

Clubs and Extracurricular Programme

2023-2024 Session 1: September 18th - December 1st



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

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, 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 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) and the clubs coordinator, Mrs. Pierre-Louis (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 4 and Kindy)

MONDAY

September 18, 25 October 2, 9, 23, 30 November 6, 13, 20 (9)

Arts and Craft Club (Ms. Sudesh)

Grades: PreK 4 - Gr. 2

Venue: PreK (Room #314)

Time: 3:15 - 4:15

Limited to: 8 students

Cost: \$90

Arts and craft is a great way to expand your creativity. Come and learn to make simple card designs and complex crafts such as a paper flower, small cardboard houses, etc.

Little Ones Drama Club (Ms. Iman)

Grades: PreK 4 - Gr. 1

Venue: Drama tent

Time: 3:15 - 4:15

Limited to: 10 students

Cost: \$90

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 students Hugo Hlavaček and Harry Dixon)

Grades: K - 3

Venue: Cedar Community Pitch

Time: 3:15 - 4:15

Limited to: No limit

Cost: \$90

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, St. Thomas and St. Croix have resumed and being part of the Club provides a pathway 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, staying off screens, 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 and other leagues that are periodically organized by BVI FA are encouraged to sign up while noting this Club is open to all levels.*

TUESDAY

September 19, 26 October 3, 10, 24, 31 November 7, 14, 21, 28 (10)

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

Grades: PreK 4 - Grade 5

Venue: Drakes Traders Ltd Culinary Centre/Terrace

Time: 3:15 - 4:30

Limited to: 20 students

Cost: \$100

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

September 20, 27 October 4, 11, 25 November 1, 8, 15, 22, 29 (10)

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

Grade: PreK 4 - K

Venue: Drama tent

Time: 3:15 - 4:15

Limited to: 10 students

Cost: \$100

This introduction to gymnastics is designed to assist children in developing coordination and motor skills, encompassing balance and agility. Discover the fundamental aspects of gymnastics through a blend of music, enjoyment, and exploration. Under careful supervision, students will learn the art of tumbling, rolling, sliding, and jumping, utilizing soft play equipment to ensure a safe and engaging experience.

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: sherylbalexander@gmail.com to register.

THURSDAY

September 21, 28 October 5, 12, 26 November 2, 9, 16, 23, 30 (10)

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 recent FIFA Women's World Cup held down under where Spain managed to beat the Lionesses of England 1-0 in the final? Women's football is exciting and it is here to stay! Could your daughter be the next Sam Kerr who plays for Chelsea Women, Nikita Parris (Man U) or Chloe Kelly (Man City)? 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

September 22, 29 October 6, 13, 27 November 3, 10, 17 (8)

Lego Club (Ms. Iman)

Grades: PreK 4 - K

Venue: Ms. Abigail's room (#253)

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.

Primary

(Grade 1 - Grade 5)

MONDAY

September 18, 25 October 2, 9, 23, 30 November 6, 13, 20 (9)

Little Ones Drama Club (Ms. Iman)

Grades: PreK 4 - Gr. 1

Venue: Drama tent

Time: 3:15 - 4:15

Limited to: 10 students

Cost: \$90

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.

Arts and Craft Club (Ms. Sudesh)

Grades: PreK 4 - Gr. 2

Venue: PreK (Room #314)

Time: 3:15 - 4:15

Limited to: 8 students

Cost: \$90

Arts and craft is a great way to expand your creativity. Come and learn to make simple card designs and complex crafts such as a paper flower, small cardboard houses, etc.

Colourful Soap Making (Mrs. Kinkead)

Grades: 1 - 5

Venue: PreK (#313)

Time: 3:15 - 4:15

Limited to: 8 students

Cost: \$90

Learn a variety of skills and techniques to make beautiful soaps. Unleash your creativity as we explore colours, scents and textures.

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

Grades: K - 3

Venue: Cedar Community Pitch

Time: 3:15 - 4:15

Limited to: No limit

Cost: \$90

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, St. Thomas and St. Croix have resumed and being part of the Club provides a pathway 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, staying off screens, 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 and other leagues that are periodically organized by BVI FA are encouraged to sign up while noting this Club is open to all levels.*

Dungeons and Dragons Hero Kids (Mr. Jarret)

Grades: 1 - 5

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

Time: 3:15 - 4:15 pm

Limited to: 5 students

Cost \$90

Role Playing Games (RPG) are games using imagination and storytelling. The most famous RPG is Dungeons and Dragons, but other options are available. The three pillars of RPGs 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, character development, and improvisational choices. It is a unique opportunity to explore ideas and develop empathy within a safe environment and to cultivate a high degree of imagination.

Homework Club (Mr. Kumar)

Grades: 2 - 5

Venue: MYP English Room (#211)

Time: 3:15 - 4:15

Limited to: No limit

Cost: \$10 per session (invoiced monthly according to attendance)

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 - 7

Venue: Josiah's Bay

Time: 3:30 - 5:00

Limited to: 10 students

Cost: \$250

Attention all surfers! Mr Gabel and Surf School BVI have teamed up again to provide a club catering to 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 surfboards 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. \$250 per student for the season (\$25 per session).

Brownies (Bernadette - "Buttercup")

Age: 7 - 10 years old

Venue: Anglican Church Hall on Main Street

Time: 4:00 - 5:30

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: sherylbalexander@gmail.com to register.

Gymnastics Club (beginner gymnasts) (Ms. Restell)

Grades: 2 - 5

Venue: Cedar Atrium

Time: 3:15 - 4:15

Limited to: 10

Cost: \$90

For beginner gymnasts from Grades 2-5. Build confidence, strength and flexibility as you explore fundamental gymnastics movement patterns. Come and experience the world upside down!

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: \$90

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, St. Thomas and Florida will have resumed 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 and Club leagues periodically organized by BVI FA and try out for off island tournaments are encouraged to sign up but this Club is open to all levels!*

TUESDAY

September 19, 26 October 3, 10, 24, 31 November 7, 14, 21, 28 (10)

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

Grades: Pre-K 4 - Grade 5

Venue: Drakes Traders Ltd Culinary Centre/Terrace

Time: 3:15 - 4:30

Limited to: 20 students

Cost: \$100

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. Zore)

Grades: 2 - 5

Venue: MYP English Room (#211)

Time: 3:15 - 4:15

Limited to: No limit

Cost: \$10 per session (invoiced monthly according to attendance)

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.

Cricket Club (Mr. Kumar)

Grades: 1 - 10

Venue: Cedar Community Pitch

Time: 3:15 - 4:30

Limited to: 20 students

Cost: \$100

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.

Board Games (Ms. Abigail)

Grades: 3 - 6

Venue: Ms. Abigail's room (#253)

Time: 3:15 - 4:30

Limited to: 8 students

Cost: \$100

Everyone knows about Monopoly... but how about Seven Wonders? Carcassonne? Dixit? There are so many wonderful new board games to explore. Come enjoy learning new games, using problem solving skills, and communication in a group. Board games are a fun way to apply your skills and grow new ones.

Dungeons and Dragons (Mr. Jarret)

Grades: 4 - 12

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

Time: 3:15 - 4:15 pm

Limited to: 5 students

Cost \$100

Role Playing Games (RPG) are games using imagination and storytelling. The most famous RPG is Dungeons and Dragons, but other options are available. The three pillars of RPGs 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, character development, and improvisational choices. It is a unique opportunity to explore ideas and develop empathy within a safe environment and to cultivate a high degree of imagination.

Sewing and Embroidery (Ms. Sudesh)

Grades: 5 - 11

Venue: PreK (Room #314)

Time: 3:15 - 4:15 pm

Limited to: 8 students

Cost \$100

Join us to explore the crafts of hand sewing and embroidery. Discover the skills to mend torn clothing using various stitching methods. This club also offers valuable insights for students interested in grasping the fundamentals of fashion design.

WEDNESDAY

September 20, 27 October 4, 11, 25 November 1, 8, 15, 22, 29 (10)

Gymnastics Club (returning gymnasts/intermediate) (Ms. Shannon)

Grades: 2 - 5

Venue: Cedar Community Pitch

Time: 3:15 - 4:15

Limited to: 10

Cost: \$100

Did you do gymnastics club last school year? Would you like to continue advancing your skills? Come join us! We will build upon your base skills in strength, flexibility and balance.

Homework Club (Ms. Merritt)

Grades: 2 - 5

Venue: Ms. Shannon (Room #322)

Time: 3:15 - 4:15

Limited to: No limit

Cost: \$10 per session (invoiced monthly according to attendance)

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: Steelpan Tent (staff car park)

Time: 3:15 - 4:15

Limited to: 21 students

Cost: \$100

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: \$100

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: 4:15 - 5:15

Limited to: 12 students

Cost: \$100

Last summer, Coach Steph worked with Rich Mahler 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.

****Students will be enrolled in the homework club program at no cost and will be taken to basketball at 4:15pm.***

THURSDAY

September 21, 28 October 5, 12, 26 November 2, 9, 16, 23, 30 (10)

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 recent FIFA Women's World Cup held down under where Spain managed to beat the Lionesses of England 1-0 in the final? Women's football is exciting and it is here to stay! Could your daughter be the next Sam Kerr who plays for Chelsea Women, Nikita Parris (Man U) or Chloe Kelly (Man City)? 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.

Homework Club (Ms. Sydney)

Grades: 2 - 5

Venue: Secondary classroom (#324)

Time: 3:15 - 4:15

Limited to: No limit

Cost: \$10 per session (invoiced monthly according to attendance)

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 Zolita Bamford and Giada Palladino assisted by other highschool girls)

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 recent FIFA Women's World Cup held down under where Spain managed to beat the Lionesses of England 1-0 in the final? Women's football is exciting and it is here to stay! Could your daughter be the next Sam Kerr who plays for Chelsea Women, Nikita Parris (ManU) or Chloe Kelly (Man City)? 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. Zolita, Giada, Imogen and Catrin 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 and Club leagues that are periodically organized by BVI FA and try out for off-island tournaments are encouraged to sign up but this Club is open to levels.

FRIDAY

September 22, 29 October 6, 13, 27 November 3, 10, 17 (8)

Homework Club (Mrs. Benjamin-Turnbull)

Grades: 2 - 5

Venue: DP Biology Room (#212)

Time: 3:15 - 4:15

Cost: \$10 per session (invoiced monthly according to attendance)

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.

Secondary (Grade 6 - Grade 12)

MONDAY

September 18, 25 October 2, 9, 23, 30 November 6, 13, 20 (9)

Surf Club (Mr Gabel & Mr Howes)

Grades: 1 - 7

Venue: Josiah's Bay

Time: 3:30 - 5:00

Limited to: 10 students

Cost: \$250

Attention all surfers! Mr Gabel and Surf School BVI have teamed up again to provide a club catering to 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 surfboards 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. \$250 per student for the season (\$25 per session).

Girl Up (Martha Killourhy and Skye-lar Potter)

Grades: 6 - 12

Venue: (Room #222)

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: girlupbvi@gmail.com. We'll respond within 2 - 3 business days.

Latin American Dance Club (Ms. Márquez)

Grades: 6 - 11

Venue: (TBA)

Time: 3:15 - 4:15

Limited to: 10 students

Cost: \$90

We heard that you love to dance. Come and join this informal and fun dance club! You will enjoy listening to music and dancing to various rhythms from Latin America. Come and enjoy the beauty of salsa, merengue, bachata, etc. ¡Vamos a bailar!

TUESDAY

September 19, 26 October 3, 10, 24, 31 November 7, 14, 21, 28 (10)

Cricket Club (Mr. Kumar)

Grades: 3 - 12

Venue: Cedar Community Pitch

Time: 3:15 - 4:15

Limited to: No Limit

Cost: \$100

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 (Mr. Jarret)

Grades: 4 - 12

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

Time: 3:15 - 4:15 pm

Limited to: 5 students

Cost \$100

Role Playing Games (RPG) are games using imagination and storytelling. The most famous RPG is Dungeons and Dragons, but other options are available. The three pillars of RPGs 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, character development, and improvisational choices. It is a unique opportunity to explore ideas and develop empathy within a safe environment and to cultivate a high degree of imagination.

Sewing and Embroidery (Ms. Sudesh)

Grades: 5 - 11

Venue: PreK (Room #314)

Time: 3:15 - 4:15 pm

Limited to: 8 students

Cost \$100

Join us to explore the crafts of hand sewing and embroidery. Discover the skills to mend torn clothing using various stitching methods. This club also offers valuable insights for students interested in grasping the fundamentals of fashion design.

WEDNESDAY

September 20, 27 October 4, 11, 25 November 1, 8, 15, 22, 29 (10)

Archery (Coach Kiwi)

Grades: 6 - 12

Venue: Cedar Archery Course

Time: 3:15 - 4:15

Limited to: 10 students

Cost: \$100

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

Rotary International Interact Club (President Siyanda)

Grades: 7 - 12

Venue: (Room #222)

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.

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: \$100

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.

THURSDAY

September 21, 28 October 5, 12, 26 November 2, 9, 16, 23, 30 (10)

Jumpers Co. Basketball Club (Coach Steph)

Grades: 6 - 12

Venue: Cedar International School Basketball Court

Time: 4:15 - 5:15

Limited to: 12 students

Cost: \$100

Last summer, Coach Steph worked with Rich Mahler 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 and women who have not had the opportunity to play the beautiful game, a dedicated coach will be recruited to assist with this group. This Club provided the pathway for tryouts to make the team that attended - and won! - the SoccerFeva tournament in Jamaica this January. Many of the girls who have participated in Soccer Sisters have gone on to represent The British Virgin Islands in underage and senior international football. We encourage girls to come out and enjoy! It has been proved that exercise benefits the mind and can have a positive impact on school grades.

Adults

WEDNESDAY

September 20, 27 October 4, 11, 25 November 1, 8, 15, 22, 29 (10)

Writing for Adults (Ms. Kinhead)

Venue: Library (Room #200)

Time: 3:15- 4:15 p.m.

Limited to: 10 Adults

Cost: \$100

Do you feel like your inner writer has been lost in the throng of work emails and shopping lists? Awaken your creativity as you use your personal experiences to produce writing pieces of which you will be proud.

THURSDAY

September 21, 28 October 5, 12, 26 November 2, 9, 16, 23, 30 (10)

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 and women who have not had the opportunity to play the beautiful game, a dedicated coach will be recruited to assist with this group. This Club provided the pathway for tryouts to make the team that attended - and won! - the SoccerFeva tournament in Jamaica this January. Many of the girls who have participated in Soccer Sisters have gone on to represent The British Virgin Islands in underage and senior international football. We encourage girls to come out and enjoy! It has been proved that exercise benefits the mind and can have a positive impact on school grades!

FRIDAY

September 22, 29 October 6, 13, 27 November 3, 10, 17 (8)

Me Time! (Mrs. Kinkead)

Venue: Pre Kindergarten (Room #313)

Time: 3:15- 4:15 p.m.

Limited to: 8 adults

Cost: \$80

Clubs are for parents, too! Why run around doing errands when you can enjoy a sanctuary for creativity and relaxation? Using a philosophy of nature-based expressive arts, this course will be a blend of arts, crafts, writing, and self-exploration. Herbal tea will be provided.

SATURDAY

September 23, 30 October 7, 14, 28 November 4, 11, 18, 25, Dec 2, 9 (11)

Adults Steelpan Club (Mr Johnson)

Venue: Steelpan tent (staff car park)

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

Limited to: 21 adults

Cost: \$137.50

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.



Co-Curricular Clubs and Activities Programme Session Three 2023 - 2024 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) _____

(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: _____

Parent Signature _____ **Date** _____