

BRITISH SCHOOL - MUSCAT

**AFTER SCHOOL ACTIVITIES
PROGRAMME**

TERM 2

Start: Saturday 16th January 2010

Finish: Wednesday 31st March 2010

ACTIVITIES PROGRAMME TERM 2

Start: Saturday 16th January 2010 Finish: Wednesday 31st March 2010

It is a feature of life at the British School-Muscat that a large and varied extra-curricular activities programme is offered to the students each term.

The programme is offered by the staff and supported by parents and friends of the British School. It reflects the diverse interests and capabilities of both the providers and the recipients. The activities on offer do change from term to term so please check to make sure the activity is running again this term. If any student has a request for an activity then please come and discuss your proposal with me directly. Expansion and innovation are always welcome and will be accommodated whenever possible.

This year the booklet is arranged in several sections: Subject related and non-subject related, Sport, Music and Community. Each section shows the activities on offer on a daily basis in both the Primary and Senior School. There are many new activities so please read all sections to view the complete range available.

The Community section contains information and contact details for a huge number of clubs and activities which happen at BSM after the school programme has ended. Many of these activities are for adults as well as students, and some are for adults only. If any of the activities in this section are of interest please contact the activity organiser using the information given. If there is a problem getting in touch please contact the School and we shall help facilitate contact

Please remember the following points:

- *Staff commit their time to the programme. By joining an activity you have committed your time also. Therefore, do make every effort to attend each week. Often your attendance improves the activity for everyone else. If you know that you will be missing please inform the teacher in charge. Your courtesy is appreciated.*
- *Staff are extremely busy and will welcome any help you can provide in assisting with the provision of an activity. Several students are already doing this which is hugely appreciated. This is a form of community service and work experience which is of particular relevance to Year 12/13 students.*

If you wish to find out further information about an activity, introduce yourself to the teacher in charge who will be able to answer your questions. If you miss the signing-up session for whatever reason, please ask the teacher in charge of the activity to include you on their register. Failing this, contact me in the PE Centre.

New Activities for this term

There are several additions this term, details of which appear in the Community section:

Hockey – every Tuesday at 4 - 6.00pm a team of adults representing Elite Properties Oman play against a BSM Staff / Student representative eleven on the Astro turf pitch at school. It is an opportunity for players to compete at a competitive level. Anyone who would like to join in should contact either Will Blake at EPO [99353178], or Andy Taylor at BSM [244600842].

PBI Tennis Programme at the Intercontinental Hotel, Muscat
For details please contact John Ciarleglio [96897106958] quoting British School Muscat.

Arsenal Soccer School

Following their demonstration at the school on Senior Sports Day I am delighted to include their details in the community section. Please contact Louise Buckwell [98869621] quoting British School Muscat.

Mr A Taylor
Activities Programme Manager

SUBJECT RELATED AND NON-RELATED ACTIVITIES

PRIMARY SCHOOL SATURDAY	SENIOR SCHOOL SATURDAY
<p>Activity: Spelling Can Be Fun Day: Saturday Time: 1:45pm -2:45pm Venue: Library ICT room Year Groups: KS2 Maximum numbers: 20 Teacher: Mrs Howland Information: We will be using computer programmes and other practical, fun games to improve spelling.</p>	<p>Activity: Film Club Day: Saturday Time: 2:00pm – 4:00pm Venue: E10 Year Groups: 7 - 13, though depending on certification, some films may only be open to KS 4/5 Maximum numbers: 20 Teacher: Mr Mackay Information: A chance to see and discuss some of the greatest films ever made from silent cinema up to the present. Cost: None</p>
<p>Activity: German Club For Beginners Day: Saturday Time: 1:45pm – 2:45pm Venue: 4L classroom Year Groups: 5 & 6 Maximum numbers: 20 Teacher: Miss Léger Information: This programme from Early Start languages will introduce children to basic everyday German through role play and singing. Cost: None</p>	<p>Activity: Touch Typing For Beginners Day: Saturday Time: 2:15pm – 3:15pm Venue: C 2 Year Groups: 7-13 Maximum numbers: 15 Teacher: Mrs J Taylor Information: This is a fun way to learn how to touch type at your own pace. Cost: none</p>
<p>Activity: Sewing / Embroidery Club Day: Saturday Time: 1:45pm – 2:45pm Venue: 1M classroom Year Groups: 3 - 6 Maximum numbers: 15 Teacher: Mrs Mabelson Information: Cost: None</p>	<p>Activity: Art Club Day: Saturday Time: 2:00pm – 3:00pm Venue: E 16 Teacher: Mrs Rogers Year group: anyone in senior school Maximum number: 15 Cost: none This is an opportunity to use the art studio to further your own creative ideas, to try different media or practice your drawing skills or anything else you have done or would like to try (so long as we have the resources or you do!) or you can just drop in to do your Art homework with help at hand, if you need it!</p>
<p>Activity: Chemistry Club Day: Saturday Time: 2:10pm – 3:00pm Venue: E3 Year Groups: 5 & 6 Maximum number: 8 (4 from each year) Teacher: Mrs Williams Information; have some fun with Chemistry. You will be doing real experiments helped by senior school students</p>	<p>Activity: Chemistry Club Day: Saturday Time: 2:20pm – 3:00pm Venue: E3 Year Groups: International Award Service Maximum number: 8 Teacher: Mrs Williams Information; Have some fun with Chemistry. You will be helping Y5 & 6 students.</p>
	<p>Activity: Photoshop Day: Saturday Time: 2:10pm – 3:00pm Venue: E9A</p>

	<p>Year Groups: All Maximum numbers: 10 Teacher: Mrs Connor / Mr Kolster Information: This activity is a course running over two terms giving students the opportunity to learn how to use the image editing software application Photoshop. In term 2 students will learn basic techniques how to make adjustments to photographs in order to improve the quality of an image. In term 3 students will learn how to use Photoshop creatively using layers. Cost: free</p>
PRIMARY SCHOOL SUNDAY	SENIOR SCHOOL SUNDAY
<p>Activity: Book Club Day: Sunday Time: 1:45pm - 2:45pm Venue: Library Year Groups: 3 - 6 Maximum numbers: 25 Teacher: Mrs T Turner Information: The opportunity to browse, share and enjoy a variety of books This activity will begin on Sunday 24th January due to Mrs Turner taking part in the Year 5 trip to Ibra.</p>	<p>Activity: Model United Nations Day: Sunday Time: 2:00pm – 3:00pm Venue: R3 Year Groups: 10, 11, 12, 13. Teacher: Mrs. El-Alwan Information: Students are already aware of who has been chosen to become BSM Delegates for 2009-2010, however new students are welcome. Please come to see Mrs. El-Alwan for an interview. International and Local Conferences are planned for this academic year.</p>
<p>Activity: Network Games Day: Sunday Time: 1:45pm – 2:45pm Venue: Room C9 (Primary ICT Suite) Year Groups: 5 & 6 Maximum numbers: 18 Teacher: Mr Parsons Information: This popular club allows you to drive a tank; exceed the speed limit or save the world. You decide. Be quick, places go fast. Cost: None (but please ensure Life Insurance is up-to-date) This activity will begin on Sunday 24th January due to Mr Parsons taking part in the Year 5 trip to Ibra.</p>	<p>Activity: International Award Day: Sunday Time: 2:00pm – 3:00pm Venue: E7 Year Groups: 9 - 13 Teacher: Mr Reeves Information: Bronze, Silver and Gold levels. Year 9 Bronze only. Year 10 / 11 Silver. Year 12 / 13 Gold.</p>
<p>Activity: Practical Digital Photography Day: Sunday Time: 1:45pm – 2:45pm Venue: 2T Year Groups: 3 - 6 Maximum numbers: 20 Teacher: Miss Taylor Information: This fun activity will give students a opportunity to practise their photography skills. We will explore a range of photography styles, from portrait to action shots, and close ups to landscape. We will download our photos and see how we can enhance them using computer software. The culmination of the activity will be an exhibition of some of the children's photographs. All</p>	<p>Activity: F1 in Schools Day: Sunday Time: 2:10pm – 3:00pm Venue: E9A Year Groups: All Maximum Numbers: 24 Teacher: Mr Massey Information: Teams work together to design and produce a model Formula 1 car to be raced down a 20m track. The team will also do a presentation and present a folder of their work. The activity is ongoing over the year in preparation for the Middle East competitions. Cost: Free</p>

<p><u>children will need to bring their own digital camera for this activity.</u> (We will provide a secure place for the cameras to be kept during the day.) Cost: RO 3 per child (to cover the cost of printing photographs for the exhibition)</p>	
<p>Activity: Chess Club Day Sunday Time: 2:00pm – 3:00pm Venue: R9 - but to be confirmed Year Groups: 5 + 6 Maximum numbers: 20 approx.(will judge this on numbers which show an interest) Teacher: Mrs Jackson Information: This fun activity to learn and play chess. Cost: None</p>	<p>Activity: Chess Club Day Sunday Time: 2:00pm – 3:00pm Venue: R9 - but to be confirmed Year Groups: Year 7 - 12 initially Maximum numbers: 20 approx.(will judge this on numbers which show an interest) Teacher: Mrs Jackson Information: This fun activity to learn and play chess. Cost: None</p>
<p>Activity: Weaving Day: Sunday Time: 1:45pm – 2:45pm Venue: 1EB Classroom Year Groups: 3 - 4 Maximum numbers: 15 Teacher: Mrs Ellman-Brown Information: Come along and learn to weave using different media Cost: None</p>	
<p>Activity: Art and Design Technology Club Day: Sunday Time: 1:45pm -3:00pm Year Group: 3 Maximum numbers: 15 Teachers: Miss Smales and Mrs Davenport Venue: Miss Smales' room, Year 2 (2S) Information: In art and craft club this term you will be learning to use your practical skills to make a wide variety of items using a wide variety of materials. We will be using clay, painting, drawing, making slippers, copper etching and much, much more. Please bring an apron and be prepared to get messy! Cost: RO 4 (to cover the 10 week period)</p>	
<p>PRIMARY SCHOOL MONDAY</p>	<p>SENIOR SCHOOL MONDAY</p>
<p>Activity: Conversational Arabic Day: Monday Time: Yr 5 - 1.45pm – 2:15pm and Yr 6 - 2:15pm – 2:45pm Venue: TBC Year Groups: 5 and 6 Maximum numbers: 20 Teacher: Miss Fathiya Al Samri Information: Have fun learning Arabic – for beginners only. Cost: RO 9 payable at the first session This activity will begin on Monday 25th</p>	<p>Activity: Design Technology Day: Monday Time: 2:00pm – 3:00pm Year Groups: 7-13 Teacher: Mr Holloway Information: Opportunity to work your own design and make projects. Emphasis on the MAKING. Working on the new laser cutter, or traditional methods.</p>

<p>February due to Miss Al Samri at Ibra Camp with Year 5</p>	
<p>Activity: Adult Conversational Arabic Day: Monday Time: 5:00pm – 6:00pm Venue: E14 (Senior School Classroom) Year Groups: Parents Maximum numbers: 22 Teacher: Miss Fathiya Al Samri Information: Please register your interest with Janine in the Primary Office. Cost: RO 19 payable at the first session This activity will begin on Monday 25th February due to Miss Al Samri at Ibra Camp with Year 5</p>	
<p>PRIMARY SCHOOL TUESDAY</p>	<p>SENIOR SCHOOL TUESDAY</p>
<p>Activity: Magical Maths Day: Tuesday Time: 1:45pm – 2:45pm Venue: 4D Year Groups: 4 and 5 Maximum numbers: 20 Teacher: Miss Dellman Information: Improve your Maths skills with some fun games and activities specially suited to Year 4 and 5 students.</p>	<p>Activity: Debating Day: Tuesday Time: 2:00pm – 3:00pm Venue: R8 Year Groups: All Maximum numbers: No maximum Teacher: Mrs Grey / Mrs Smith Information: This is a chance to debate topics which are of interest to you, argue key points and make your opinions count. Cost: None</p>
<p>Activity: Phonics Club Day: Tuesday Time: 1:40pm - 2:30pm Venue: 4M Classroom Year Groups: 3 / 4 Maximum numbers: 20 Teacher: Mrs Murray Information: A fun and exciting way to improve spelling and reading through the use of games and group participation. This club is ideal for children who find it difficult to spell phonetically and may need to consolidate phonics from KS1. It will start with single phonemes and progress to diagraphs (two letters that make one sound) and Triagraphs (three letters that make one sound) Cost: None</p>	<p>Activity: Wargaming Day: Tuesday Time: 2:15pm – 3:15pm Venue: Design Centre Year Groups: All Maximum numbers: No maximum Teacher: Major David White Information: This club continues from last term for those gamers who wish to continue their conquest of the real and fantasy worlds which are presented in this activity. Cost: None</p>
<p>Activity: Painting Using Own Creativity Based On Themes Day: Tuesday Time: 1:45pm - 2:45pm Venue: 3K Year Groups: 3 - 4 Maximum numbers: 15 Teacher: Mrs Kidman Information: An opportunity to demonstrate flair and creativity based on given themes. Priority will be given to those who attended the painting club in Term 1. Please bring an apron/oversized t-shirt to protect uniform.</p>	

<p>Activity: Around The World Cooking Day: Tuesday Time: 1:45pm – 2:45pm Venue: DT room Year Group: 4 Maximum numbers: 12 Teachers: Ms Gibson / Mrs Venus Information - Each week we will be making and sampling tasty food from around the world. Dishes will include tasty tacos, stir-fries, pizzas and many more.... Cost: There will be a RO 15 charge for this club.</p>	
<p>Activity: Touch Typing Day: Tuesday Time: 1:45pm – 2:45pm Venue: ICT Primary Library Year Groups: 3 - 6 Maximum numbers: 18 Teacher: Miss Jones Information: Learn to touch type with a special program and fun games. Cost: none This activity will begin on 26th January due to Miss Jones at Year 6 Camp</p>	
<p>PRIMARY SCHOOL WEDNESDAY</p>	<p>SENIOR SCHOOL WEDNESDAY</p>
<p>Activity: Conversational Arabic Day: Wednesday Time: Y3 - 1.45pm – 2:15pm and Y4 - 2:15pm – 2:45pm Venue: TBC Year Groups: 3 and 4 Maximum numbers: 20 Teacher: Miss Suad Al Busaidy Information: Have fun learning Arabic – for beginners only. Cost: RO 10 payable at the first session</p>	<p>Activity: Dungeons and Dragons Day: Wednesday Time: 2:00pm – 4:00pm Venue: E12 Year Groups: By invitation Maximum numbers: 5 Teacher: Mr Wilson Information: Cost:</p>

SPORT

PRIMARY SCHOOL SATURDAY	SENIOR SCHOOL SATURDAY
<p>Activity: Primary Basketball Day: Saturday Time: 2:00pm – 3:00pm Venue: Sports Hall Year Groups: 5 - 6 Maximum numbers: 40 Teacher:: Mr Grey / Miss Hassan / Miss Britnell Information: Develop your skills and play games.</p>	<p>Activity: U16/U19 Boys Football [Recreational] Day: Saturday Time: 2:00pm - 3.00pm Venue: Astroturf Year Groups: 10 - 13 Maximum numbers: N/A Teacher: Mr T English Information: All students are welcome.</p>
	<p>Activity: U14 Boys Football Day: Saturday Time: 2:00pm – 3:00pm Venue: Astroturf Year Groups: 7 - 9 Maximum numbers: N/A Teacher: Mr K Wilson Information: All students are welcome.</p>
	<p>Activity: U14 Boys Football [Team Training] Day: Saturday Time: 3.00pm – 4.00pm Venue: Astroturf Year Groups: 7 - 9 Maximum numbers: N/A Teacher: Mr A Taylor, Mr K Wilson Information: By Invitation</p>
	<p>Activity: Girls Basketball Day: Saturday Time: 3:00pm – 4:00pm Venue: Sports Hall Year Groups: Y7-13 Maximum numbers: 40 Teacher: Mr Grey / Miss J Robinson Information: For anybody wishing to play for fun or get into the basketball teams.</p>
	<p>Activity: Dance Performers Group Day: Saturday Time: 2:00pm – 3:15pm Venue: Main Hall Year Groups: 7 upwards Maximum numbers: N/A Teacher: Miss G Mantell Information: By Invitation Only This session will begin on Saturday 23rd January.</p>
PRIMARY SCHOOL SUNDAY	SENIOR SCHOOL SUNDAY
<p>Activity: KS2 Dance Club Day: Sunday Time: 2:00pm – 3:15pm Venue: Main Hall Year Groups: 3 - 6 Teacher: Miss G Mantell Information: Open dance is for all students with an interest in dance, regardless of experience. This session will begin on Sunday 24th January due to exams in the Main Hall</p>	<p>Activity: KS3 Boys Basketball Day: Sunday Time: 2:00pm – 3:00pm Venue: Sports Hall Year Groups: 7 - 9 Maximum numbers: 40 Teacher: Mr Grey Information: For anybody wishing to play for fun or get into the basketball teams.</p>

<p>Activity: BSME Athletics Day: Sunday Time: 3:00pm – 4:00pm Venue: Astro turf Year Groups: 5 - 6 Teacher: Mrs Reeves / Mrs Birchall / Miss Law Information: For <u>selected</u> squad only. This activity will begin on 24th January due to Mrs Reeves and Mrs Birchall at Year 6 Camp</p>	<p>Activity: KS4 Boys Basketball Day: Sunday Time: 3:00pm – 4:00pm Venue: Sports Hall Year Groups: 10 - 13 Maximum numbers: 40 Teacher: Mr Grey Information: For anybody wishing to play for fun or get into the basketball teams.</p>
<p>Activity: Developmental Swimming Day: Sunday Time: 1:30pm – 3:30pm Venue: Swimming Pool Year Groups: KS2 - KS3 Maximum numbers: 20 per ½ hour session Teacher: Mrs Smith Information: This activity will provide the opportunity pupils to develop their swimming ability. The sessions will be divided into ability groupings to ensure that pupils are able to develop at their own level. Sessions will concentrate on improving stroke technique and stamina. Swimmers must be able to swim 1 length of any recognised stroke. Cost: None</p>	<p>Activity: Developmental Swimming Day: Sunday Time: 2.00pm – 3.30pm Venue: Swimming Pool Year Groups: KS2 - KS3 Maximum numbers: 20 per ½ hour session Teacher: Mrs Smith Information: This activity will provide the opportunity pupils to develop their swimming ability. The sessions will be divided into ability groupings to ensure that pupils are able to develop at their own level. Sessions will concentrate on improving stroke technique and stamina. Swimmers must be able to swim 1 length of any recognised stroke. Cost: None</p>
<p>Activity: Benchball and KS2 play equipment Day: Sunday Time: 1:45pm - 2:45pm Venue: KS2 playground Year Groups: 3 & 4 Maximum numbers: 20 Teacher: Miss Helmore Information: Get together with your friends each Sunday for a bit of fun and exercise on the KS2 playground with Bench Ball and use of the new climbing equipment. Cost: None This activity will begin on Sunday 24th January due to Ms Helmore taking part in the Year 5 trip to Ibra</p>	<p>Activity: Mixed Hockey Day: Sunday Time: 2:00pm – 3:00pm Venue: Astro turf Year Groups: 7 - 13 Maximum numbers: N/A Teacher: Mr Taylor Information: For anybody wishing to play for fun.</p>
	<p>Activity: Martial Arts Club Day: Sunday Time: 2:15pm – 3:15pm Venue: Multi-Purpose Room Year Groups: 7 – 11 Maximum numbers: 20 Teacher: Mr Turley / Mr Robins Information: This club is a Mixed Martial Arts club, and you will learn techniques from Karate, submission wrestling, Kick-boxing and Judo. Mixed Martial Arts are a great way to get fit, learn to defend yourself and have fun. It's great for boys and girls, and beginners are very welcome. Give it a Go!</p>

	<p>Cost: None</p> <p>This activity will begin on Sunday 24th January due to Mr Turley taking part in the Year 5 trip to Ibra</p>
	<p>Activity: Lifesaving Club Day: Sunday Time: 2:30pm – 4:30pm Venue: Swimming Pool Year Groups: 9 / 10 / 11 Maximum numbers: 20 Teacher: Miss Granger Information: This activity trains students in First Aid / Water Rescue Techniques / Incident Management. The club will work towards Lifesaving awards such as: Rookie Lifesaver and Bronze Medallion. There will also be an option to train for competition, speed lifesaving! For more information please see Miss Granger. Cost: None [there may be a cost implication for some assessment awards].</p>
PRIMARY SCHOOL MONDAY	SENIOR SCHOOL MONDAY
<p>Activity: Gymnastics Day: Monday Time: 2:15pm – 3:00pm – Session 1 Venue: Sports Hall Year Groups: KS1 Maximum numbers: TBC Teacher: Miss Granger Information: This activity will provide the opportunity for KS1 pupils to participate in Educational/Recreational gymnastics. There will be opportunities to develop gymnastics skills and body management. Prior participants from Term 1 do not need to re-apply. If you are interested in joining this club please register your interest with Janine in the Primary Office. Cost: None [there may be a cost implication for award badges/certificates].</p>	<p>Activity: Fitness Training Day: Monday Time: 2:00pm – 3:00pm Venue: Sports Hall Year Groups: 7-13 Maximum numbers: N/A Teacher: Mr Dan Taylor Information: All students are welcome. The instructor is a Master Level Personal Fitness Trainer Who will use a huge variety of exercises in an enjoyable and original manner to provide a safe and effective workout. Cost: RO 1 per student per session payable before the activity commences.</p>
<p>Activity: Gymnastics Day: Monday Time: 3:00pm – 3:45pm Venue: Sports Hall Year Groups: KS2 Maximum numbers: TBC –Session 2 Teacher: Miss Granger Information: This activity will provide the opportunity for KS2 pupils to participate in Educational/Recreational gymnastics. There will be opportunities to develop gymnastics skills and body management. Prior participants from Term 1 do not need to re-apply. If you are interested in joining this club please register your interest with Janine in the Primary Office. Cost: None [there may be a cost implication for award badges/certificates].</p>	<p>Activity: U14 Boys Football [Team Training] Day: Monday Time: 2:00pm – 3:00pm Venue: Astroturf Year Groups: Y7 - 9 Maximum numbers: N/A Teacher: Mr K Wilson Information: By Invitation</p>
<p>Activity: Gymnastics Day: Monday Time: 3:45pm – 4:45pm – Session 3 Venue: Sports Hall</p>	<p>Activity: Girls Football Day: Monday Time: 3:00pm – 4:00pm Venue: Astroturf</p>

<p>Year Groups: KS2 Maximum numbers: TBC Teacher: Miss Granger Information: This activity will provide the opportunity for KS2 pupils to participate in Educational/Recreational gymnastics. There will be opportunities to develop gymnastics skills and body management. Prior participants from Term 1 do not need to re-apply. If you are interested in joining this club please register your interest with Janine in the Primary Office. Cost: None [there may be a cost implication for award badges/certificates].</p>	<p>Year Groups: 7 - 13 Maximum numbers: N/A Teacher: Mr A Taylor Information: All students are welcome.</p>
	<p>Activity: Senior School Dance Club Day: Monday Time: 2:00pm – 3:15pm Venue: Main Hall Year Groups: Teacher: Miss G Mantell Information: Open dance is for all students with an interest in dance, regardless of experience. Miss Mantell will advise when this club is to start due to exams in the Main Hall</p>
PRIMARY SCHOOL TUESDAY	SENIOR SCHOOL TUESDAY
<p>Activity: BSME Training [Basketball, Football, Netball] Day: Tuesday Time: 2:00pm - 3:00pm Venue: Sports Hall + Astro Year Groups: 5 + 6 Teacher: Mrs Reeves, Mrs Birchall, Mr Edwards Information: For <u>selected</u> squad only. This activity will begin on 26th January due to Mrs Reeves and Mrs Birchall at Year 6 Camp</p>	
<p>Activity: Hockey Day: Tuesday Time: 3:00pm – 4:00pm Venue: Astroturf Year Groups: 4 - 6 Maximum numbers: 30 Teacher: Mrs Reeves Information: This activity is open to both beginners and experienced hockey players. (no previous experience is required) Come along and improve on your hockey skills, play games and compete against other schools, the emphasis being very much on learning to be part of a team and of course having fun! This activity will begin on 26th January due to Mrs Reeves at Year 6 Camp</p>	
<p>Activity: Beach Rugby Day: Tuesday Time: 3:00pm - 4:00pm Venue: Beach by the intercontinental hotel Year Groups: 5 + 6 Maximum numbers: 20 Teacher: Mr Grey & Mr Witcomb</p>	<p>Activity: Beach Rugby Day: Tuesday Time: 3:00 - 4:00pm Venue: Beach by the intercontinental hotel Year Groups: 7 - 13 Maximum numbers: 20 Teacher: Mr Grey & Mr Witcomb</p>

<p>Information: Learn all the skills of rugby including, passing, tackling, and game play. Please note the following: Transport arrangements to and from the beach will be the responsibility of the parents/guardian This activity will be taking place on a public beach. For the safety of the whole group, it is expected that students will follow teachers' instructions at all times. Rugby is a contact sport and injuries can occur. As such, gum shields are advised at all times. Appropriate footwear must be worn. We will be playing on hard and soft sand so football boots or strong trainers are recommended. In addition, it is recommended that students wear clothing that can withstand the physical nature of the sport. Students must bring their own water to drink as sessions will be physically demanding. It is always best to bring too much fluid than too little.</p>	<p>Information: Learn all the skills of rugby including, passing, tackling, and game play. Please note the following: Transport arrangements to and from the beach will be the responsibility of the parents/guardian This activity will be taking place on a public beach. For the safety of the whole group, it is expected that students will follow teachers' instructions at all times. Rugby is a contact sport and injuries can occur. As such, gum shields are advised at all times. Appropriate footwear must be worn. We will be playing on hard and soft sand so football boots or strong trainers are recommended. In addition, it is recommended that students wear clothing that can withstand the physical nature of the sport. Students must bring their own water to drink as sessions will be physically demanding. It is always best to bring too much fluid than too little.</p>
PRIMARY SCHOOL WEDNESDAY	SENIOR SCHOOL WEDNESDAY
	<p>Activity: Cricket Day: Wednesday Time: 2:00pm – 3:00pm Venue: Sports Hall Year Groups: 9 - 13 Maximum numbers: 20 Teacher: Mr Richards Information: This activity is open to experienced cricketers. The emphasis being very much on learning to be part of a team and of course having fun!</p>



Marlins Swim Team training sessions for Term 2 - 2009/2010

Please find below the schedule of training sessions for the BSM Swim Team; this schedule will run from Monday, January 4th. until further notice:

DAY	M3	M 1	M2 & M3 Land training	M 2 & M3
Saturday		14:00 – 15:00	14:30 -15:00	15:00 – 16:30
Sunday	05:00 – 07:00			
Monday	05:00 – 07:00	14:00 – 15:00	14:30 -15:00	15:00 – 16:30
Tuesday	05:00 – 07:00	14:00 – 15:00	14:30 -15:00	15:00 – 16:30
Wednesday	05:00 – 07:00			
Hours Training	8	3	1.5	4.5

Squad	Squad descriptor	Day / Time of sessions
M1	Marlins Development group 1: this group will include those swimmers who have most of the skills required to train at a competitive level, but lack experience – <i>this group is not for beginners or improvers.</i> 3 hours training available each week.	Saturday, Monday & Tuesday 14:00 – 15:00
M2	Marlins Competitive group 2: this group will include those swimmers who have limited competitive experience but lack the technique and stamina to compete on a regular basis. 6 hours of training available each week.	Sunday, Monday, Tuesday & Wednesday 05:00 – 07:00 Saturday, Monday & Tuesday 14:30 Land training 15:00 – 16:30
M3	Marlins Competitive group 3: this group will include swimmers who have experience at a higher level of swimming and can achieve a minimum of a BB time related to the US Swimming time standards. All of these swimmers will be able to compete in ALL stroke disciplines in competitions. 14 hours of training available each week.	Sunday, Monday, Tuesday & Wednesday 05:00 – 07:00 Saturday, Monday & Tuesday 14:30 Land training 15:00 – 16:30

Please be advised that for eligibility to participate in swim meets, ALL swimmers MUST attend a minimum of TWO AFTERSCHOOL TRAINING SESSIONS each week.

If you have any questions relating to the swim training programme and the **MARLINS SWIM TEAM** please do not hesitate to speak to Mr. Rogers at any time.

MUSIC

PRIMARY SCHOOL SATURDAY	SENIOR SCHOOL SATURDAY
<p>Activity: Band at Break Day: Saturday Time: 12:00pm – 12:30pm Venue: Primary Music Room Year Groups: 3 - 6 Maximum numbers: NA Teacher: Miss Proctor Information: This is an exciting new activity for instrumental players of all kinds, which, for the first time, will be held at second break. Come and chill, eat your lunch, play together and have some fun. No need to sign up for this – Miss Proctor will be sending invites (in the second week of term) to join this special club.</p>	<p>Activity: Silver Sounds Steel Band Day: Saturday Time: 3:00pm – 4:00pm Venue: Secondary Music Studio Year Groups: Secondary Maximum numbers: 8 Teacher: Mr T Jones Information: The Silver Sounds Steel Band is the only one of its kind in Oman. The instruments have been made from oil drums at the school and the band has already given several rousing performances both at school and at the Intercontinental Hotel. Auditions will be held to select new members for the band.</p>
<p>Activity: Rock Club Day: TBA Time: 1:45pm Venue: Primary Music Room Year Groups: 5 - 6 Maximum numbers: NA Teacher: Miss Proctor Information: This club will be formed by audition only. Please come and see Miss Proctor if you sing or play the electric guitar, guitar, bass, or drums. We will be working towards playing in the Year Six leaver's assembly.</p>	
PRIMARY SCHOOL SUNDAY	SENIOR SCHOOL SUNDAY
<p>Activity: Group Clarinet Lessons Day: Sunday Time: 1:40pm – 2:20pm Venue: Primary Music Room Year Groups: 4 - 6 Maximum numbers: 5 Teacher: Mr. Nick Foster Information: Continuation of the group instrumental lesson scheme with Mr. Foster. Please speak to Miss Proctor directly if you would be interested in your child learning the clarinet this term as we have two clarinets available.</p>	<p>Activity: Senior Singers Day: Sunday Time: 2:00pm – 3:15pm Venue: New Music Studio Year Groups: All Maximum numbers: N/A Teacher: Mr T Jones Information: Students will have the opportunity to sing for fun, learn how to improve their singing and to prepare for some concerts. Auditions will be held for those wishing to sing in this fun choir.</p>
PRIMARY SCHOOL MONDAY	SENIOR SCHOOL MONDAY
<p>Activity: Group flute lessons Day: Monday Time: 1:40pm – 2:20pm Venue: Primary Music Room Year Groups: 4 - 6 Maximum numbers: 5 Teacher: Mr. Nick Foster Information: Continuation of the group instrumental lesson scheme with Mr. Foster. Please speak to Miss Proctor directly if you would be interested in your child learning the flute this term as we have two flutes available.</p>	<p>Activity: Orchestra/Band Day: Monday Time: 2:00pm – 3:20pm Venue: Secondary Music Studio Year Groups: All Maximum numbers: N/A Teacher: Mr T Jones Information: Brass , Woodwind, Percussion, String and Keyboard players are invited to play in this orchestral band. The ensemble also needs a drummer and bass guitarist. This is your chance to play exciting music as part of a musical team!</p>

PRIMARY SCHOOL TUESDAY	SENIOR SCHOOL TUESDAY
<p>Activity: Junior Choir Day: Tuesday Time: 1:45pm – 2:45pm Venue: MPR Year Groups: 3 - 6 Maximum numbers: No max Teacher: Mrs Kolster / Mr Megnin Information: This term we will be preparing for the second annual 'Muscat Children Sing' event which will be held in the Al Bustan Auditorium in May this year. We will be joining forces with PDO, ABA and TAISM Primary Choirs this year to make a huge massed choir, so come and join in and you will experience what it's like to sing in a group of 200!!! Boys also welcome, especially those from No Girls Aloud! Choir colours will be awarded to those who take part in all choir activities this year. This activity will continue into Term 3 and it will not be possible to join new at that point as we will already have rehearsed a lot of the material by then. Cost: None</p>	
PRIMARY SCHOOL WEDNESDAY	SENIOR SCHOOL WEDNESDAY
	<p>Activity: String Group Day: Wednesday Time: 2:10pm – 2:55pm Venue: Primary Music Room Year Groups: 3 – 13 (depending on ability) Maximum numbers: NA Teacher: Mrs Alison White (Peripatetic Music Teacher) Information: The String Group is an established group (violins, violas and cellos) that meets together each Wednesday to practise a variety of music. They work towards putting on their own concerts as well as performing in the Christmas Carol Concert on December 5th. The group is open to any student from year 3 to year 13 but should be at least grade 1 standard. The activity is fee paying, RO 1 per session to be paid in advance per term. Please contact Alison White on 99560319 if you require further information.</p>

FITNESS TRAINING

Sunday 5:00pm – 6:00pm

Sports Hall

Dan Taylor [Master Personal Fitness Trainer]

This activity has been operating since January 2008 during term time, providing a great workout for staff and parents using a constantly changing and stimulating range of exercises and training methods. The level of intensity is controlled by yourself with exercises either changed or adapted to cater for individual requirements. It is good fun and it works!

Dan trains a wide range of clients using personal and group sessions. Ask any of them what to expect if you are unsure if this is for you, but if improving your fitness level and overall health in a fun and interactive atmosphere sounds interesting then come along and enjoy yourself. It is nothing like the lonely, boring hotel gym sessions wondering if this or that machine is actually doing anything worthwhile for you. Most of the time they aren't actually!

Sessions begin on Sunday 10th January 2010

Cost: 10 sessions between 10/01/10 and 28/03/10] RO 33
Single session RO 3.500

Contact Details

Dan Taylor
GSM: 99478257

Activity	Name	Organisation	Tel	Email
String group	Alison White		24605706/99560319	paulnali@omantel.net.om
Karate	Yousef Al Siyabi	Oman Karate Centre	99435199/95055741	jmsmith@omantel.net.om
Football	Chris Sewell	RAF Seeb	99415182 99263585/ 24693941	gscarr@omantel.net.om
Scouts	Sonia Carr			
Rainbows				
Guides	Claire Cotterrill		96420026	
Cubs	Sonia Carr		99242078	gscarr@omantel.net.om
			99263585/ 24693941	
2nd Beavers	Sonia Carr			gscarr@omantel.net.om
	Claire Crawford and			clc13lin@yahoo.com or
1st Beavers	Richard Robins			rrobins@hotmail.com
Irish Dancing	Mrs Fatma (Tafo)		99568682	
Football	Pia Guidi	Reception	99422697	pia.guidi@tesco.net
Football	Justine Phillips	Year 2	99476524	justine@omantel.net.om
Football	Alexander Weber	Year 5	99413285	kats.weber@gmx.net
Football	Diana Fitzpatrick	Year 6	96027531	dianafitzpatrick@rocketmail.com
Football	Steve Dalton	Loan Service	92731867	
Football	Fred Park	Sat football	99596423	fredngill2@yahoo.co.uk
Football	Adriana Skaloud	MCFL	92120383	skaloud@yahoo.com
Basketball	Russell Godfrey	National Basketball	99420924	rgodfrey@i2offshore.com
Football	Scott Taylor	Loan Service	99245342	contractsmanager@hotmail.co.uk
Football	Neil Watson	Atkins	99474482	neil.watson@atkinsglobal.com
Baby Music Group	Jill Brown			club-jill9064@hotmail.com
Football				
Football				
Football	Archie Campbell	Denton Wilde Sapte	97190174	archie.campbell@dentonwildesapte.com
Hockey	Will Blake	Adult hockey V BSM Staff	99353178	
Personal Fitness Training	Dan Taylor	Adults Fitness Training	99478257	

COMMUNITY CLUBS

There are many activities and clubs which take place at BSM. If you would like to advertise your activity in this section please send me the information electronically via the School's e-mail address and I will include it for the next publication due out shortly.



British Guides in Foreign Countries (BGIFC)

BGIFC is part of the biggest voluntary organisation in the UK, with almost 600,000 members. We are offering new & exciting experiences for today's girls & young women in a unique girl-only space, which we have done so for 100 years, as this is our Centenary year! BGIFC make the same promise, & follow the same programme, as girls in the UK. Thus the girls are able to experience continuity in their Guiding lives. Membership is open to all girls & young women irrespective of faith, race & culture.

Here in Oman we have all Guiding Sections available, they are held at the following times:

Rainbows (5-7yrs):	Sat 16.15-17.15 at BSM;	Tues 15.30-16.30 at PDO;
Brownies (7-10yrs):	Sat 15.30-17.00 at PDO;	and 16.00-17.30 at BSM;
	Mon 16.00-17.30 at RFS;	
Guides (10-14yrs):	Sat 17.30-19.15 at BSM;	Tues 17.45-19.30 at PDO;
Senior Section (14-25yrs):	Mon 18.00-19.45 at ABA (alternate weeks);	

Application forms are available in the school office.

We are also looking for adult volunteers to help out, so if you are able to give up 1½ hrs a week to help within BGIFC, or would like further information, please contact Diana on 95194612 (eves only please).

PBI Intercontinental Junior Tennis Programme

Spring Term: Jan 9 –April 28 2010

Classes are held Sat –Wed

Groups:

Tiny Pee Wee: 3:30-4:00pm (Ages 4-5)

Pee Wee: 4:15-5:00pm (Ages 6-7)

Hot Shot: 5:00-6:00pm (Ages 8-11)

Junior Star: 6:00-7:00pm(Ages 12-15)

For more information or to enroll please contact the PBI tennis professionals:

John Ciarleglio: 96897106958

KarthikRajamani: 96892909104



Dear Sir/Madame

Thank you for your interest in Arsenal Soccer School's Oman.

We are very pleased to announce our launch in Oman, with a very successful open day at Muscat Club, Wadi Kabir.

You are now able to Register your interest with us. Training Sessions will start in the first quarter of next year. We will be having Head Coaches from the UK (based in Oman) and being assisted by local coaches. Please find attached the Registration of interest form to join Arsenal Soccer Schools Oman, once completed please email back to info@arsenalsoccerschooloman.com

Arsenal Soccer Schools Oman is for Boys and Girls of any Nationality and skill level, ages ranging from 5-16.

Tentatively the options are as follows:

10 week program

1 session a week for 10 weeks
R.O. 150

2 sessions a week for 10 weeks
R.O. 250

We look forward to you joining Arsenal Soccer School's Oman

Any other enquires please do not hesitate to contact us on 98868621 or alternatively via email info@arsenalsoccerschooloman.com

Very Kind Regards

Louise Buckwell

Personal Data

Course

Full Name

Name of Parent

Address

.....

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Email Address

Home Telephone No.

Parent's Mobile No.

Date of Birth

Sex Male Female

Advance Notice of Primary After School Activities Cancelled This Term

Sunday 17th January – BSME – Due to Mrs Reeves at Year 6 Camp in Fujairah

Sunday 17th January – Network Games – Due to Mr Parsons at Year 5 trip to Ibra

Sunday 17th January – Book Club – Due to Mrs Turner at Year 5 trip to Ibra

Sunday 17th January – Benchball – Due to Ms Helmore at Year 5 trip to Ibra

Sunday 17th January – KS2 Dance – Due to exams in the Main Hall

Monday 18th January – Conversational Arabic – Due to Miss Al Samri at Year 5 trip to Ibra

Tuesday 19th January - BSME or Hockey – Due to Mrs Reeves at Year 6 Camp

Tuesday 19th January – Touch Typing – Due to Miss Jones at Year 6 Camp

Sunday 31st January – No activities due to Parent / Teacher Consultations – **Please note BSME will continue**

Tuesday 2nd February – No activities due to Parent / Teacher Consultations – **Please note BSME will continue**

Tuesday 16th February – Magical Maths – Miss Dellman at Year 4 ODC trip

Tuesday 16th February – Phonics Club – Mrs Murray at Year 4 ODC trip

Tuesday 16th March – No activities due to Primary Staff Inset

Saturday 27th March – No Primary Basketball – due to Year 12 and 13 Parent Teacher Consultations in the Sports Hall

Advance Notice of Senior After School Activities Cancelled This Term

Sunday 31st January – No Developmental Swimming – Mrs Smith at Senior School Ski Trip.

Sunday 31st January – No Hockey – Mr Taylor at Senior School Ski Trip.

Saturday 6th February – No U14 Boys Football – Mr Taylor at Senior School Ski Trip, Mr Wilson at Dubai Football Tournament.

Sunday 7th February – No Developmental Swimming – Mrs Smith at Senior School Ski Trip.

Sunday 7th February – No Hockey– Mr Taylor at Senior School Ski Trip.

Saturday 13th February – No U14 Boys Football – Mr Taylor, Mr Wilson at Dubai Football Tournament.

Sunday 14th February – No Hockey– Mr Taylor at Dubai Football Tournament.

Cancellations due to Parent / Teacher Consultation Evenings will be made by individual members of Staff.