

Extra-Curricular Activities Booklet







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Extra-Curricular Activities Term 1 2022-2023

ECA	Staff Member	When and where it is happening
Basketball	External coaches	Friday after school
Football	Ms Hanlon, Mr Wangai	Tuesday and Thursday after school
Elite swimming	Mr Wangai Mr Massawe	Tuesday and Thursday before school
LAMDA	Ms Sekela	Wednesday lunchtime
Band	Mr Makinga	Monday after school.
Joseph and his Amazing Technicoloured Dreamcoat	Mr Makinga	Rehearsals to be arranged as needed
MUN/MSMUN	Ms Wema	Tuesday lunchtime
International Award	Mr Treacher, Ms Hanlon	Thursday lunchtime Physics lab
World Scholars Cup	Mr Nyanda	Thursday after school. Computer room.
Community Service	Ms Munch	Monday after school. French room.
Cooking for university club	Mr Hopkinson Ms Kaaya	Tuesday after school. Venue to be confirmed
Art club (this will be different to curriculum art)	Ms Kwambai	Friday after school
Guitar club (this has a cost of 12,000TSh per session and is run as part of the peripatetic programme).	Ms Sekela	TBC
Science, Technology, Engineering and Mathematics Club	Mr Mo Ms Felix	Thursday after school.

The Duke of Edinburgh's International Award

The Duke of Edinburgh's International Award is a global non-formal education framework which operates in more than 130 countries and territories, helping to inspire young people to dream big, celebrate their achievements and make a difference in their world.

Not all learning happens in the classroom – in fact some of life's biggest lessons happen in the least likely locations. As the world's leading non-formal education framework, the Award focuses on developing the wider life skills which help young people ensure they are truly ready for the world.

The value of non-formal education is increasingly recognised by global institutions and education experts alike. When paired with a quality formal education, it provides a fantastic foundation for a young person to thrive. This is why thousands of schools, colleges and universities around the world value the Award so highly and offer it as a key part of a truly holistic education.

Young people who have had the opportunity to take part in the Award commonly report an increase in their self-confidence; resilience; leadership skills; creativity and adaptability; planning and problem-solving; communication skills; and personal and social well-being, amongst many other benefits.

Any organisation with young people from the ages of 14 - 24 can deliver the Award. The flexibility of the framework means that it is delivered in all different cultural contexts and locations, from international schools to youth clubs supporting the hardest to reach in society; from Scout and Cadet groups, to refugee camps.

THE AWARD FRAMEWORK Gold dventurou: Voluntary Skills Residential Service Journey Project* Bronze Silver Aged 14+ Aged 15+ Aged 16+ 12 months min 18 months min

World Scholars Cup

Letter from a Scholar

How are you scholars !!

All your base are belong to us.

If you're already here, you're probably thinking about participating in the World Scholar's Cup. You should. It's truly a great experience. Not only can you increase your understanding about different subjects, you learn how to connect them to each other, and to the world.

This is an academic competition. But it's different from other competitions, in that it's probably not even a competition. It is a celebration. Instead of focusing on memorizing facts, WSC is all about applying them and relating them to the world around us ^[1] You don't need to know that Victor Hugo was a realist; you need to know what artwork might have interested him the most ^[2]. You may learn about the housing bubble, or why Yue Minjun painted <u>five unclothed men laughing in front of five white birds</u>, and debate whether there will be another bubble even when we most expect it, or what a painting of laughing men could mean in a regime that never laughs at itself. Whatever you do, you're celebrating learning, even if you don't think you like learning. Before you know it, you'll be asking for more topics to explore^[3].

I can't believe that I haven't mentioned alpacas yet. They're paw-some.^[4] You can get different types of alpacas at tournaments, such as furry ones, finger puppets, or even genetically modified alphabears.

You'll have a great experience. You'll make new friends and learn from other people. Even though you'll have to study a lot and research a lot, you'll love doing it.

Is it challenging? Yes. Can it be frightening? Yes. Will it be fun? Absolutely. Welcome to the World Scholar's Cup; welcome to the greatest festival of learning in the world.

Terran Kroft Kaohsiung

LAMDA

If you want to become a professional performer, a skilled speaker, or build up your self-confidence, LAMDA Exams can support you as you develop the life-long skills you need to pursue your dreams.

Over a hundred thousand people take LAMDA Exams every year. They come from all over the world, from all cultures, backgrounds and abilities.

Our exams are open to everyone. There are no access requirements beyond enthusiasm and passion.

About the Speaking Verse and Prose exam

Our Speaking Verse and Prose learners develop a whole host of skills, from speaking clearly and using voice projection, to improving memorisation and building an understanding of poetry and prose which supports studies in English literature. As learners progress through the levels they interact with the texts, responding to them with imagination and using body language and expression to engage an audience.

Learners working towards their Level Three grades are delving into sonnets, exploring the life and work of William Shakespeare and discussing his influence, as well as discovering the other writers whose works they are performing.

About the Speaking in Public exam

Speaking in Public exams prepare our learners for a task that daunts so many people. Learners write their own speeches, researching the topics, creating visual aids and presenting them from memory (although they can use notecards, if they prefer).

As they progress through the grades they will develop the ability to speak clearly and project their voice for an audience. They'll discover the techniques they require to engage an audience and to structure their speech effectively.

At the higher graders, learners will be asked to create an impromptu speech with minimal preparation.



Name:		
		
Class:		
I would like to do th	e following activities.	
Day	Club	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
I agree for my son/d	aughter to be involved in the	above activities.
Parent's/carer's signature		Date