



MS ROUND SQUARE AFTER SCHOOL ACTIVITIES



and



Activity	Instructor	Description	Activity	Instructor	Description
Dance Tuesdays 3:30 - 4:45pm Dance Studio	Antonia Mukandie Gilbert Mghana	Choreo Inc brings you the exciting world of dance. With awesome styles like hiphop, contemporary and lyrical, you will have fun while learning different dance moves. Dance will improve your flexibility, rhythm, coordination and give you the chance to work as a team.	Card and Board Games Thursdays 3:30 - 4:45pm ES A Block- Rm 14	Chitra Mohan	For anyone that wants spend time playing fun and challenging games, I have some but you can bring your own too!!!!
			Chess Club Monday, Wednesday and Friday Lunch Time M1	Tim Rose	Come learn, play and have fun at chess club. Open to any level of player who wants to learn new strategies, improve their skills, become a Chess master and compete at the middle school chess tournament.
Drama Monday, Thursday and Friday 3.30- 4.45 pm Theatre	Kate Oliverson	Middle School drama production come together with High School and Elementary School in drama to produce an all school musical experience "A celebration of Broadway" that dazzles the eyes and plucks the heartstrings.	Gizmos, Gadgets and Goop Monday 3:30 - 4:45pm MS science room 2	Trevor Cussans Tish Newmyer	Have you ever wondered how to make elephant's toothpaste, or created a rocket out of plastic bottles? Have you ever had fun with dry ice, or put mentos into coke? Have you made a density tower or a tie with flashing lights? Now's your chance. Come along to Gizmos, Gadgets and Goop!
MS Choir- Acapella Creative arts- Band Room Monday 3.30- 4.45pm	Mark Anding	Come sing with us! We'll be singing cool stuff in acapella style and accompanied. We'd love to have your voice join us	Intramurals Tuesdays and Thursdays 11:10 - 11:55am Upper Field	Edward Otieno Solomon Oketch	Intramurals support the PE and sports program. Students of all grade levels participate in informal and fun activities that promote camaraderie and provide a healthy pass-time. We emphasise the value of sportsmanship.
Upcycle Sewing Mondays 3:30 - 4:45pm MS Art Room	Eleanor Miller	Learn the fundamentals of sewing, while creating new from old. Redesign using dyes, fabrics and embellishments. Get creative!	STEM Activities Monday, Tuesday, and Thursdays 3:30 - 4:45pm MS Lab	Kathleen Chromicz	Choose any or all of the days with different activities. Mondays: Robots, 2/3-D drawing, laser engraving, electronics, earn maker certificates. Tuesdays: Design and create your own passion or dream project. Thursdays: Collaborative Robotics and First Lego League competition (March 2)



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Badminton Fridays 11:10 - 11:55am Gym/ Lion's Den	Solomon Oketch	Badminton is a game played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" and "doubles". It involves collaboration (doubles), strategies (creativity and critical thinking) and controlled movement (act).	Math Olympiad(Grade 6 only) Tuesdays 3:45 - 4:45pm MS 8	Alicia Messing Sandra Muench-Trevilla	Math Olympiad is an international math organisation with five pre-scheduled competitions from November to March. It is a program designed to foster mathematical creativity, and stimulate enthusiasm for the types of problems that students might encounter in competitive mathematics. Students explore different math topics or problem-solving strategies in depth and practice contests are sent home most weeks. This CCA is open only to more capable students who wish to develop higher-order mathematical thinking. Math Olympiad is a commitment that runs for the first three quarters of the school year.
Girls Football Club Tuesdays 3:30 - 4:45pm Lower Field	Edward Otieno	An opportunity and fun way of letting girls in the middle school explore different ways of building fitness levels while learning the basics of football. No expertise needed. Bring your friends along and build your football skills.	Homework Help Tuesdays- ES A Block- RM 14 Thursdays- MS 9 3/4 3:30 - 4:45pm	Chitra Mohan Liv Gregor	Get some help with your assignments, or just a quiet place to work in.
Gymnastics Tuesdays 3:30 - 4:45pm The Den	Patrick Owour	Gymnastics involves balance, strength, flexibility, agility, coordination, endurance and control. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest and abdominal muscle groups.	MUN Thursdays 3:30 - 4:45pm M1	Tim Rose David Stiles	MUN, is an educational simulation in which students can learn about diplomacy, international relations and the United Nations. It is a way to become an active, more concerned global citizen. Model UN builds confidence, leadership, diplomatic skills and is an exercise in research, public speaking and teamwork.
Yoga Fridays 3:30 - 4:45pm HSMR 4	Ruth Jones	Come and relax and unwind after a busy week! Yoga is the perfect way to connect to your body, mind and breath. It helps improve your flexibility, builds muscle strength, makes you happier, helps you relax and focus, and helps you sleep better!	Student Ambassadors	Nancy Remondi	The goal of the ISK Middle School Ambassador Program is to prepare adolescents with leadership and communication skills which will serve them for years to come. During the academic year, Middle School Ambassadors will have opportunities to use their skills by guiding school tours for prospective families, assist at school events and support students new to our school. (Applications for seventh and eighth graders will be in September, while sixth graders can apply in December.)
Zumba Mondays 3:30 - 4:45pm Dance Studio	Isaac Nyambwengi	Zumba is one of the most popular exercise crazes in recent years, and with good reason! There are many health benefits; including the ability to burn calories, work out the entire body, boost the metabolism, increase endurance, boost mood, aid coordination and improve confidence.	Round Square Leadership	Alexa Schmid and Teachers	<u>Multiple student committees leading through the Round Square ideals: Internationalism, Democracy, Environmentalism, Adventure, Leadership and Service. See here for more information.</u>