



**AMERICAN  
INTERNATIONAL  
SCHOOL  
CHENNAI**



# **Elementary and Middle School Arts, Sports and Activities (ASA) Program**

## FOREWORD

Welcome to the Arts, Sports and Activities (ASA) Program!

This handbook is designed to give parents a helpful insight into the activities, procedures, and policies offered by the American International School Chennai for the year 2018-19. Please read this handbook carefully and keep it safe for easy reference during the school year.

The ASA Program strives to provide an atmosphere where children can enjoy, grow, and learn. We always welcome suggestions and ideas that will help us to make your child's time at this Program beneficial and rewarding.

Sripriya V - ASA Coordinator (Mobile: 90030 19492)

Athletics & Activities office (room no. 1304). Next to the IHub.

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# AISC Mission

Together  
we inspire  
a love of learning,  
empowering all  
students with the  
**courage,**  
**confidence,**  
**creativity** and  
**compassion**  
to make their unique  
contribution in a  
diverse and  
dynamic world.



## IMPORTANT INFORMATION ABOUT ASA

### **Season schedule**

SEASON 1	SEASON 2	SEASON 3
August 13 - November 2	November 12 - February 15	March 5 - May 25

### **Timing**

- ASA for Elementary School and Middle School runs Monday through Friday from 3:45 - 4:45 p.m.
- We do not have ASA on Wednesdays.

### **Students' transition**

- Elementary students will be accompanied by their homeroom teacher to the ES cafeteria or the assigned assembly spots at 3.30 p.m.
- Please make sure your child has a snack and drink before ASA.
- Middle school students will go directly to the assigned facilities.

### **Attendance**

Attendance is taken by the ASA instructors at the beginning of each class. Parents can email ASA coordinator ([vsripriya@aischennai.org](mailto:vsripriya@aischennai.org)) if their child will miss class on any particular day.

### **Students' dispersal**

- All elementary parents need to pick up their children by 4.45 p.m. from the ES cafeteria.
- Driver and maid handover will be done at the elementary turnstiles.
- Parents need to contact ASA coordinator at the earliest if you need to pick up your child early.
- Children will not be released to anyone other than a parent, guardian, or person listed on the child's permission form unless the child's parent notifies the ASA office prior to pick up time.
- For students who take the School bus, the bus chaperones will be at the elementary cafeteria for pick-up.

### **Communication**

ASA office will communicate all information via Principal's weekly blog and direct emails. In case of an emergency, phone calls will be made.

### **About activities**

- Description as a brochure for all activities is listed in this document and is also available at the school website.
- Middle school activities: ASIAC, Theatre, MUN, Student Voice Forum, Art, Assembly Committee, Homework Club etc. are offered directly by the Middle School staff and are independent of ASA. Please check with the MS office for details.

### **Behaviour management Policy**

We believe in providing a positive environment where children are supported in being the best that they can be. We have three simple rules:

- **Be Respectful**
- **Be Responsible**
- **Be Safe**

The children and staff of the ASA Program are asked to treat each other with respect, tolerance, kindness, and consideration. The rules and behavior expectations will be explained to the children clearly and reinforced in a consistent manner.

Children will be given reminders and redirection in order to encourage positive behavior. A child who is unkind verbally will be asked to apologize. Children will be taught to use school supplies or equipment in an appropriate manner. When a child is disruptive or needs time to regain self-control, he or she will be timed out. Time out periods will last approximately three to five minutes. After a time out, the teacher and child will discuss behavior options before the child returns to the group. School counselor and parents will be notified if a child exhibits unusual emotional or physical behavior that threatens the wellbeing of the child or others in the Program.

### **Use of gadgets**

Students are strictly prohibited the use of mobile phones and laptop (unless the activity requires the use of a laptop) during ASA time.

### **Sickness/Injury**

During an ASA if a child gets injured or sick, they will be escorted to the nurses' room (1110). The nurse on duty will take care of the child and contact the parent.

### **General Instructions**

The first priority of the ASA staff is to focus on the children. In order to meet the needs of the children, we ask that parents limit their conversation with ASA instructors to subjects involving their child. Parents can meet the ASA staff during the office hours for any queries or email them. Parents are not allowed to watch their children during ASA as this will distract the class.

Students to come appropriately dressed for all activities. For gymnastics and dance classes, girls need to wear leotards/tights and t-shirt. Hair should be tied back. Boys should wear cycling shorts and t-shirt.



**What is Arts, Sports and Activities (ASA) fair?**

It is an exhibition of all the activities offered throughout the year. The ASA fair will be held on Wednesday - August 8, 2018 at the FAC Cafeteria from 2.45 p.m. – 4.00 p.m.

Guest instructors and AISC teachers who will be leading activities will be assigned tables with their activity placard. This fair gives parents and students an opportunity to meet and have a conversation with the instructors to better understand the nature of each activity.



## REGISTRATION PROCESS

### GOOGLE FORMS REGISTRATION

Registration can be done through google forms for all ASA on the following dates:

REGISTRATION DATES		
SEASON 1	SEASON 2	SEASON 3
August 8-9	October 12-17	January 18-22

For any assistance to get through registrations, please visit the Athletics & Activities office (1304).

### COST

Fees of Rs. 3000 is charged per day of activity for each trimester.

### PAYMENT DATES

Parents can pay for their child's registration through the payonline portal on the dates mentioned.

SEASON 1	SEASON 2	SEASON 3
August 20-24	November 19-22	March 4-8

Please go to (<https://payonline.aischennai.org/>), login and register.

- If you are unable to register through pay online due to any problem (username/password) please write to [itsupport@aischennai.org](mailto:itsupport@aischennai.org). IT department will reset your user name and password.
- If you face Internet problems at home, please resolve and then register.
- Do not swipe your credit or debit card more than once if you get an error or failed transaction message.
- Payments made by credit card will carry a service charge. This fee is charged by the bank and not the school.
- If you have missed registering online, then in-person (cash/card) registration can be done at the Athletics & Activities office (1304) anytime in the mornings from 8.30 a.m - 2.00 pm.

### UNIFORM/KIT/ART MATERIALS

There are some activities that require uniform, kit or art materials. This will be provided by the respective activity teachers for a cost.



## WAITING LIST

Waitlisted students will be informed of vacancies within the first two weeks after the start of ASA. It is optional for parents to register their children.

## RECEIPTS

Online payments: You will receive an automated bill/receipt once the payment is completed through pay online. Keep a copy of the online receipt.

## REFUNDS

Criteria for refund: Within the second week of ASA, if a student does not like the activity/due to health reasons, he/she can opt to change the activity or request a refund. Activities can be changed only once. Refund authorization or change of activity will be done by the ASA Coordinator on the dates specified below: Carry a copy of your receipt.

SEASON 1	SEASON 2	SEASON 3
August 27-31	November 26-30	March 11-15

- Refund money can be collected from the cashier two weeks after the start of each season.
- If any injury/other commitments happen mid-trimester, please note that refunds will not be given.
- There will be no refunds for any swim programs, even if the course starts mid-season.

## ASA CLASS CANCELLATIONS

Classes missed due to rain or any natural calamity or government holidays (issues) will not be compensated or refunded.

## NO ASA DAYS:

In addition to calendared school holidays and breaks, ASA will not be held on the following days due to student-led conferences:

SEASON 1	SEASON 2	SEASON 3
September 27 - No ASA for MS October 15 & 16 - No ASA for ES	January 31 - No ASA for MS February 1 - No ASA for MS	March 14 - No ASA for ES April 5 - No ASA for MS

## **ARTS, SPORTS AND ACTIVITIES (ASA) PROGRAM**

### **LANGUAGE, SCIENCE & MATH**

#### ***FUN PHONICS***

Phonics is a method for instructing how to read and write the English language by the sounds of alphabets, blending sounds of alphabets with vowels and consonants. It helps to learn and improve the correct pronunciation of words, clear reading and understanding of the language.

#### ***FUN WITH SPELLING AND WRITING***

Students get to improve their spellings and writing skills through games in a fun way in this class.

#### ***FUN WITH MATH***

This activity helps a child to learn counting with objects. Representing and comparing whole numbers, addition & subtraction. Matching takes place with numbers to objects and objects to numbers. Recognition, formation and sequencing of numbers, concept of zero, skip-counting and number names are also taught in this class.

#### ***VISUAL JOURNALING***

Visual journaling is a creative way to express and record life's experiences, feelings, & emotions. Visual journaling combines art and text. Materials like art supplies, magazines & mementos to journal their thoughts. Students can bring in pictures, make collages of things and then write about what inspires them, their thoughts.

#### ***MAKERTRONICS (Electronics+Making)***

This projects is designed to engage students in exploring Science, Technology, Engineering, Arts and Math (STEAM). This is a hands-on club and at nearly every meeting we'll be making something (with or without electronics) cool. Students will build anything:- basic robotics, circuits and switches, ghost traps, sparkling dresses with wearable technology etc.

#### ***CREATORS CLUB***

This activity will allow students to choose, plan, learn, and build anything they want during their time in the Discovery Studio. An orientation on safety and use of tools will be done. They can work together or by themselves to make anything from robots to wearable tech, paper mache monsters to sewing fantasy costumes, or conduct science experiments or create a hydroponics garden etc. Students will have ownership over their project as long as the Discovery Studio can accommodate it. Students will be encouraged to be as independent as possible in order to build their confidence and risk taking abilities.

## **CODING & ROBOTS**

Students will be invited to learn how coding plays a very important role into the robotic motion, function and control of robots. They will be initially engaged in coding and creating programs to understand the programming platform. They will work on projects such as animations and game development. Students will then modify their programs to adapt and respond to sensor devices. They will then use coding to program robots to emulate and investigate different types of science concepts. At the end of the session, students will then work on their own robotic project to complete a given challenge.

## **ROBOTICS**

Students will be invited to learn and understand the different aspects in the field of robotics. They will initially see how product design plays an important role when designing a robot. They will be engaged in projects to help them understand different components that make up a robot and how to control them. They will create different types of robots according to the tasks and function that the robot will do. By the end of the session, they will create and program their own robot to complete a given challenge.

## **ARTS**

### **COOKING**

Getting the children involved in the kitchen with simple, kid-friendly recipes and ideas. Greatest gains are self-efficacy, experiential nutrition education and improved cognitive behaviors. The kids will learn to make cakes, cookies sandwiches, pasta and other interesting food items.

## **ART & CRAFT**

### **MULTICULTURAL ARTS & CRAFTS**

Get ready to discover arts and crafts from around the world! Here you will find traditional folk art & craft techniques from different countries. Children will make multicultural creations as they learn more about the world around them.

### **CREATIVE CRAFTS**

In Creative Crafts we will focus on basket making and weaving projects. We will make a variety of baskets. Additionally, students will learn about different types of weaving and create various projects on cardboard looms.

### **CALLIGRAPHY**

Calligraphy is a visual art related to writing. It is the design and execution of lettering with a broad tip instrument, brush, or other writing instruments. A contemporary calligraphic practice can be defined as “the art of giving form to signs in an expressive, harmonious, and skillful manner.

### **ORIGAMI (PAPER FOLDING)**

Origami is the Japanese word for paper folding. ORI means to fold and KAMI means paper. Together, they form the word, “origami”. Origami involves the creation of paper forms entirely by folding. Students will learn to make animals, birds, fish, geometric shapes, puppets, toys, and masks.

### **ZENTANGLE**

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun and relaxing. It increases focus and creativity.

### **STAINED GLASS PAINTING WORKSHOP**

Students will learn to paint on glass and acrylic sheets to make various items like wall hangings, cups, mugs, tiles, and mirrors.

### **MINIATURE MODELS & DOLL DRESSING**

Doll dressing: Do you have a lovely doll? Do you want her to be a fashion girl just like you? Students will learn to make the trendiest clothes, shoes and accessories for their doll. All you need to do is to design how to put them together and help the doll look charming!

### **JEWELRY MAKING AND NAIL ART**

Students get a basic knowledge about different types of tools, stones & beads to make jewelry and get creative in their own combinations and patterns. They will learn to make bracelets, ear drops and necklaces. Nail art can be quite intricate and detailed, as it is often defined by small patterns and designs that a person has to paint on their nails. Students will learn this creative art in this class.

### **EMBROIDERY & STITCHING**

Students will learn the basics of hand embroidery and stitching (running stitch, back stitch, split stitch, satin stitch, stem stitch, French knots, seed and fill stitches).

### **SOFT TOY MAKING**

Students will learn to make stuffed toys using felt material. Basics of sewing will also be taught in this class.

## **MUSIC**

### **KEYBOARD**

Being able to play the keyboard is a wonderful talent. Learning to play the keyboard actually improves your ability to: think, learn, solve problems, fine tune the senses, focus, remember, and relax.

**ACOUSTIC & ROCK GUITAR**

Learn to bounce your hands and tap your fingers against this wonderful percussion instrument. Come learn to strum a guitar, read music, and perform. Students will memorize chord charts, scales, note patterns, and entire songs.

**VIOLIN**

Violin is very popular because its tone is sweet and clear, and it sounds good in solos because it can be heard easily above a big orchestra. A violinist can play slow, sad, smooth melodies and dazzling, fast scales.

**DRUMS**

Drumming is a physical activity, one that takes a lot of energy. Drumming helps in hand and eye coordination.

**AISC CHOIR**

The choir is open to children in grades 3-5. Meeting once per week, the choir will have fun learning choral music from around the world. Performances will include: a special Winter Holiday Concert, Spring Concert, Vertical Concert in conjunction with the Middle and High School music programs, and the final End of Year concert. Attendance is mandatory for performances.

**ORFF ENSEMBLE - PERCUSSION GROUP**

This is a Lower School percussion ensemble (group). The Orff Ensemble is open to grades 4 and 5. This percussion group will feature drums, unpitched and xylophones. The Orff Ensemble will appear during the Winter Holiday Concert, Spring Concert, Vertical Concert and final End of Year concert. The teaching is sequential and attendance is mandatory.

**AISC HONORS GROUP**

AISC Honor Band and Orchestra is designed to challenge and expand the knowledge and skill of our most ambitious music students. Students will need to audition by performing 1-2 major scales and sight reading a short etude. The Honor Band repertoire is designed to help the student audition for prestigious AMIS Honor festivals around the globe as well as reaching our highest potential for the ASIAC and SAISA Festivals.

**MS AMIS CHOIR - Selection by audition only**

During the 2018-2019 school year, AISC will attend the AMIS Middle School Honor Mixed Choir in Frankfurt from March 20-24, 2019. Approximately 6 students will be chosen to participate in this festival. Students will audition for this Festival at the end of August and, if selected, will begin their after school rehearsals one day a week at the start of the second season.



## **DANCE**

### ***BALLET - BEGINNERS & INTERMEDIATE***

Ballet is an artistic dance form performed to music, using precise and highly formalized set steps and gestures. Classical ballet, which originated in Renaissance Italy and established its present form during the 19th century, is characterized by light, graceful movements, and the use of pointe shoes with reinforced toes.

### ***WESTERN & BOLLYWOOD DANCE***

This class is specially designed for kids to understand grace and flexibility, which comes from Bollywood style of dancing emulated from Jazz and Hip Hop. Kids learn to express themselves through dance, they also gain musical, inter/intra personal and of course kinesthetic intelligence.

### ***ACRO DANCE***

Acro Dance or Acro is a style of dance that combines classical dance technique such as ballet, modern and Jazz with the precision of acrobatics including skills such as tilts, bridges, forward and backward rolls, front and back walkovers, handstands and cartwheels. These two art forms are seamlessly blended to make the genre Acro. Think Dance Moms or Cirque Du Soleil! In this class we will focus on flexibility, strength, alignment and basic technique. Students will work on refining more difficult skills, choreography and performance each season.

### ***DANCE I***

In this performance based class students will learn dance technique from four major concert dance forms including Ballet, Contemporary, Modern Jazz and Hip Hop. The goal of this class is to develop well rounded and confident dance performers. This will be a high energy and fun-filled class. Students should wear loose fitted clothing and, for safety reasons, long hair would need to be tied back. In addition, students are encouraged to bring a snack and a refillable water bottle.

### ***AFRO & HIP-HOP***

Students learn the basics of hip hop with a combination of traditional West African, Afro Contemporary, Caribbean and modern Reggae styles. This class is mainly inspired by Hip Hop and West African movement with a sprinkling of other dance forms in the mix.

## **DRAMA**

### ***THEATRE***

Theatre is a great opportunity for children to express themselves. Theatre will help children gain confidence, courage, and be creative. Theatre involves things other than acting too! This activity helps the children to lose their stage fear. Students will learn the basics of story creation, vocal and physical

exercises, character development, memorizing parts, voice projection, direction and plotting and finally choosing a skit/play to enact.

## **SPORTS**

### **WALL CLIMBING**

Students get to learn the basics of wall climbing. This activity is ideal for beginners and a great way to increase strength, agility and to stay active while having tremendous fun.

### **JUMP ROPE**

This is an activity, game or exercise in which a person must jump, bounce or skip repeatedly while a length of rope is swung over and under, both ends held in the hands of the jumper, or alternately, held by two other participants. This activity helps students improve cardiovascular fitness, coordination, flexibility and helps in overall body conditioning in a fun way.

### **BADMINTON**

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles). The students will be encouraged to play rally and also games. It is a sport that allows the kids to have enjoyable experience of having fun.

### **BASKETBALL**

Basketball is one of the world's most popular and widely played sports. Basketball has evolved many commonly used techniques of shooting, passing, and dribbling, player positions and offensive and defensive player positioning and techniques.

### **TENNIS**

Tennis is good for the mind and body. Playing tennis regularly has many physical and psychological health benefits associated with it. These health benefits are particularly important for a student's physical, emotional, and mental development. The coach will lead you through developmentally and skill appropriate drills.

### **SOCCER**

Soccer is one of the most famous sports known all over the world. It is fun and exciting. Soccer is not really just all about kicking and running; it also entails strategies and teamwork. In soccer, kids will be exposed to the importance of communication.

### **TABLE TENNIS (PING PONG)**

Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight, hollow ball back and forth using table tennis paddles on a hard table divided by a net.

### **ULTIMATE FRISBEE**

It's an exciting, non-contact mixed-gender team sport. Ultimate Frisbee is a fast-paced game, demanding its players to develop throwing skills and stamina and agility. Self-officiating and promote fair play; this means players know the rules and understand the meaning of playing with compassion and integrity.

### **VOLLEYBALL**

Volleyball is enjoyed at all levels from family-style play to recreational leagues to highly competitive clubs and teams. Students learn the various skills of the forearm pass, overhead pass and underhand service which are age-appropriate and fun to learn.

### **GYMNASTICS - BEGINNERS**

Gymnastics is a sport involving the performance of exercises requiring physical strength, flexibility, power, agility, coordination, grace, and balance. In this sport, students will enjoy learning new skills and increase their level of fitness.

### **YOGA**

The Sanskrit word yoga has the literal meaning of “yoke”, from a root yuj meaning ‘to join’, ‘to unite’, or ‘to attach’. It was introduced by Patañjali in the 2nd century BC. Yoga gives physical, mental, and spiritual discipline.

### **CHESS CLUB**

Chess is a game that has been around for centuries. Countless researchers and studies have shown that chess strengthens a child's mental clarity, fortitude, stability, and overall health. All beginners and intermediate players are welcome and together we will learn the rules, learn strategies and may play in local tournaments and against online players.

## **MARTIAL ARTS**

### **TAEKWONDO**

Taekwondo a martial art form originating from Korea, combines tae – meaning “foot”, kwon –meaning “fist” and do meaning – “way”, to develop strength, speed, balance, flexibility, stamina and is an exemplary union of mind and body. It is both self-defense and exercise; sport and philosophy.

### **KARATE**

Training in the art of karate requires discipline and control. It imparts strengthening of both physical and mental energies towards the goal of a state of enlightenment and physical excellence. This sport allows students to practice hard to build physical strength and mental patience.

## SWIM PROGRAMS

### **ARC LEARN-TO-SWIM & SATURDAY SWIM PROGRAMS**

American Red Cross is a learn-to-swim program for beginner swimmers and is offered for three levels – 1, 2 and 3. This program is offered on weekdays and Saturdays.

Please register for ARC LTS lessons only if you know the correct level of your child. Wrong registration will be invalidated and we will not be able to change and give space. If you are uncertain about the level of your child, request you to meet Mr. Giovanni/Mr. Velin at the Aquatics office.

New students can be tested to ascertain their levels for each season on the dates specified in the google forms. A selection form will be given by the Aquatics office with the level of your child. A child is eligible to sign up for only one swim session per year.

### **RAPTORS SWIM CLUB**

This activity helps the students in improving their swimming strokes & techniques. Only proficient swimmers will be eligible for this activity. New students wanting to join this activity need to go for a try-out.

Tryouts: Date and time for each season will be mentioned in the google registration form and will also be put up on the poolside notice board.

How to try out:

- Swimmers should come to the pool deck dressed appropriately (swimsuit, goggles and cap). Elementary students to be accompanied by their parents.
- Students will need to swim 25m freestyle and 25m backstroke with correct breathing and should not be afraid of deep water. Student's eligibility to join will be decided by the Coach.
- For all new participants to this program, parents are requested to carry the selection form given by Mr.Giovanni for registering. Old students may directly register through google forms and pay through the pay online portal.

## NOTES:

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