



23 August 2019

Grade 8- Grade 9
Learning Enrichment Activity Program (LEAP)
- Registration Form

Dear Parents

Attached to this letter is an outline of the Semester 1 activities being offered **to you** and **your child** as part of LEAP. Learning Enrichment Activities Program (LEAP) is an after-school program that provides quality co-curricular activities in **Arts, Sports, Technology, Languages, Academic Learning** and **Service** to our **Primary** and **Secondary students, parents** and **other adults** from 3:10 - 4:00 pm (Primary) and 3:40 - 4:30 pm (Secondary). The purpose of LEAP is to enrich the lives of our students, parents and other adults with activities that broaden the child's educational experience, compliment their daily schooling and provide a healthy and active experience for parents and other adults. The aim of the program is to develop further interests and build foundations for learning through after-school activities that operate on a semester basis.

LEAP (Semester 1) will begin 2 September 2019 and finish on 29 November 2019 (13 WEEKS unless stated otherwise).

Sessions are **3:10 - 4:00 pm** for Primary and **3:40 - 4:30 pm** for Secondary (**unless stated otherwise**).

Objectives:

1. To complement students, parents and other adults' daily schooling
2. To expand and enrich student interests
3. To provide teacher and student mentorship
4. To create foundational skills for students
5. To build alternative learning communities
6. To develop creativity
7. To have fun

NEXT STEPS

1. *Please read over the activities being offered to you and your child's particular grade.*
2. *Discuss this with your child and make a plan for the week.*
3. **Complete the signup form.**
4. **Take to the Finance Office for payment. This constitutes your booking.**
5. Please note:
 - a. There is a minimum of 5 students per activity (unless specified).
 - b. There is a maximum number of students per activity to ensure quality and proper student and teacher/coach ratio (this may differ per activity).



- c. The registration is **NOT** a guarantee that the student will participate in the chosen LEAP activity, nor that the activity will run. The LEAP Coordinator holds the right to cancel the activity if the registration is below the minimum number of students. If the LEAP activity is oversubscribed, the LEAP Coordinator will, if possible offer a second class or provide an additional teacher/coach.
- d. Students **must** be **picked up promptly** after their LEAP classes. Students who are **NOT regularly** picked up may be removed from their LEAP classes.
- e. In case of emergency, illness, or injury to a child, the parent or guardian will be notified immediately. If the parents/guardians cannot be reached immediately, the emergency numbers on the registration form will be called.
- f. On discipline, all students are expected to adhere to the school values and guidelines at all times. Any consistent behavioural problems may lead to the child being removed from their LEAP classes.
- g. Bus riders need to go straight to the bus service as soon as the LEAP class is finished. This is **strictly only** for those who are already on the bus plan after school.

If you have any questions, please ask Ms Somnang at the Hub Reception or contact Ms Hannah at hannah.gaffney@nisc.edu.kh

Key information:

- **Registration:** Opens 26-30 August 2019
- **Location of registration:** Finance Office
- **LEAP Coordinator:** Ms Hannah
- **Start date:** 2 September 2019
- **End date:** 29 November 2019 (*may vary depending on the day of the particular activity*)
- **Time:** 3:10 - 4:00 pm (Primary) and 3:40 - 4:30 pm (Secondary)
- **Cost of each activity:** varies depending on the particular activity -- see list



Please complete the following information:

Student Name:	Grade:
Bus rider: Please encircle which applies	YES NO
Parent Name:	
Parent email:	Tel:
Name of activity : (Mon)	Cost : \$
Name of activity : (Tues)	Cost : \$
Name of activity : (Wed)	Cost : \$
Name of activity : (Thurs)	Cost : \$
Name of activity : (Fri)	Cost : \$
Total costs:	
Parent Signature:	



Grade 8- Grade 9

Activities available:

	Monday	Tuesday	Wednesday	Thursday	Friday
Category					
ARTS	Photography Rock Band Comedy Improvisation Dance Company	Youth Drama Club	Dance for Serious Performers	Community Choir School Band Painting and Sketching Dance Club	Dance Company
SPORTS		Tennis			Mixed Touch
SERVICE					Basic First Aid- Level 1
ACADEMIC	Debate Club	Mindfulness (Grade 8 only)		Mindfulness (Grade 9 only) Enterprise Council (Grade 9 only)	
TECHNOLOGY		Mens et Manus			
LANGUAGES	Spanish as a Second Language			Chinese Language	
PARENTS AND FAMILIES		Friendly Football	Little Nagas Playgroup	Fun Tennis Inquiry, for Parents!	Little Nagas Playgroup Zumba



ACTIVITY DESCRIPTION

Photography

Learn to take and edit amazing photos!

Requirements- it is beneficial to have your own camera but there will be some available.

(10 weeks)

Teacher: Mr. Jack	Day: Monday	Venue: Studio	No. of Students: Min. 5 Max 15	Cost: FREE
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Rock Band

Come and join our band and practise, rehearse and perform as part of a group!

Requirements- you must be able to play a musical instrument or be willing to sing.

(10 weeks)

Teacher: Mr. Ian	Day: Monday	Venue: Band Practice Room	No. of Students: Min. 5 Max 6	Cost: FREE
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Comedy Improvisation

Students will learn the key principles of short form Improv like spontaneity, listening, commitment, confidence, character, games, story and most of all playing and having fun with improvisation.

Throughout the year students will be encouraged to create and perform on the spot comedy through collaboration and audience participation.

(10 weeks)

Teacher: Ms. Kirsty	Day: Monday	Venue: Secondary Multi Purpose Room	No. of Students: Min. 5 Max. 10	Cost: \$115
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Dance Company 3.40-5pm

Meeting twice weekly the Dance Company will work on conditioning for dancers, learn basic ballet technique and create and perform their own choreography.

(10 weeks)

Teacher: Mr. Alan	Day: Monday	Venue: Dance Studio	No. of Students: Min. 5 Max 15	Cost: \$35
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Debate Club

This club is for training in debating, a key academic skill which can also be applied to home and public situations. The club focuses on; effective preparation and research strategies, selecting and dividing points to between group members, supporting speaking points with evidence and facts, rebuttal tactics and much more.... we plan to enter all participants into next years' Scholars Cup competition, where you'll be able to compete against schools across the



country and maybe even the globe if successful.

There will also be opportunities to Train the primary debate team, which will also count for earning CAS contributions.

(10 weeks)

Teacher: Mr. Sam	Day: Monday	Venue: 2204	No. of Students: Min. 5 Max 10	Cost: FREE
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Spanish as a Second Language

Hola!

If you want to learn to communicate in the second most spoken language in the world, this is your chance! In this club you will learn some important, basic spanish expressions in a fun way. You will learn how to greet others, introduce yourself, express yours tastes and preferences, vocabulary and grammar, and, above all, start to have contact with the spanish language and the latin culture. At the end of this club, you'll want to learn more and more!!! Puedes hacerlo!!! Vamooooos!

(10 weeks)

Teacher: Ms. Ximena	Day: Monday	Venue: Room 3214	No. of Students: Min. 5 Max. 7	Cost: \$120
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Youth Drama Club

A chance to develop your performance skills outside of the classroom. This course will focus on drama skills and using text, leading to a short performance. There will be opportunities to hone your acting and directing skills.

(9 weeks)

Teacher: Ms. Philippa	Day: Tuesday	Venue: Drama Studio	No. of Students: Min. 5 Max 20	Cost: FREE
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Tennis

This course is designed for beginners, new players to the game of tennis who want to learn the basics of the game. We will develop the ABC's of tennis: agility, balance, and hand-eye coordination of the students, while also covering basic racket handling skills.

Tennis Cambodia's coaches are trained to make it both educational and fun for the children. All the equipment, including rackets and balls will be provided by Tennis Cambodia.

Requirements: comfortable activewear and proper white sole running shoes.

(9 weeks)



Teacher: Mr. Phalkun	Day: Tuesday	Venue: NISC Tennis Court	No. of Students: Min. 4 Max. 8 per coach	Cost: \$100
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Mindfulness for Teens (G6 - G8) - Starts Oct 1 and ends Dec 10

Do you ever feel stressed at school? Mindfulness can be a tool to help you with that.



What Mindfulness is: paying attention to things as they happen, a life-skills, for some it's a way of being, evidence-based. What Mindfulness isn't: boring, hippy dippy, yoga, religious, therapy.

Rather than worrying about what has happened or what might happen, mindfulness trains us to respond skillfully to whatever is happening right now, be it good or bad.

(11 weeks, no school Tuesday October 15 or Tuesday November 12)

Teacher: Ms. Lana	Day: Tuesday	Venue: 5311	No. of Students: Min. 10 Max 20	Cost: FREE
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Mens et Manus

Challenge yourself to take on the MIT STEAM challenges. This year's challenges are focussed on creating ways of representing scientific concepts through art.

(9 weeks)

Teacher: Mr. Jack	Day: Tuesday	Venue: Makerspace	No. of Students: Min. 5 Max 12	Cost: FREE
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Friendly Football

Open to all staff and parents (men and women), come and join in a fun 7-side football kick about every Tuesday after school from 4pm-5.30pm, held on Northbridge's green, grass pitches. A great way to enjoy football in a social setting, all abilities welcome.

Teacher: Mr. Simon	Day: Tuesday, 4pm-5.30pm	Venue: Football Field	No. of Students: N/A	Cost: FREE
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Dance for Serious Performers

This club is for dancers to improve their ballet technique and to work on solos, duets and group dances.

(10 weeks)

Teacher: Mr. Alan	Day: Wednesday	Venue: Dance Studio	No. of Students: Min. 5 Max 15	Cost: FREE
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Little Nagas Playgroup

Little Nagas is a friendly place to meet other parents with young children. We provide an informal play environment that enables your child to have opportunities to interact with other children and flourish within our creative school setting. Sand and water play, painting, large play apparatus, story time and music sessions are just some of the fun activities on offer.

(12 weeks)



Teacher: Ms. Kiri	Day: Wednesday, 8am-10am	Venue: Early Learning	No. of Students: Max 12	Cost: \$750 per semester
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Community Choir

This year, the greater NISC community, including parents and staff, are invited to join our students singing in the choir! Beginner singers are most welcome - no prior experience necessary. It will be a great way to meet other members of our community while making music together. This is also a SA/CAS opportunity for secondary students who are willing to be a mentor to our young singers.
(11 weeks)

Teacher: Ms. Jen	Day: Thursday- finishes at 4.15	Venue: 3114	No. of Students: Min. 5	Cost: FREE
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Band/Instrumental Performance Group

An opportunity for students who play an instrument to get together and make music! This activity is particularly aimed at students who play wind, brass and percussion instruments and is a great opportunity for students who studied Music in Grade 10 last year to continue playing. Students who play other instruments such as piano or guitar, or are dedicated and keen to learn an instrument are also encouraged to join us. Open to Grades 6 - 12.
(11 weeks)

Teacher: Mr. Alan	Day: Thursday	Venue: Secondary music room	No. of Students: Min. 5	Cost: FREE
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Painting and Sketching

In the painting and sketching class you will explore different drawing and painting mediums, develop your technique and deepen your own artistic thinking. All skill levels welcome!
(11 weeks)

Teacher: Ms. Nanni	Day: Thursday	Venue: Visual Arts Room	No. of Students: Min. 5 Max 10	Cost: FREE
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Dance Club

Pupils will have the opportunity to learn about a range of dance styles and to improve their coordination, strength and flexibility.
(11 weeks)

Teacher: Mr. Alan	Day: Thursday	Venue: Dance Studio	No. of Students: Min. 5 Max 15	Cost: \$38
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Mindfulness for Teens (G9 - G12) - Starts October 17 and ends Dec 12

Do you ever feel stressed at school? Mindfulness can be a tool to help you with that.

What Mindfulness is: paying attention to things as they happen, a life-skills, for some it's a way of being, evidence-based. What Mindfulness isn't: boring, hippy dippy, yoga, religious, therapy.

Rather than worrying about what has happened or what might happen, mindfulness trains us to respond skillfully to whatever is happening right now, be it good or bad.

Teacher: Ms. Lana	Day: Thursday	Venue: 5311	No. of Students: Min. 10 Max 20	Cost: FREE
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Enterprise Council

Want to learn how to run a business? Have a business idea but not sure how to realise your dreams? Want to add hands-on business experience to your CV? Come and join the Enterprise Council!

The Enterprise Council welcomes students from Grade 9 and up to join a team of budding young business people. Opportunities to practice business skills include events management, social media marketing for Cafe Blends, school sustainability initiatives, getting business start-up advice from guest speakers in business community as well as hands on experience in running a business.

(11 weeks)

Teacher: Ms. Vivien	Day: Thursday	Venue: 5207	No. of Students: Min. 5 Max 15	Cost: FREE
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Chinese Language

The secondary Beginners' Club is a supplementary after -school learning Program designed to further improve student's proficiency in Chinese language as well as introduce them to a diverse range of Chinese cultures, philosophies and traditions.

The club will operate every Thursday from 3:30-4:30 and is opened to all secondary students at NISC.

(11 weeks)

Teacher: Ms. Coco	Day: Thursday	Venue: 3204	No. of Students: Min. 5 Max 15	Cost: FREE
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Fun Tennis

Open to all staff and parents (men and women), come and join in fun tennis every Thursday after school from 4pm-5.30pm, held in the Sports Hall. A great way to enjoy tennis in a social setting, all abilities welcome.

Teacher: Mr. Simon	Day: Thursday,	Venue: Sports Hall	No. of Students: N/A	Cost: FREE
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	4pm-5.30pm			
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English Inquiry, for Parents!

This club aims to give parents the necessary skills to seek information in a formal/informal setting. Areas of focus will be: How to ask specific questions, expanding, follow up questions, responding to answers, and more.

(11 weeks)

Teacher: Mr Sam	Day: Thursday	Venue: Room 2204	No. of Students: Min. 5 Max 15	Cost: \$38
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Dance Company 3.40-5pm

Meeting twice weekly the Dance Company will work on conditioning for dancers, learn basic ballet technique and create and perform their own choreography.

(10 weeks)

Teacher: Mr. Alan	Day: Friday	Venue: Dance Studio	No. of Students: Min. 5 Max 15	Cost: \$35
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Mixed Touch

KAMPUCHEA BALOPP (KB) has been providing sports access to NGO's, organisations and international schools for over 6 years in Cambodia. KB uses sport as a tool of social inclusion and education for children. Through sport, children are able to build self-confidence, develop physical well-being, and are able to develop important human qualities that sport promotes. For Northbridge's LEAP component, KB provides a structured program for TOUCH, a fast-growing sport in Asia that is easy to pick up and allows girls and boys to play together due to its non-contact nature. A fast, fun and agile game, TOUCH is a great team sport and will provide many health benefits and important sporting synergy to the students under the program.

Requirements- Students need to wear sports clothes and trainers, and have water. Sunscreen and a hat (sports cap) are recommended.

(10 weeks)

Teacher: Kampuchea Baloop	Day: Friday	Venue: NISC Field	No. of Students: Min. 5 Max. 15	Cost: \$70
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Basic First Aid (Level 1)

Learning basic first aid techniques can help you cope with an emergency. The course will emphasise practical skills in a fun and interactive learning environment.

(10 weeks)

Teacher: Nurse Cherry	Day: Friday	Venue: School Clinic	No. of Students: Min. 5 Max 10	Cost: \$35
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(12 weeks)

Teacher: Ms. Kiri	Day: Friday, 8am-10am	Venue: Early Learning	No. of Students: Max 12	Cost: \$750 per semester
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Zumba for Parents and other Adults

An aerobic fitness dance party mixed with low-intensity and high-intensity moves for interval-style training. This program features movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Crush calories to the rhythm with this super effective and fun workout in disguise.



Requirements: Comfortable active dance clothes.

(10 weeks)

Teacher: Advanced Learning Academy	Day: Friday 8:00-9:00	Venue: Primary Cafeteria	No. of Students: Min. <u>5</u>	Cost: \$8 per session
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Swim Team- Calling all swimmers!

We are looking for children interested in joining our Nagas competitive swim team. We have 3 swimming groups, gold silver and bronze. **Below are the requirements for each group.**

Swim Team - All year for both primary and secondary currently teams are split:

- Gold (50m in 40sec or less in all strokes),
- Silver (50m in less than 1 min in at-least 3 strokes)
- Bronze (25m without stopping in freestyle)

If you are interested in improving your swimming, having fun and competing against other athletes at swim meets, please come to a practice.

- Gold: Mon - Friday (6:15 - 7:15 am).
- Silver: Mon and Thurs (3:00 - 4:00)
- Bronze: Tuesday (3:00 - 4:00)



LEAP Programme Calendar Semester 1

August						Week 1					Week 2					Week 3									
						12	13	14	15	16	19	20	21	22	23	26	27	28	29	30					
Sep	Week 4					Week 5					Week 6					Week 7					Week 8				
	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30				
Oct	Week 8					Week 9					Week 10					Week 11					Week 12				
		1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30	31	
Nov	Week 12					Week 13					Week 14					Week 15					Week 16				
					1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29
Dec	Week 17					Week 18																			
	2	3	4	5	6	9	10	11	12	13															

Gray - No School

School Holidays- 23-27 September

Commemoration of the King's Father- 15 October

PD Day no students in school- 8 November

Water Festival- 11-13 November