



Extracurricular Programs

Spring 2010

General Information

Again this semester we are happy to offer you a great variety of different extracurricular programs.

The Spring Semester 2009 extracurricular **programs start on February 1, 2010** and continue **until and including June 11, 2010**. There are no lessons during the Winter Break in February and Spring Break in April, or on other days when school is out (for example on teachers' in-service days, national holidays, etc.). Canceled classes will be refunded, no make-up classes will be offered.

Each course will be offered subject to a minimum enrollment as indicated for each class. The enrollment is for the complete semester. **Sign-ups will start immediately and are due by January 14, 2010**. Confirmations will be sent out shortly after this date. **Sign-up can only be accepted with filled-in sign-up sheet (hardcopy or email version)**. You will be billed in January soon after sign-up is completed. Students are admitted on a first-come, first-served basis. In sports classes, preference will be given to returning students. **No cancellations or refunds are available after the sign-up has closed, unless a class is canceled**. Subject to availability, enrollment changes between courses may be possible during the semester.

If you have any questions about the course content, please feel free to contact the teacher directly.

So go ahead, try something new or pick up an old hobby you have not had the chance to do for a long time – have fun!

Best regards,

Hans Peter-Metzger

Arts & Crafts with Barbara for Kindergarten Children

Teacher: B. Jakoby

Language: German

VS/K

If your child likes arts and crafts and just can't get enough gluing, painting and drawing, this class may be the right choice. The instruction will be in German but it will be no problem at all to explain the projects in English.

There are so many art projects we will do together – in spring we'll color eggs, draw beautiful flowers and draw Mandalas while listening to relaxing music after a busy Vorschule morning. Summertime is the time to collect shells, bring them to class, get creative and find out what to do with the beauty of nature. We'll also paint wooden letters and create funny animals made from clay. These are just some of the projects that your child will do in this class. If you think your child would love being creative, you should sign up and not miss the fun.

Soaps and more

Teacher: B. Jakoby

Language: German

3rd – 4th Grade

How would you like to make a gift of luxury for your friend, grandmother, mother or even your teacher? Valentines Day, birthdays, and Mother's day is also coming up in 2010. Learn how to melt and pour your own soaps; make your own bath salt, body scrubs and bath fizzies in this fun, hands-on class. Get creative and combine your fantasy with a hint of color and a fragrance/essential and enjoy yourself or surprise others.

And of course all soaps, bath salts, body scrubs and bath fizzies will be wrapped in a nice self-made outfit that it's ready to go to take home.

Please be aware, that we'll work with hot ingredients and that it's important for teacher and the children to work very carefully and concentrated.

Please note that a material charge of \$ 60 will be charged for this class.

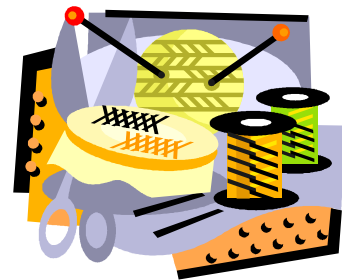
Handarbeiten

Teacher: Christine Burris

Language: German

3rd - 4th grade

We will tackle a wide variety of activities: Learn how to do needlepoint, sew, crochet or knit. We might also decide to design and make jewelry using beads, glitter, shells and crystals. Or we will perfect our drawing and painting skills and make artwork out of dough. There is no limitation to our imagination!!!!



Music and Drama

Choir / Musical

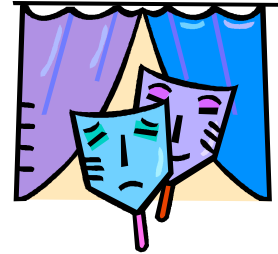
Teacher: A. Messner
Language: German
1st – 4th Grade

The students will sing songs in different styles and from various cultures and time periods. They will become familiar with songs from a variety of musicals. They will learn the fundamentals of vocal technique and reading music. They will sing in unison and in parts. They might focus on scenes from various musicals for a performance in spring. Several performances are planned throughout the year.

Drama Club

Teacher: D. Giesen
Language: English
3rd – 5th grade
6th – 8th grade

Join drama club to act, to build sets, to paint scenic designs, to have fun with an adventure play! This program concludes with two performances for student and adult audiences.



Guitar Private Lessons

Teacher: Janet Roitsch
Language: German

Piano Private Lessons

Teacher: A. Messner
B. Roitsch (Mondays only)
L. Genzinger (Tuesday/Thursday only)

Students can learn how to play the piano or can continue developing their skills. Several recitals are planned throughout the year. Lessons are held in German and/or English.

Voice Private Lessons

Teacher: A. Messner
Language: German/English

Each voice is unique. Students can develop their voice by singing songs of their choice and learning vocal techniques, including posture, breath control, diction, expression and sight-singing. Lessons are held in German and English.

Sports and Fitness

Tap/Ballet. Jazz and Creative Movement

Teacher: Small Fry Dance Club (www.smallfrydanceclub.com)

Language: English

Preschool - VS/K

Small Fry Dance Club is a preschool dance program designed to give young students a survey style class that covers basics in tap, ballet, jazz, creative movement, and yoga. Our goal is to help each student find a place for dance in their life. No matter the degree of each child's dance goals, discovering movement should be nothing but empowering. Through dance, Small Fry teaches children to be creative, physically fit, flexible, confident, and artistic.



Little Gym

Teacher: My Gym Palo Alto (www.mygypaloalt.com)

Language: English

The My Gym program is designed to promote health and fitness as a lifelong habit in a positive and nurturing environment. Our highly trained teachers and award-winning classes have earned My Gym the reputation as the best physical early learning program of its kind. Each week, your child will participate in a 60-minute class that includes fitness activities, games, relays, sports, songs, dance, puppets and other original activities. My Gym Kids have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills. The most important benefit we offer, however, is the building of confidence and self-esteem.

Karate/Self Defense

Teacher: Chang Tai Do Karate (www.changtaido.com)

Language: English

- Karate for Tots (4 – 6 years)
- Karate for Beginners (Grade 1 and up)

Classes include history, culture, terminology and etiquette relating to multiple martial arts styles. Forms are based on Shotokan Karate. Students will learn proper stretching, blocks, punches, kicks, strikes, self defense and forms (Kata). Sparring (Kumite) and weapon forms & training taught in Intermediate/Advanced classes. Chang Tai Do training will help students develop better mental focus, coordination, discipline, strength, endurance and skills to defend one self. Uniforms are \$35.00 up to size 3, \$45.00 for size 4 & up. Students can test at the end of each session to advance to the next level. Test fee at White Belt level is \$25.00. Each color level has about three stripes before changing to the next color belt. Each belt color is a slightly increased test fee. Please indicate on your order form if you need a uniform and which size. You will be billed separately for the uniform and test fees if applicable.

According to their belt level, returning Students may need mandatory sparring equipment which includes foam boppers, head gear, chest pad, mouth guard, hand/forearm pads, foot/shin pads, target pad & groin protector (male students only). All equipment plus bag & one time

fee for \$80 weapons class is included in the \$245 mandatory equipment fee. This is standard for advanced Chang Tai Do classes.

Soccer – in English (with German/Italian/Spanish flavors!)

Teacher: P. Metzger
Language: English
1st – 3rd Grade

Did you know that our Head of School is a soccer enthusiast and a coach? In addition, he is a pretty good player himself. Join in for some good clean fun and a great workout to clear your mind before tackling your homework.



Tennis

Teacher: M. Samuelian
Language: English

- Beginners (K/VS and up)
- Experienced
- Intermediate
- Tournament Level

Priority is given to students that have attended Tennis lessons with Mireille before.

Tap and Hip Hop

Teacher: Small Fry Dance Club (www.smallfrydanceclub.com)
Language: English
1st – 4th Grade

For 1st through 4th grade students Small Fry Dance Club Level Up will offer a movement class focusing on both Hip Hop and Tap. Curriculum will concentrate on warm-up, flexibility, strength, stabilization, and isolation. Boys and girls are welcome. Students will need tap shoes, tennis shoes, and knee pads. Dancers will learn a set routine for each discipline, and will be challenged along the way to compare and contrast the basic qualities and technique of each style.

Yoga for Preschoolers

Teacher: stretch.play.yoga (www.stretchplayyoga.com)
Language: English
Preschool

It is important to plant the seeds of healthy living early on in life to encourage life long habits and skills. Yoga, while increasing children's flexibility, strength, balance and coordination, can teach children the skills they need to face today's real-life pressures such as concentrating and calming one's own body and mind. Yoga is a fun, non-competitive and approachable activity that quickly builds these skills while building self-confidence and self-respect. Classes are structured as follows: opening circle, warm-up, yoga poses, cooperative games or music and movement, breathing exercises, relaxation exercises.



Internet and Computing Core Certification (IC³)

Language: German

Teacher: J. Mumme/D. Liechti

5th – 8th grade

In this class student will work with the Educationpool software. Educationpool develops Microsoft Office Program online-tests and learning seminars for corporations, schools and individuals. With the help of IT-placement tests, the existing and missing computer skills will first be measured. Thereafter, the identified knowledge gaps will be addressed with an individualized learning platform.

The training course starts with a placement test and is completed with the examination to obtain the internationally recognized and worldwide standardized Certificate IC³. IC³ offers specific guidelines which are individually customized to the knowledge and ability of users in the areas of hardware, software, networks and internet. IC³ enables the reliable and universal evaluation of basic computer skills without being dependent on a specific provider. In addition to the certificate IC³, the training course also covers the requirements of technical colleges and trains the students about the competence areas required by the educational boards.

The training course teaches widespread computer science knowledge in three modules based on a learning platform which is designed according to individual knowledge gaps:

1. ICT basics
2. Word, Excel and PowerPoint
3. Internet, email and Outlook

Final exam and worldwide certification is optional at a cost of \$ 50.00/student.

Please contact Dominic Liechti (dliechti@gais.org) for more information or check out Educationpool's website at http://www2.educationpool.ch/EN/Schulen_Lehrgang.asp.

Robotics and Programming

Language: English

Teacher: Digital Media Academy (www.digitalmediaacademy.org/kids/)

4th – 8th grade



This course is ideal for kids who love to build things with their hands and want to learn more about mechanical and programming concepts. This course will challenge you to think critically and work with others to solve problems. Whether you are brand new to programming and robotics or already have experience and are an aspiring engineer, this

course will allow you to increase your knowledge while having an amazing time along with other student with similar interests.

Software used: LEGO® MINDSTORMS® NXT

Digital Art and Filmmaking

Language: English

Teacher: Digital Media Academy (www.digitalmediaacademy.org/kids/)

2nd - 4th grade

Take a tour of digital arts as a Junior Adventurer and come explore the worlds of photo manipulation, filmmaking and video game creation. First, you will learn to use Adobe Photoshop to change photographs and create artistic photographs of yourself! Then, as a class, we will learn how to make a movie, just like the movie-makers of *Shrek* or *The Chronicles of Narnia*. You will learn about shooting, editing and special effects. Finally, you will explore the world of video game creation and create your own video game with unique characters, backgrounds and sounds! By the end of the week, you will have your own CD of digital art & games and your own DVD movie to show off to your family and friends! This course also includes outdoor recreation and team building activities.

This course is ideal for kids ages 7-9 who want an introduction to several areas of digital media. After taking this course, a natural next step in future summers would be to pursue one of these areas in greater depth with either Adventures in Game Creation, Adventures in Filmmaking, Adventures in Cartoon Creation or Adventures in Comic Creation.

Software used: Adobe Photoshop, Apple iMovie, Multimedia Fusion 2

Science and Discovery

Pre-Engineering with LEGO®

Language: English

Teacher: Play Well Teknologies (www.play-well.org)

4 – 6 years old

Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques.

Little Snack Gourmets

Language: German

Teachers: Andrea Walchhofer and Martina Ruetz

Pre – VS/K

Carrots with chocolate..., crackers with cream cheese..., fruit smoothies with yoghurt? What tastes good and is nutritionally sound? Kindergartners and first graders will find out in this hands-on cooking class. This class teaches young children first skills in food preparation and instills principles of a healthy nutrition. Children will create their own snacks and learn basic food preparation skills. Please provide an apron or T-shirt that can get dirty. Please note that a material charge for food of \$40 will be charged for this class.

Science Workshops by Schmahl Science

A Schmahl Science Workshop (SSW) was formed in 1996 to provide hands-on science activities for kids in a free-form environment. Since 1999, SSW has served over 40,000 students and over 3,500 teachers. SSW are a partnership of students, parents, teachers, scientists and science professionals who have come together to help foster this interest in science.

Inventions and Engineering

Language: English

Grade 1 – 4

- **Homemade Loudspeakers:** Students build homemade loudspeakers using ring magnets and plastic cups. While constructing the loudspeakers, students will learn about electromagnetism, the interaction of magnetic fields, and the mechanical amplification of sound.
- **Periscopes:** Our Agilent Periscope project introduces students to the basic properties of reflection. They experiment with mirrors, reflecting geometric shapes and symmetrical words and images. The children will construct their own periscope and have a great time finding ways to apply the tool.
- **Lighthouses:** Students assemble both house and lamp assemblies. With rays of light emerging from the sides of their houses, the children will set up experiments to discover properties of light including reflection, refraction, and conversion of light rays.
- **Roller coasters:** Students work in groups to make a roller coaster with split foam tubes, marbles and tape. They discover amazing ways to get as many energy conversions as possible. This relates to potential and kinetic energy, friction, and inertia.
- **Balloon Cars:** The focus of the student's work in this session is on the careful assembly of a balloon-powered car that provides a practical application of Newton's third law of motion. After they have completed their cars and considered the importance of axles, bearings, and symmetry they will have a lot of fun racing them around the room.
- **Motor Cars:** Students build a battery-powered car by constructing a u-shape body. They then install the mechanism and race it down the hall!
- **Mousetrap Cars:** Many products exist that can be improved. Indeed, technological innovation is often the result of improving on the works of others. Automotive engineers have carefully improved such areas as engine design and aerodynamics to achieve better performance and gas mileage. In this problem situation, the power source for a small toy car is a mousetrap. It is a simple idea with lots of room for improvement. Your Challenge - You are to redesign a mousetrap car so that it will travel the greatest distance possible.
- **Rubberband Cars:** Designing and constructing a car out of cardboard, dowels, balsa wood, and rubber bands can be quite challenging for children. Using only these limited materials, not only do they build their own cars, but they also learn in a direct way the engineering

concept of optimization by testing different sized rubber bands and different diameter plates as wheels.

- **Sundials:** Students build their own sundials and simulate the ‘time shadow’ created by the rotating Earth. The shape of the earth, their location on it and how a compass works are considered in the workshop.
- **Pencil Electrolysis:** With this experiment a simple device is built which enables us to split water into its two parts - oxygen and hydrogen.
- **Experiments in Electrochemistry:** Students apply concepts relating to electrochemistry by constructing a fruit-powered battery.
- **Sparks and Shocks:** Students learn about thunder, lightning, and electrons. They discover how to separate a mixture of salt and pepper, lightning safety, and with one hair-raising experience, they discover the nature of static electricity. This relates to weather, lightning safety, electrons, positive and negative charges, voltage, lightning bolts, and cloud formation.
- **Enlightening Electrical Circuits:** This is a good, simple introduction to electricity. The student learns about: current (electron) flow; potential (voltage) that produces the current flow; charge (coulombs); conductors to carry the current flow; and simple switches and lamps (including LEDs). In the hands-on sessions, the student builds a battery-operated system including two switches, two lamps, an audio sounder, and a pair of batteries.
- **Steady Hand Game:** Students explore the fundamentals of electricity. They build an electrical circuit that includes an energy source, resistance, a light and a switch. The completed assembly is also a steady hand game that students have fun playing.
- **Lawn Mower Engines:** Have you ever opened the hood of a car and wondered what was going on in there? In this workshop students explore the physics of internal combustion by dismantling lawn mower engines.
- **Water Rockets:** Better wear your swimsuit to this workshop as students design and launch rockets made from 2-liter bottles.
- **Giant Jenga:** Your aim is to try and make the tallest tower using the blocks. Remove blocks from lower down the tower and place them on the top. How long can you keep the tower balanced?

Languages

Creative Writing

Language: English

Teacher: tba

3rd - 4th grade

Creative Writing will be an imaginative adventure into the writing process, which will inspire the minds of everyone in the group. Different modalities will be utilized to help all students express themselves creatively. We will frequently write stories that are derived from art projects, and also ones that are generated by the group.

Deutsch-Sternchen

Teacher: Martina Ruetz

Language: German

Preschool students born after 1/1/2005

This course is a perfectly playful way to help your child with the German language. Many children in preschool understand German but don't know how to express themselves in German. In a small group we will read German books and stories, sing German songs, paint pictures and do collages and afterwards discuss our artwork. This is a supporting German class for non-native speakers focusing on talking, grammar, vocabulary and how to express oneself in German. For any questions please feel free and contact Martina in Preschool.

English Fun

Teacher: Amy Parsons

Language: English

Pre (4 ½ years up) – VS/K

The course will focus on developing English speaking skills for young children who are non-native speakers. Lessons will include games and other fun activities to make learning the basics of English an enjoyable experience.

English, French and German Private Tutoring

VS/K – 8th grade

- English: Teacher: tba
- French: Teacher: Celine Wahl
- German: Teacher: tba

This program is designed for those school-aged children who need some extra help with the language. Please contact the teacher directly to find the appropriate level and time for your child.

G.R.E.A.T. - German Enrichment

Teachers: tba

Language: German

1st & 2nd grade

The course will focus on reinforcing German communication skills for students who are non-native speakers. Lessons will include games and other fun activities to make learning German an enjoyable experience.

German Lessons for Adults – Beginning

Teacher: Antje Enders

Language: German

Adults

In this class we will focus on building a basic everyday-life vocabulary. You will be able to take part in your younger children's school activities as you will learn some of their songs and verses. Your older children might appreciate some playful ideas on how you can practice grammar with them. Small classes allow for tailored instruction.

German Lessons for Adults – Intermediate/Advanced

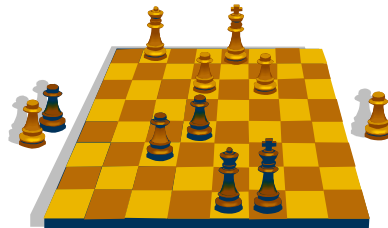
Teacher: Antje Enders
Language: German
Adults

In this class we will focus on real life vocabulary as you need it at home, at school, and of course abroad. We will review important grammar topics, and also discuss ideas on how to practice German with your children. Small classes allow for tailored instruction.

Cross-Curricular

Chess

Language: English
Teacher: Codebreakers Chess Clubs
2nd – 8th grade



At the beginning of the first class, students are broken up into groups based on skill levels. Once in their groups, students will be given lessons on chess strategy, tactics, and history. Teachers will use large "demonstration" chess boards, while students play along on their own chess boards. Lessons are normally no longer than 15-20 minutes, and at the end of each lesson, students will play tournament style games with their classmates and use the information they learned in that and previous days' lessons.

Dance with Indra

Language: German/English
Teacher: Indra Pachtner
Adults

Indra Pachtner, a GAIS parent & ex-competitive dancer, is offering a rare chance to start or brush up your Cha-Cha or Viennese Waltz dancing skills right here at GAIS! This program runs twice a month. Please sign up as pairs.

Child care is provided (fee of \$ 5 per child, payable at the dance lessons)

Homework Club

Language: German
Teachers: Andre Biesel/Birgit Pape/Erika Van Deusen/Christine Burris

- session I: 2 – 3 pm for 1st to 4th grade
- session II: 3 – 4 pm for 5th to 8th grade

In conjunction with a school-wide effort to help families that are not native-language German speakers this program is being offered at a minimal cost. It will be particularly useful to those students that need extra help in doing their German homework. The homework supervisor will give assistance, guidance and advice on completing assignments. Students participating in the program will be expected to work productively on tasks assigned by their teacher or work given to them by the supervisor.