

TERM 4, 2017 High School

Extra-Curricular Activities and CAS starting on Monday, 09 October until Friday, 16 October 2017.
6 Weeks of Extra-Curricular Activities

DAY	EXTRA-CURRICULAR ACTIVITY	TIME	SUPERVISOR	CAS STRAND
MON	Tennis - Social Players (Mon & Wed)	15:30-16:30	Ms Brown	Activity
	Power Club - Cross Fit Inspired Fitness Club	15:15-16:15	Mr Grant	Activity
	Chess	15:30-16:30	Piotr Lipinski	Creativity

TUES	Squad Swimming (Tues; Thurs)	15:30-16:30	Mr Olivier & Splash	Activity
	Tennis - Team Players for matches (Tues; Thurs)	15:30-16:30	Chris De Koker	Activity
	Cricket Matches U12 & U13	15:00-17:30	Mr Greensil	Activity
	Softball - Mixed, social games	15:15 - 16:15	Mr Stofberg	Activity
	Creative Writing	15:15-16:15	Ms Field	Creativity

WED	Tennis - Social Players	15:30-16:30	Ms Brown	Activity
	Dance at school	15:15-16:15	Mrs Kyriaco	Creativity
	Computer Club - continuing from Term 3	15:15-16:15	Ms Davies	Creativity
	Mountain Bike Club	15:15-17:00	Mr Behne	Activity
	Cultural Miscellaneous	15:15-16:15	Ms Balikaran	Activity
	Additional Swimming - Timing & Speed Work	16:15-17:15	Splash Swim School (Own Transport)	Activity

THURS	Squad Swimming (Tues; Thurs)	15:30-16:30	Mr Olivier & Splash	Activity
	Tennis - Team Players for matches	15:30-16:30	Chris De Koker	Activity
	Cricket Practice U12 & U13	15:00-16:00	Mr Greensil	Activity
	Eco Club	15:15 - 16:15	Ms Souter	Service
	Running Club	15:15-16:00	Ms Zervas & Ms Franken	Activity
	*Wind Instrument or Piano Lessons	School Hours	Heather Roth	Creativity
	Yoga	15:30-16:15	Jeanne Welsh/Nia Thorpe	Activity

All students to take part in at least one *Activity* and one *Creativity* during the year.
The *Service* element of CAS will be covered by each Tutor Group.

The following activities are an automatic 2 term sign-up for Term 1 & 4:
Tennis; Swimming Squad; Cricket; Running Club; Eco Club

The following clubs are an automatic sign-up for Term 1 & 2:
Chess; Newspaper Editorial; Computer Club; Global Scholars

Please contact kobus.stofberg@iesmail.com for any queries