - 5****Venue: Design/Drama Tent (staff car park)****Time: 3:15 - 4:15****Limited to: 21 students****Cost: \$90**

Students will learn how to play music on the steelpan, invented right here in the Caribbean, on the island of Trinidad where discarded oil drums were fashioned into what is now recognised as the only major musical instrument invented in the 20th century. They will learn music theory and proper technique for playing and performing. They will be a part of a steel band that will perform for various events as scheduled. Instrument care and teamwork will be a major focus of the steel pan club as well as learning the history and origins of the steelpan.

**Gardening Club (Mr. Kumar)****Grades: 1 - 5****Venue: School Garden****Time: 3:15 - 4:15****Limited to: No limit****Cost: \$90**

In this ever-changing world the need to grow your own vegetables has never before felt this pivotal. Come and experience the creation and celebration of the power of green. Grow your own organic vegetables and learn the basics of home gardening.

**Jumpers Co. Basketball Club (Coach Steph)****Age group: 7 - 12 years old****Venue: Cedar Basketball Court****Time: 3:15 - 4:15****Limited to: 12 students****Cost: \$90**

During the summer, Coach Steph worked with Rich Mahier from the New York Knicks. He now has a higher level of understanding of the game and is excited to teach the basketballers what he has learned. The Basketball Programme will focus on developing basketball fundamentals and players' character by teaching them the value of discipline, respect, teamwork, and sportsmanship. The programme will focus on: ball handling and passing drills, footwork and finishing drills, offensive drilling moves, shooting training, catch-and-shoot drills, conditioning, speed, agility drills, and half and full-court scrimmages.



**Youth Rugby (Coach James)**

**Age group: 9 - 14 years old**

**Venue: A.O. Shirley Grounds**

**Time: 4:00 - 5:00**

**Limited to: No limit**

**Cost: Free**

This active, fun club will provide a safe and enjoyable environment for children. Open to all abilities: both those who have never played rugby before and experienced players are encouraged to join. We will help improve communication skills and develop valuable social skills. Players learn to express themselves through rugby and build their self confidence. Parents to arrange transport to and from the A.O. Shirley Recreation Ground. Contact - Coach James: 440-2194

# THURSDAY

*January 19, 26 February 2, 9, 23 March 2, 9, 16, 23 (9)*

**L'il Kickers Soccer Sisters Club (Coaches Walter Reich, Alessandro Palladino, and Anjali Sukhtankar, assisted by Cedar student Giada Palladino)**

**Grades: K - 2**

**Venue: Cedar Community Pitch**

**Time: 3:15 - 4:15**

**Limited to: 20 students**

**Cost: Contribution welcome for the upkeep of the pitch**

Did you watch the Canadian women's soccer team beat Sweden to win gold at the Tokyo Olympics, or the Lionesses of England beat Germany to win the Women's European Championships in dramatic extra-time fashion in front of nearly 90,000 fans at Wembley? Women's football is exciting and it is here to stay! Could your daughter be the next Kadeisha Buchanan or Chloe Kelly? Or closer to home, the next Darci, Gabi or Zolita (only first names, just like the Brazilian players) who, as Cedar High School students all got to represent BVI in 2022 at the Women's World Cup qualifiers in St. Vincent, Honduras and BVI. This club is an introduction to football which creates a pathway to joining the Junior Soccer Sisters programme and thereafter Soccer Sisters for secondary players. The club will also work on movement, coordination skills and good sportsmanship. Students should be picked up promptly at 4:15 pm or they will be signed into after school care.

**Homework Club (Mr. Johan)****Grades: 1 - 5****Venue: Ms. Siobhan's room (#324)****Time: 3:15 - 4:15****Limited to: No limit****Cost: \$20 per regular session****Cost: \$25 per drop-in session**

Supervised homework club is for students to work on their homework, reading and other assigned projects. Students are allowed to work collaboratively and quietly with their peers, following the social distancing protocols, and will receive support from the teacher on duty. Students will be able to use iPads and Chromebooks to assist with research or assignments for which they are required. Students signed up for 4:15 pm football club will attend homework club for free and receive a small snack before football commences. Any student not collected by the end of homework club will be transferred to After School Care. Homework club is invoiced monthly depending upon attendance, and after school care (available until 5:30) is invoiced separately.

**Junior Soccer Sisters Football Club (Coaches Darci Reich, Gabrielle Jermyn and Zolita Bamford)**

**Grades: 3 - 5**

**Venue: Cedar Community Pitch**

**Time: 3:15 - 4:15**

**Limited to: No limit**

**Cost: Contribution welcome for the upkeep of the pitch**

Did you watch the Canadian women's soccer team beat Sweden to win gold at the Tokyo Olympics, or the Lionesses of England beat Germany to win the Women's European Championships in dramatic extra-time fashion in front of nearly 90,000 fans at Wembley? Women's football is exciting and it is here to stay! Could your daughter be the next Kadeisha Buchanan or Chloe Kelly? Or closer to home, the next Darci, Gabi or Zolita (only first names, just like the Brazilian players) who, as Cedar High School students all got to represent BVI in 2022 at the Women's World Cup qualifiers in St. Vincent, Honduras and BVI. This fun football club started off as a personal school project to serve girls of all ages who were looking to get involved in playing football. Darci, Gabi and Zolita are excited about the talent that is at Cedar at this age group and encourage the girls to sign up! The training will focus on the basic skills of passing, dribbling, teamwork and good sportsmanship. Come and join this exciting club and improve your technique and skills. Students should be picked up promptly at 4:15 pm or they will be signed into after-school care. \*Students wishing to participate in the BDO after-school league and try out for off-island tournaments are encouraged to sign up but the Club is open to levels.

# FRIDAY

*January 20 February 3, 10, 24 March 3, 10, 17, 24 (8)*

**Homework Club (Mrs. Benjamin-Turnbull)**

**Grades: 2 - 5**

**Venue: DP Biology Room (#212)**

**Time: 3:15 - 4:15**

**Limited to: No limit**

**Cost: \$20 per regular session**

**Cost: \$25 per drop-in session**

Supervised homework club is for students to work on their homework, reading and other assigned projects. Students are allowed to work collaboratively and quietly with their peers, following the social distancing protocols, and will receive support from the teacher on duty. Students will be able to use iPads and Chromebooks to assist with research or assignments for which they are required. Students signed up for 4:15 pm football club will attend homework club for free and receive a small snack before football commences. Any student not collected by the end of homework club will be transferred to After School Care. Homework club is invoiced monthly depending upon attendance, and after school care (available until 5:30) is invoiced separately.

**After School Squash Club (Coach Adam)****Grades: 3 - 5****Time: 3.15 - 4.15****Venue: Tortola Sports Club****Limited to: 12****Cost: \$20 per session (paid in bulk per term)**

Squash is a very fast sport which is perfect for youngsters with lots of energy who have good hand-eye coordination. The Mini-Squashers sessions are based primarily on having fun and developing sporting skills (movement, hand-eye coordination, catching, spatial awareness, discipline, etc.) within a squash environment. There will, of course, also be a focus on basic squash technique, movement and tactics. Squash was voted the "World's Healthiest Sport" by Forbes Magazine. Our coach Adam Murrills is a former world-ranked top 80 player. He has been the National Coach on island for the past 3 years in which time the junior programmes have grown substantially. We are about to finish the development of two brand new state-of-the-art squash courts (which gives us four in total) and we're very much looking forward to using these to further develop our programs!

Contact coach Adam directly to book.

Telephone number +1 (284) 346 2057

# **SATURDAY**

*January 21, 28 February 4, 11, 25, March 4, 11, 18, 25 (9)*

## **Saturday Morning Junior Squash Programmes (Coach Adam)**

**Grades: K and up**

**Time: 9.00 am - 12 pm**

**Venue: Tortola Sports Club**

**Limited to: 12**

**Cost: \$20 per session (paid session by session)**

Squash is a very fast sport which is perfect for youngsters with lots of energy who have good hand-eye coordination. The Mini-Squashers sessions are based primarily on having fun and developing sporting skills (movement, hand-eye coordination, catching, spatial awareness, discipline, etc.) within a squash environment. There will, of course, also be a focus on basic squash technique, movement and tactics. Squash was voted the "World's Healthiest Sport" by Forbes Magazine. Our coach Adam Murrills is a former world-ranked top 80 player. He has been the National Coach on island for the past 3 years in which time the junior programmes have grown substantially. We are about to finish the development of two brand new state-of-the-art squash courts (which gives us four in total) and we're very much looking forward to using these to further develop our programs!

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# Secondary

## (Grade 6 - Grade 12)

### TUESDAY

*January 17, 24, 31 February 7, 21, 28 March 7, 14, 21 (9)*

**Cricket Club (Mr. Kumar)**

**Grades: 3 - 12**

**Venue: Cedar Community Pitch**

**Time: 3:15 - 4:15**

**Limited to: No Limit**

**Cost: \$90**

Cricket is one of the favourite sports in the Caribbean. You can avail yourself of the opportunity to learn the game and its rules. You will improve your motor skills by practising the various aspects of the game like fielding, catching, bowling, batting, etc. You will get an opportunity to learn and develop strategies to collaborate and lead. You could make a difference in bringing laurels to your house in an inter-house cricket tournament.



## **Dungeons and Dragons - Last Airbender (Mr. Jarret)**

**Grades: 6 - 12**

**Venue: Mr. Jarret's room (#212)**

**Time: 3:15 - 4:15 pm**

**Limited to: 5 students**

**Cost \$90**

The three pillars of role playing games are exploration, social interaction, and combat (supervised by a responsible adult). Students will learn the rules of the game, create characters, and role play through each session. Students have a great opportunity to learn teamwork, creative writing and character development, and improvisational choices. Role playing games offer unique opportunities to explore ideas and develop empathy within a safe environment. Above all, role playing games are theater of the mind, and cultivate a high degree of imagination. Socially, kids who play RPGs have to work cooperatively. Academically, they spend time reading, creatively solving problems, researching, and even doing a little light math when they consider the probability of the roll of the dice. No screen time involved, only storytelling. Evil characters or evil actions during a game session will not be allowed.

**Girl Up (Martha Killourhy and Siyanda Bruce-Young)**

**Grades: 6 - 12**

**Venue: DP tent**

**Time: 3:30 - 4:30**

**Limited to: No limit**

**Cost: Free**

Girl Up, a campaign launched by the United Nations in 2010, is a club developed to stand up for social issues like gender equity and female empowerment. Girl Up's leadership development programs have impacted 100,000 girls through 5,500 clubs in nearly 120 countries and 1 territory—our territory, the British Virgin Islands. Some of the issues we care about and address are Gender Equity, Sexual and Reproductive Health, Rights, and Justice (SRHRJ), Sports for a purpose, Gender-Based Violence (GBV), and Education equality. Girl Up BVI aims to help students build leadership skills (advocate), Fundraising, and Organizing with the hope to grow our local network of change-makers and allies. We aim to create opportunities for young students (boys and girls) to safely express their opinions and practice advocacy and promote self-empowerment and growth.

If you are interested in joining Girl Up BVI, please sign up! If you have any questions, please email: [girgupbvi@gmail.com](mailto:girgupbvi@gmail.com). We'll respond within 2 - 3 business days.

# WEDNESDAY

*January 18, 25 February 1, 8, 22 March 1, 8, 15, 22 (9)*

## **Youth Rugby (Coach James)**

**Age group: 9 - 14 year olds**

**Venue: A.O. Shirley Grounds**

**Time: 4:00 - 5:00**

**Limited to: No limit**

**Cost: Free**

This active, fun club will provide a safe and enjoyable environment for children. Open to all abilities: both those who have never played rugby before and experienced players are encouraged to join. We will help improve communication skills and develop valuable social skills. Players learn to express themselves through rugby and build their self confidence. Parents to arrange transport to and from the A.O. Shirley Recreation Ground. Contact - Coach James: 440-2194

## **Secondary Spanish support/extension (Sra Marian Cazabon-Blok)**

**Age group: 6 - 12**

**Venue: Secondary Room #222**

**Time: 4:30 - 5:30**

**Limited to: 10 students**

**Cost: Free**

Do you need a little extra help with Spanish? Do you want to be challenged further? Is Spanish a heritage or a home language for you and would you like to strengthen your literacy and academic skills? This club will focus on the needs of the students who enroll. *¡Nos vemos!*

**Archery (Coach Kiwi)****Grades: 6 - 12****Venue: Cedar Archery Course****Time: 3:15 - 4:15****Limited to: 10 students****Cost: \$90**

Come and learn archery safely and shoot successfully. Get the right experience for your skill level from certified archery instructors. Let those arrows fly!

**Football Club (Coaches John Reilly, Nick Hollingworth and Simon Hiemstra)****Grades: 6 - 12****Venue: Cedar Community Pitch****Time: 4:15 - 5:30****Limited to: No limit****Cost: \$90**

This is where future BVI National Football Team, Premiership and La Liga football stars get their start with perhaps a chance to play for BVI as many Cedar Students (past and present) have done and continue to do at international tournaments. Pre-pandemic off-island tournaments that Cedar normally attends in Bahamas, Puerto Rico, Florida and Jamaica will hopefully resume and being part of the Club provides a pathway for this age group to these great opportunities to play abroad and meet new friends. Covering game strategy situations, defensive and offensive formations, nutrition, strength, conditioning, and agility in addition to the basic skills of passing, dribbling, teamwork and good sportsmanship. The syllabus for this session has been written by Cedar's very own UEFA A Certified Football Coach, John Reilly. Girls are encouraged to join in, as are players who may be late starters!

\*Students wishing to participate in the BDO after school league and wishing to try out for off island tournaments are encouraged to sign up but the Club is open to all levels.

**Rotary International Interact Club (President Mya Adams)**

**Grades: 7 - 12**

**Venue: DP tent**

**Time: 3:30 - 4:30**

**Limited to: No limits**

**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 to performing international service. All returning members should re-register for this club.

Interact will meet every other week until June 17. Students are asked to fill out the registration and waiver forms. Speak to Ms. Glasco-Boyd about credits.

Rotary Club Road Town advisors are Elvis Harrigan, Anthony Clarke, Diehdra Potter, Kedreana Parson, and Atricia Pereira.

# THURSDAY

*January 19, 26 February 2, 9, 23 March 2, 9, 16, 23 (9)*

**After School Squash Club (Coach Adam)**

**Grades: 6 and up**

**Time: 3.15 - 4.15**

**Venue: Tortola Sports Club**

**Limited to: 12 students**

**Cost: \$20 per session (paid in bulk per term)**

Squash is a very fast sport which is perfect for youngsters with lots of energy who have good hand-eye coordination. The Mini-Squashers sessions are based primarily on having fun and developing sporting skills (movement, hand-eye coordination, catching, spatial awareness, discipline, etc.) within a squash environment. There will, of course, also be a focus on basic squash technique, movement and tactics. Squash was voted the "World's Healthiest Sport" by Forbes Magazine. Our coach Adam Murrills is a former world-ranked top 80 player. He has been the National Coach on island for the past 3 years in which time the junior programmes have grown substantially. We are about to finish the development of two brand new state-of-the-art squash courts (which gives us four in total) and we're very much looking forward to using these to further develop our programs!

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**Jumpers Co. Basketball Club (Coach Steph)****Grades: 6 - 12****Venue: Cedar International School Basketball Court****Time: 3:15 - 4:15****Limited to: 12 students****Cost: \$90**

During the summer, Coach Steph worked with Rich Mahier from the New York Knicks. He now has a higher level of understanding of the game and is excited to teach the basketballers what he has learned. The Basketball Programme will focus on developing basketball fundamentals and players' character by teaching them the value of discipline, respect, teamwork, and sportsmanship. The programme will focus on: ball handling and passing drills, footwork and finishing drills, offensive drilling moves, shooting training, catch and shoot drills, conditioning, speed, agility drills, and half and full-court scrimmages.

**Senior Soccer Sisters Club (Coach John Reilly)****Age group: Women of all ages - students, staff and parents (on demand)****Venue: Cedar Community Pitch****Time: 4:30 - 5:30****Cost: Contribution welcome for the upkeep of the pitch**

Please speak to Coach John directly if you are interested in this club. If there is enough demand from girls who have not had the opportunity to play the beautiful game a dedicated coach will be recruited to assist with this group. There is a tournament planned for Jamaica in January 2023 (that Cedar has attended in the past) and this Club provides the pathway to have a successful tryout and make the team. We encourage girls to come out and have some fun! It has been proved that exercise benefits the mind and can have a positive impact on school grades!

**Boxercising (Coach Malvin)****Grade: 6 - 12****Venue: Save the Seed****Time: 4:00 - 5:00 pm****Limited to: 4 students****Cost: \$100**

Boxing isn't just a sport anymore. Instead, fitness boxing has adapted the movements of the sport into exercise routines. This kind of boxing has many health benefits, such as improving balance, posture and heart health, strengthening the upper body and core, increasing alertness, improving hand-eye coordination, aiding in weight loss and boosting whole body strength. Payments are made to Cedar International School. For more information please contact Coach Malvin at (284) 343-7373.



# FRIDAY

*January 20 February 3, 10, 24 March 3, 10, 17, 24 (8)*

**Dungeons and Dragons - Last Airbender (Mr. Jarret)**

**Grades: 6 - 12**

**Venue: Mr. Jarret's room (#212)**

**Time: 3:15 - 4:15 pm**

**Limited to: 5 students**

**Cost \$90**

The three pillars of role-playing games are exploration, social interaction, and combat (supervised by a responsible adult). Students will learn the rules of the game, create characters, and role play through each session. Students have a great opportunity to learn teamwork, creative writing and character development, and improvisational choices. Role playing games offer unique opportunities to explore ideas and develop empathy within a safe environment. Above all, role playing games are theater of the mind, and cultivate a high degree of imagination. Socially, kids who play RPGs have to work cooperatively. Academically, they spend time reading, creatively solving problems, researching, and even doing a little light math when they consider the probability of the roll of the dice. No screen time involved, only storytelling. Evil characters or evil actions during a game session will not be allowed.

# **SATURDAY**

*January 21, 28 February 4, 11, 25, March 4, 11, 18, 25 (9)*

## **Saturday Morning Junior Squash Programmes (Coach Adam)**

**Grades: K and up**

**Time: 9.00 am - 12 pm**

**Venue: Tortola Sports Club**

**Limited to: 12**

**Cost: \$20 per session (paid session by session)**

Squash is a very fast sport which is perfect for youngsters with lots of energy who have good hand-eye coordination. The Mini-Squashers sessions are based primarily on having fun and developing sporting skills (movement, hand-eye coordination, catching, spatial awareness, discipline, etc.) within a squash environment. There will, of course, also be a focus on basic squash technique, movement and tactics. Squash was voted the "World's Healthiest Sport" by Forbes Magazine. Our coach Adam Murrills is a former world-ranked top 80 player. He has been the National Coach on island for the past 3 years in which time the junior programmes have grown substantially. We are about to finish the development of two brand new state-of-the-art squash courts (which gives us four in total) and we're very much looking forward to using these to further develop our programs!

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# Adults

## TUESDAY

*January 17, 24, 31 February 7, 21, 28 March 7, 14, 21 (9)*

**Teachers' Steel Pan (Mr. Johnson)**

**Venue: Design/Drama tent (staff car park)**

**Time: 3:15 - 4:15**

**Limited to: 21 Teachers**

**Cost: \$55**

Come join the teachers' steel band. The steel pan is an extremely enjoyable instrument to learn. I can almost guarantee that once you get started you will be addicted to the sweet melodious sounds of steel.

# THURSDAY

*January 19, 26 February 2, 9, 23 March 2, 9, 16, 23 (9)*

## **Senior Soccer Sisters Club (Coach John Reilly)**

**Age group: Women of all ages - students, staff and parents (on demand)**

**Venue: Cedar Community Pitch**

**Time: 4:30 - 5:30**

**Cost: Contribution welcome for the upkeep of the pitch**

Please speak to Coach John directly if you are interested in this club. If there is enough demand from girls who have not had the opportunity to play the beautiful game a dedicated coach will be recruited to assist with this group. There is a tournament planned for Jamaica in January 2023 (that Cedar has attended in the past) and this Club provides the pathway to have a successful tryout and make the team. We encourage girls to come out and have some fun! It has been proved that exercise benefits the mind and can have a positive impact on school grades!

## **Boxercising (Coach Malvin)**

**Grade: 6 - 12**

**Venue: Save the Seed**

**Time: 4:00 - 5:00 pm**

**Limited to: 4 students**

**Cost: \$100**

Boxing isn't just a sport anymore. Instead, fitness boxing has adapted the movements of the sport into exercise routines. This kind of boxing has many health benefits, such as improving balance, posture and heart health, strengthening the upper body and core, increasing alertness, improving hand-eye coordination, aiding in weight loss and boosting whole body strength. Payments are made to Cedar International School. For more information please contact Coach Malvin at (284) 343-7373.

# **SATURDAY**

*January 21, 28 February 4, 11, 25, March 4, 11, 18, 24 (9)*

**Adults Steelpan Club (Mr Johnson)**

**Venue: Design/Drama tent (staff car park)**

**Time: 10:00 - 12:00 p.m.**

**Limited to: 21 adults**

**Cost: \$113**

Parents will learn how to play music on the steelpan, invented right here in the Caribbean, on the island of Trinidad where discarded oil drums were fashioned into what is now recognised as the only major musical instrument invented in the 20th century. They will learn music theory and proper technique for playing and performing. They will be a part of a steel band that will perform for various events as scheduled. Instrument care and teamwork will be a major focus of the steel pan club as well as learning the history and origins of the steelpan. Time preference should be indicated when signing up for this club.



**CEDAR**  
INTERNATIONAL  
**SCHOOL**  
BRITISH VIRGIN ISLANDS

**Co-Curricular Clubs and Activities Programme  
Session Two 2022 - 2023 Registration Form**

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

I understand that although Cedar International School is the 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 \_\_\_\_\_ (Student) Date: \_\_\_\_\_

Signed \_\_\_\_\_ (Student) Date: \_\_\_\_\_

Contact phone number \_\_\_\_\_ Contact phone number \_\_\_\_\_

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

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

Please enroll \_\_\_\_\_ in \_\_\_\_\_ (Day) \_\_\_\_\_

(circle the type of payment: cheque/cash) Amount paid: \_\_\_\_\_

Please enroll \_\_\_\_\_ in \_\_\_\_\_ (Day) \_\_\_\_\_

(circle the type of payment: cheque/cash) Amount paid: \_\_\_\_\_

Please enroll \_\_\_\_\_ in \_\_\_\_\_ (Day) \_\_\_\_\_

(circle the type of payment: cheque/cash) Amount paid: \_\_\_\_\_

Please enroll \_\_\_\_\_ in \_\_\_\_\_ (Day) \_\_\_\_\_

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Please enroll \_\_\_\_\_ in \_\_\_\_\_ (Day) \_\_\_\_\_

(circle the type of payment: cheque/cash) Amount paid: \_\_\_\_\_

Please enroll \_\_\_\_\_ in \_\_\_\_\_ (Day) \_\_\_\_\_

(circle the type of payment: cheque/cash) Amount paid: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_