

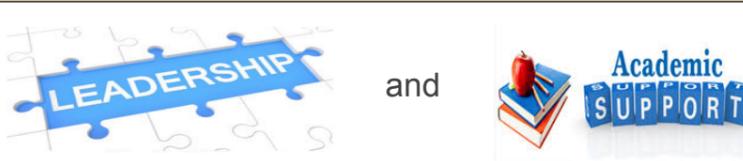


AFTER SCHOOL ACTIVITIES



Activity	Instructor	Description
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!
Choreo Inc Dance Tuesdays 3:30 - 3:45pm 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.
American Sign Language Tuesdays 3:30 - 4:45 Room: I1 (MS LS Room)	Courtney Pierce	Learn beginner level/basic conversational American Sign Language as well as Deaf History & Culture
Photography Club Thursdays 3:30 - 4:45pm Room: TBD	Drew Gregor	Do you like to take pictures? Do you want to hang out with others that also enjoy photography? Join us on Thursday afternoons to take pictures, discuss photography, learn different techniques and have some fun! You do need to provide your own camera (phone, ipad, etc will work).
Sci-Fi Writers Circle Thursday 3:30-4:45pm Room K4	Lee Carroll	Would you like to learn to write a science-fiction short story, well enough to enter a contest? Come and learn the basics about story structure, dialog, characters and world-building. One day you could be published!

Activity	Instructor	Description
Math Olympiad Tuesdays 3:30-4:45pm T9	Kelly Friedman and Liv Gregor	Math Olympiad is a world wide math competition created to stimulate enthusiasm and a love for Mathematics; introduce important Mathematical concepts; teach major strategies for problem solving; develop Mathematical flexibility in solving problems; strengthen Mathematical intuition; foster Mathematical creativity and ingenuity; provide for the satisfaction, joy, and thrill of meeting challenges. Students participate in a math contest once a month from November- March. If you are interested in competing in an Internationally know competition, please join us in Ms. Friedman's room on Tuesdays!
DL (Deep Learning) Tuesdays 3.30-4.45 Library Lab	Sam Wiryaphong	Join us to plot your player actions and use simple computer coding in Deep Learning projects. Deep Learning is a trending term to describe how to program artificial intelligence today. What we are doing in this activity is putting some basic algebra concepts into a context of computer coding, which is a stepping stone to Deep Learning.
Card and Board Games Thursdays 3:30 - 4:45pm K-1	Chitra Mohan	For anyone that wants spend time playing fun and challenging games. I have some but you can bring your own too!!!!
Intramurals Tuesdays and Thursdays 12:20 - 12:55pm Upper Field	Edward Otieno and 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 passtime. The values of sportsmanship are learnt.
STEM Activities Monday, Tuesday, OR Thursdays 3:30 - 4:45pm MS Lab	Kathleen Chromicz	Choose any or all of the days with different activities. Mondays: Robots, 3-D drawing and laser engraving. Tuesdays: Design and create your own passion or dream project and get assistance. Thursdays: Collaborative Robotics and First Lego League competition.



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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 of zumba, including its ability to burn calories, work out the entire body, boost the metabolism, increase endurance, boost mood, aid coordination, and improve confidence.
Gymnastics The Den Tuesdays 3.30-4.45pm	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.
Girls Footloose Fitness Football Thursdays 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. Just come out, be free and 'let your foot loose'.
Volleyball For Beginners Thursdays 3:30 - 4:45pm Small field adjacent to the Lowerfield	Solomon Oketch	Volleyball is a competetive team sport that gives an opportunity for students to learn, collaborate and perform different skills and techniques. For beginners, it is a chance to get prepared before joining main ISK volleyball teams.
Yoga Fridays 3:30 - 4:45pm HSMR 4	Ruth Jones	

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Homework Help Tuesdays - I1 Thursdays - K1 3:30 - 4:45pm	Chitra Mohan, Ama Musee	Get some help with your assignments, or just a quiet place to work in.
Round Square / STUCO Mondays 12:25 - 1:00pm K3	Melissa D. Ruth Jones	A student leadership committee leading through the Round Square pillars: Internationalism – students see themselves as global citizens, looking beyond gender, race and nationality Democracy – freedom of thought and speech is encouraged and facilitated. Environmentalism – students learn about the delicate interdependence between humans and the planet. Adventure – schools offer activities to challenge students so they gain confidence and problem solving skills. Leadership – students learn that leadership is about serving others and requires kindness, wisdom and justice. Service – by practically helping others less fortunate, students learn how they can make a positive difference.
MUN Tuesdays 3:30 - 4:45pm J4	Devin Jones	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 and leadership and diplomatic skills and is an exercise in research, public speaking, and teamwork.
World Scholar's Cup Mondays or Thursdays (TBD) 3:30-4:15pm T8	Jane Wells	The World Scholar's Cup (WSC)" is an international team academic program with students participating from over 50 countries. It has attracted a global community of future scholars and leaders and allows participants to discover strengths and skills you never knew you had. It focusses on bringing students from different cultures together to discuss issues and ideas relevant to today". From The World Scholar's Site. Regional winners travel to Yale to compete in the final competition.
Student Ambassadors Tuesdays 12:15 - 1:00pm MS Counselors Office	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.

MS Year Book Thursdays 3:30 - 4:45pm	Caren Ouma	
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