

# After school activities at the ESH

## School year 2015-2016

Dear Parents,

We are pleased to inform you that the After School Activities will start from:

### Monday 7<sup>th</sup> September 2015

All the ASA we did last school year were a big success, so we decided to continue with these activities. We also have some new activities!

The classes will be grouped into three terms. Each term will exist of a minimum of 10 lessons. It depends on which activity you choose, how many lessons the term will exist of. This is because at some days there can't be taught, see schedule below.

**1<sup>st</sup> term:** Monday 7<sup>th</sup> of September – Friday 11<sup>th</sup> of December

**2<sup>nd</sup> term:** Monday 4<sup>th</sup> of January – Thursday 24<sup>th</sup> of March

**3<sup>rd</sup> term:** Monday 4<sup>th</sup> of April – Friday 1<sup>st</sup> of July

*\*Please note: ask the ASA teacher, how many lessons that activity will exist of.*

#### **1<sup>st</sup> term no lessons on:**

- Monday 14 September = INSET day
- Tuesday 15 September = School closed
- Week of Monday 19 October = autumn holiday
- Friday 27 November – Thursday 3 December  
= Zwarte pieten gym

#### **2<sup>nd</sup> term no lessons on:**

- Monday 4 January = INSET day
- Week of Monday 22 February = Spring break
- Monday 04 April = Easter Monday

#### **3<sup>rd</sup> term no lessons on:**

- Wednesday 27 April = King's day
- Week of 2 and 9 May = May holiday
- Monday 16 May = Whitsun Monday
- Friday 10 June = INSET day

## Registration

You can register your child for one term at the time. This is different from last school year. We decided to add this rule, to make sure all children will have a possibility to join an ASA. When your child would like to continue the activity, you can sign up again, but all new children will have priority.

To register your child, you have to send an email to the contact person directly (contact details are indicated by the activity description). If you are interested in a particular activity or would like more details, please email the contact person directly as well. Please note that the places are not guaranteed, who first comes, will be first served.

Registration deadline: **Wednesday 2<sup>nd</sup> of September**

*Please note that the first class for **new children** is **FREE** and then you will need to commit for one term.*

For all activities starting straight after classes, the Nursery children will be collected directly from their classrooms, the Primary children will go to the meeting point themselves. The children will have a short snack/ packed lunch (brought from home) before the activity starts.

For activities starting later in the afternoon on Wednesday, the children need to be brought to the school directly by the parents.

To pick up your child, parents have to wait outside. Nursery children can be collected directly from the activity, Primary children will be brought outside by the ASA-teacher.

Suggestions and/or questions are always welcome at [afterschool@eshthehague.nl](mailto:afterschool@eshthehague.nl).

Kind regards,

Ms. Kasja Kortekaas & Ms. Birgitta Blank

### ASA timetable

<b>ACTIVITY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Art Kids Club</b> Art room			<b>12.45-13.45</b> (Nu 2,P1) <b>14.00-15.00</b> (P2-P5)		
<b>Capoiera</b> P- 1/3 <sup>e</sup> Gym	<b>15.15-16.00</b> (Nu 1/2)	<b>15.15-16.15</b> (P1-P5)			
<b>Childrens Choir</b> Tue+Wed Room 109a Thu Art room		<b>15.15-16.00</b> (P1)	<b>12.45-13.30</b> (Nu 2)	<b>15.15-16.00</b> (P2-P5)	
<b>Creative Orchestra</b> Mon. Art room, 107, 108A, 109 + 109a Tue. Art room, 107, 108A, 109, 109a	<b>15.15-16.30</b> (P1-P5)	<b>15.15-16.30</b> (P1-P5)			
<b>Dance Expression</b> Wed P – 1/3 <sup>e</sup> Gym Fri– Art room			<b>13.00-13.45</b> (Nu 1/2)		<b>15.15-16.00</b> (Nu2 + P1)
<b>Photography club</b> Monday 1.27 Tuesday 1.24	<b>15.15-16.30</b> (P3-P5)	<b>15.15-16.30</b> (P3-P5)			
<b>Football</b> P – Field		<b>15.15-16.15</b> (NU1/2)		<b>15.15-16.30</b> (P1-2)	<b>15.15-16.30</b> (P3-P5)
<b>Girls' Gymnastics</b> P – 2/3 <sup>e</sup> Gym			<b>15.15-16.30</b> (P3-P5)		
<b>Judo</b> P – 1/3 <sup>e</sup> Gym				<b>15.15-16.00</b> (Nu1/2)	<b>15.15-16.00 OR 16.15</b> Term 1: (Nu1/2) Term 2: (P1-2) Term 3: not decided yet
<b>Boxing</b>			<b>15.15-16.15</b>		

<b>P – 1/3<sup>e</sup> Gym</b>			<b>(P3-P5)</b>		
<b>ACTIVITY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Kids Sport</b> P 2/3 <sup>e</sup> – Gym (NU2,P1) P Gym (P2-P3) P – Field (P4-P5)			<b>12.45-14.00</b> (Nu2,P1) <b>14.00-15.15</b> (P2 –P3) <b>14.00-15.15</b> (P4-P5)		
<b>Hockey</b> P – Field	<b>15.15-16.30</b> (P4-5)				
<b>Multi-sport</b> P – Field (P2-P5)			<b>12.45-14.00</b> (P2–P5) → <i>Out side</i>		
<b>Modern Dance</b> P –2/3 <sup>e</sup> Gym	<b>15.15-16.15</b> (P1-2)			<b>15.15-16.15</b> (P3-5)	
<b>Playball</b> P –2/3 <sup>e</sup> Gym		<b>15.15-16.10</b> (Nu 2)			<b>15.15-16.10</b> (P1-2)

# Art kids club

## 1. Activity

IETS Arts Club offers a workshop in which the kids get in contact with different forms of visual arts. The Art Club offers a mix of techniques and materials to kids in a playful and challenging way. The kids get space for their own ideas and their imagination will be stimulated.

The kids will work with different materials like paint, pastels and charcoal but also with textiles, felt (dry and wet techniques), and recycle material. In an accessible way they get an introduction to different artists and make their own creations and interpretations of their work. The content of the lessons will be partly depending on the interests of the group of kids.

In the last lesson there will be a small exposition for the kids and parents.

It's not about creating perfect artists, it's all about discovering and exploring!

## 2. Age

Nursery 2 & Primary 1 (Wednesdays: 12.45-13.45)

Primary 2 - 5 (Wednesdays: 14.00-15.00)

## 3. Price

The art classes are inclusive of all the materials (paper, canvas, paint, clay, fabrics, felt etc.).

€ 8.50 per lesson / (1 h)

## 4. Contact and registration

To register your child, please contact Iris Scheffers directly at [iris@ietscreatief.nl](mailto:iris@ietscreatief.nl) giving your child's name, age and class details. [www.ietscreatief.nl](http://www.ietscreatief.nl)

# Capoeira

## 1. Activity

Capoeira is a Brazilian game which combines elements of martial art, dance, acrobatics, theatre, music and social interaction. In a multi dynamic and playful way children get to know their body and mind. Through group, couple and solo exercises they discover and learn several ways of interaction. A lot of natural movements based on animal walks and yoga are fun and different. Other elements of the classes are: music, songs in Portuguese, communication, health and respect. All classes combine structured technique training and exiting (capoeira) games! Fun discipline, creativity and freedom! Teacher Arnold 'Vitamina' speaks English, Dutch and Portuguese fluently and understands Spanish. For a class impression: <http://youtu.be/Jci6UFIsZnI>

## 2. Age

Nursery (Monday 15.15-16.00)

Primary 1 – 5 (Tuesdays: 15.15-16.15)

## 3. Price

€ 8.50 per lesson / (1 h)

## 4. Contact and registration

To register your child, please contact Arnold Baldé (Vitamina) directly at [capoeiradenhaag@gmail.com](mailto:capoeiradenhaag@gmail.com) giving your child's name, age and class details. Please note that this class will run **only** if there are a minimum of 15 participants.  
[www.capoeiradenhaag.nl](http://www.capoeiradenhaag.nl)

# Children's choir

## 1. Activity

a. **MINI-MUSIC for Nursery 2 students.** In the Mini-Music classes children will study music and movement by the objective-oriented Finnish Music Playschool pedagogue. It's a unique way to teach music to the children. In the Mini-Music we learn by playing (singing, playing rhythm instruments and using other teaching aids, movement, words, stories, play and children's own ideas). Children have lots of fun, but in the same time they learn the basic elements of music. The goals in the curriculum are to

1) offer a positive start for the music studies,

2) give a positive feeling about music,

3) teach about the basic elements of music by using many different elements.

Repeat is used to give children opportunities to feel safe, have feelings of success and adapt them to the pedagogue of the Music Playschool. It is very important that families commit to and take classes on a regular basis. This will lead to the best results.

b. **PRE-CHOIR for Primary 1 students.** In the Pre-Choir children develop their skills in singing, vocabulary and movement. The activities in this program comes from the objective-oriented Finnish Music Playschool pedagogue. (Please see the details above.) We will concentrate specially to singing together but won't forget to do it in a fun way.

c. **CHILDREN'S CHOIR for Primary 2-5 students.** A choir for the young singers. Join us if you love to sing and want to do it together with others. In the choir we will focus on singing and how we can do it in a healthy way. The main goal is to learn to sing together as a group, as a choir. We are going to sing folksongs and choir music from around the world.

Language: English

## 2. Age

Primary 1- (Tuesday: 15.15-16.00)

Nursery 2 (Wednesday: 12.45 – 13.30)

Primary 2 -5 (Thursday : 15.15 -16.00)

## 3. Price

€ 10.00 per lesson

## 4. Contact and registration

To register your child, please contact Karla-Maria Toiviainen directly at [karla@karlando.nl](mailto:karla@karlando.nl) giving your child's name, birthday and class details.

If the minimum number of students (10) enroll during the registration period the Children's choir will be established.

[www.karlando.nl](http://www.karlando.nl)

# Creative orchestra

## 1. Activity

The Creative Orchestra gives children the possibility to develop their musicality and stimulate their creative faculties. The activity is divided in two parts:

a) the first is the so-called 'sectional group', where a qualified teacher works in small groups of children to prepare the technical aspects of the instruments and the music parts to perform in the orchestra (duration: 30 minutes per week);

b) the second one is the orchestra itself, where the children, together with the teachers, will work on pieces of different styles and will enjoy the experience of being part of a group and creating music together (duration: 45 minutes per week).

The instruments we offer for the orchestra are: violin, viola, cello, flute, recorder and guitar. This activity is open to children with experience in one of these instruments or those who have never played before and wish to learn. It's recommended that children commit the whole school year to the orchestra. The lessons will be in English.

## 2. Age

Primary 1-5 (Mondays or/and Tuesdays: 15.15-16.30)

## 3. Price

€12.50 for both lessons (sectional and orchestra) / (1h 15min).

## 4. Contact and registration

To register your child, please contact Víctor Flores directly at [creativeorchestraproject@gmail.com](mailto:creativeorchestraproject@gmail.com) giving your child's name, age, class and preferred instrument details.

After two years of success, we invite you to join us to make the project grow!

# Dance expression

## 1. Activity

In the dance lessons young children will learn general dance development, the basics before they start with a dance technique like classical, jazz or modern dance. The dance classes always have a theme that interests the pupils like children's story books, the four seasons and public holidays like Christmas, Easter etc. Music and materials are very important and inspire children to dance. Children contribute to dance with their own creativity and imagination. A lot of attention is paid to the development of motor and social skills but most of all the pleasure of dance!

Language: English, Dutch & Spanish

## 2. Age

Nursery 1-2 (Wednesdays: 13.00-13.45)

Nursery 2 & primary 1 (Fridays: 15.15-16.00)

## 3. Price

€7.50 per lesson / (45 min)

## 4. Contact and registration

To register your child, please contact Astrid Groot directly at [astridgrt@hotmail.com](mailto:astridgrt@hotmail.com) giving your child's name, age and class details.

# Photography club

## 1. Activity

Our children take more photos nowadays than we ever did at their age. They also are exposed to an extremely rich and omnipresent visual culture. In ways they are so “experienced” that they often forget to consider that taking a photograph requires more than the press of a button; and that if they paused, really looked and decided on a few small adjustments, they could grow from taking snapshots to create their own personal works of art.

In this photography club, I aim to encourage children to see photography as a versatile medium of expression. They are still young and therefore rather unaware of how unique their vision of the world is. The idea is for them to not be constrained by the (lack of) gear or rules and to create something meaningful with what is available. We will of course talk light quality, composition, cropping etc. and explore techniques, but mostly to show how those can support and enhance what they choose to express.

The format of the class will be interactive. Every week we’ll pick a specific technique or topic (movement, reflections, silhouettes...) or type of photography (portrait, landscape, street, abstract, fashion... ) and will discuss what it means, what others who came before us did, what we could do with it etc. This should give the kids inspiration to go out there and make it their own and so every week there will also be a small photo-challenge to be completed at home. Everyone will share their resulting photographs in the next class so we can learn from each other and build on each other.

We will mostly work on digital photography and your child needs to have access to a camera at home. This can be a smart phone, a point and shoot or even a DSLR. They will NOT need to bring it to school. There will be one lesson where we will discuss film and I will give each child a disposable camera.

## 2. Age

Primary 4-5 (Tuesday: 15.15-16.15)

Class limited to 10 children.

## 3. Price

€11.50 per lesson /60 minutes. Includes the cost of a disposable camera, developing and printing.

## 4. Contact and Registration

To register your child, please contact Anne Wright directly at [anne@annewrightphotography.com](mailto:anne@annewrightphotography.com) giving your child’s name, age, class and type of digital camera you child will be using at home (smart phone, point and shoot or DSLR).

# Football

## 1. Activity

Football is arguably the world's most popular and favorite sport. The football sessions will be outside in the ESH garden. Outdoor shoes, rain jacket etc. will be required.

## 2. Age

Nursery 1-2 (Tuesday: 15.15-16.15)

Primary 1-2 (Thursday 15.15-16.30)

Primary 3 -5 (Friday : 15.15-16.30)

## 3. Price

€10.00 per lesson

## 4. Contact and registration

To register your child, please contact Ralf Forster directly at [esh@amforca.com](mailto:esh@amforca.com) giving your child's name, age and class details.

# Girls' gymnastics

## 1. Activity

This activity offers to girls aged between 8 and 11 years the possibility to learn some basic skills of artistic gymnastics. Each lesson will include: a) exercises for improving flexibility, strength, balance, motor coordination and b) specific exercises to learn easy acrobatic skill elements (forward roll, backward roll, bridge, splits, candle, cartwheel and handstand), simple tumbling passes, turns and jumps (split leap, cat leap) on the floor. Exercises on the balance beam and vault will be also performed.

## 2. Age

Primary 3 -5 (Wednesday: 15.15-16.30)

Maximum of 12 girls.

## 3. Price

€7.50 per lesson / (60 min)

## 4. Contact and registration

To register your child, please contact Marianna Romei directly at [marianna.romei@gmail.com](mailto:marianna.romei@gmail.com) giving your child's name, age and class details.

# Judo

## 1. Activity

Sportmindz is a non profit organization which offers self-defense lessons to children. For more information on us and our programs, see [www.sportmixz.nl](http://www.sportmixz.nl)

At ESH, our judo lessons are suitable for ages 4 -6 and 6-8. In all of our lessons, fun and playfulness are key ingredients.

SportMindz works with professional teachers. The 10 week course at ESH is a nice opportunity for children to discover the world of Judo. At the end of the course, the children will receive a diploma. At our Dojo, Rank examinations are possible.

## 2. Age

First term:

Nursery 1 & 2 (Thursday: 15.15-16.00)

Nursery 1 & 2 (Friday: 15.15-16.00)

Second term:

Nursery 1 & 2 (Thursday: 15.15-16.00)

Primary 1 & 2 (Friday: 15.15-16.15)

Third term:

Nursery 1 & 2 (Thursday: 15.15-16.00)

Not decided yet (Friday: 15.15-16.15)

## 3. Price

€7.00per lesson / (45 min)

For the lessons, a Judo outfit is mandatory. These can be ordered through our supplier Essimo at 25% discount. For the first (trial) lesson, sweatpants and t-shirt with long sleeves is sufficient.

## 4. Contact and registration

To register your child, please contact us at [jeugd@sportmindz.nl](mailto:jeugd@sportmindz.nl). Please be sure to send us your child's name, age and class details (name teacher and class number).

# Boxing

## 1. Activity

Sportmindz is a non profit organization which offers self-defense lessons to children. For more information on us and our programs, see [www.sportmixz.nl](http://www.sportmixz.nl)

At ESH, SportMindz offers boxing lessons for boys and girls aged 8 to 12 years. Boxing is a great way to teach children discipline and work ethic and improves confidence and fitness. In our Boxing lessons, children will learn the basic techniques of boxing in a fun and challenging way.

Our teacher is **Giovanni Spormaker**. Giovanni (1968) is a father of 4 and has been teaching Boxing to children for years at Haagse Direkte (The Hague's oldest boxing school) and SportMindz. Giovanni speaks Spanish, Italian and French fluently

Safety:

Your child's safety is a priority to us. In our lessons strikes to the head are not allowed. Also sparring is not a part of the program at ESH.

Safety:

Your child's safety is a priority to us. In our lessons strikes to the head are not allowed. Also sparring is not a part of the program at ESH.

## 2. Age

Primary 3-5 (Wednesday: 15.15-16.15)

## 3. Price

€7,50 per lesson / 60 minutes

The price includes the use of our boxing gloves.

## 4. Contact and registration

To register your child, please contact us at: [jeugd@sportmindz.nl](mailto:jeugd@sportmindz.nl). Please be sure to send us your child's name, age and class details.

# Kids sports school

## 1. Activity

Children need to learn their fundamental movement and sport skills at the right time and in the right order. Based on this fact, we especially designed a program for children including a curriculum which is taking the development stages of a child into account. This concept aims to: - help improve children's social and psychological development - encourage the creativity of the children provide basic education of different individual motor skills in a big variety of different sports such as ball games, gymnastics basics, track and field etc. We will advise you on finding the right sport for your child! Your child can find out without any pressure what kind of sports he/she likes. Our motto is: start early, specialize later.

For Primary 2-5 we will offer different kind of sports divided in blocks. For example, first two lessons basketball, 3<sup>rd</sup> and 4<sup>th</sup> lesson volleyball etc.

Language: Lessons given in English and Dutch. Additional languages spoken: German.

## 2. Age

Nursery 2, Primary 1 (Wednesdays: 12.45-14.00)

Primary 2-3 (Wednesdays: 14.00-15.15)

Primary 4-5 (Wednesdays: 14.00-15.15) → outside

## 3. Price

€10.00 per lesson / (60 min.). Nursery 2, Primary 1

€12.00 per lesson / (75 min.). Primary 2 -5

## 4. Contact and registration

To register your child, please contact Ralf Forster directly at [esh@amforca.com](mailto:esh@amforca.com) giving your child's name, age and class details.

# Hockey

## **1. Activity**

Hockey is a very popular sport and quite a lot of people are playing hockey after school already. The hockey sessions will be outside in the ESH garden. Outdoor shoes, rain jacket etc. will be required.

## **2. Age**

Primary 4-5 (Monday: 15.15-16.30)

## **3. Price**

€10.00 per lesson

## **4. Contact and registration**

To register your child, please contact Ralf Forster directly at [esh@amforca.com](mailto:esh@amforca.com) giving your child's name, age and class details.

# Multi sports

## 1. Activity

Children need to learn their fundamental movement and sport skills at the right time and in the right order. Based on this fact, we especially designed a program for children including a curriculum which is taking the development stages of a child into account. This concept aims to: - help improve children's social and psychological development - encourage the creativity of the children provide basic education of different individual motor skills in a big variety of different sports such as ball games, gymnastics basics, track and field etc. We will advise you on finding the right sport for your child! Your child can find out without any pressure what kind of sports he/she likes. Our motto is: start early, specialize later.

For Primary 2-5 we will offer different kind of sports divided in blocks. For example, first two lessons hockey, 3<sup>rd</sup> and 4<sup>th</sup> lesson athletics etc.

Language: Lessons given in English and Dutch. Additional languages spoken: German.

## 2. Age

Primary 2-5 (Wednesdays: 12.45-14.00) → outside

## 3. Price

€12.00 per lesson / (75 min.). Primary 2 -5

## 4. Contact and registration

To register your child, please contact Ralf Forster directly at [esh@amforca.com](mailto:esh@amforca.com) giving your child's name, age and class details.

# Modern jazz / Street dance / Hip hop

## 1. Activity

Warming up and technique based on the three types of dance.

Working in a team (duet, trio or more...), building up a routine using technical dance movements.

Outfit: comfortable clothes (no loose clothing), socks, sneakers.

After warming up based on the main exercises of modern jazz technique, street dance and hip hop, pupils practice steps and technical movement moving in their space in relation to a partner. The lesson ends with a short routine to enable pupils to express their feelings and creativity with music.

## 2. Age

Primary 1-2 (Mondays: 15.15-16.15)

Primary 3-5 (Thursdays: 15.15-16.15)

## 3. Price

€6.50 per lesson / (1 h)

## 4. Contact and registration

To register your child, please contact Brigitte Autin directly at [brigitteautin@me.com](mailto:brigitteautin@me.com) giving your child's name, age and class details.

# Playball

## 1. Activity

Playball offers a multi-skill program of sports activities, fundamental movement skills and games for children aged 2-9 years. Our programs are age specific and the curriculum follows a progressive pathway from the basic building blocks of jumping, throwing, rolling, hitting, catching, kicking, to learning a variety of sports skills, to having fun with mini games of tennis, hockey, cricket, rugby, football, basketball, baseball, volleyball and much, much more!

Our action-packed lessons will immerse your little star in fun, age-appropriate, high quality games and activities, ensuring that they have a positive experience with us and enjoy every minute of being physically active!

Playball children engage in activities which promote a positive self-image, encourage persistence and strengthen the desire to challenge oneself.

## 2. Age

Nursery 2 (Tuesdays: 15.15-16.10)

Primary 1-2 (Friday: 15.15-16.10)

## 3. Price

€12.00 per lesson / (55 min).

## 4. Contact and registration

To register your child, please contact Maggie Bedwell directly at [kidsplayball@hotmail.com](mailto:kidsplayball@hotmail.com) giving your child's name, age and class details.