



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 helpful insights into the ASA programs, procedures, and policies offered by the American International School Chennai for the year 2019–20. 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 the After School Program beneficial and rewarding.

Jack Bissonnette (bjack@aischennai.org)

Athletics & Activities Office (Room 1304), next to the I-Hub

TABLE OF CONTENTS

1. Foreword	2
2. Table of Contents	3
3. Mission Statement	3
3.1 Season Schedules	
3.2 Timing	
3.3 Students' transition	
3.4 Students' dispersal	
3.5 Communication	
3.6 Behaviour Management Policy	
3.7 Use of devices	
3.8 Sickness/injury	
3.9 General instructions	
4. Arts, Sports and Activities (ASA) fair	6
5. Registration Process	7
5.1 Google Forms registration	
5.2 Registration dates	
5.3 Cost & Payments	
5.3 Uniform/kit/art materials	
5.6 Waiting list	
5.7 Receipts	
6. ASA Class Cancellations & Refunds	8
7. No ASA Days	8
8. Brochure of Arts, Sports and Activities (ASA)	9

MISSION STATEMENT

The Arts, Sports and Activities (ASA) Program provides learning engagements to encourage children of all ages to explore ideas to be creative, build confidence, and play with others.

IMPORTANT INFORMATION ABOUT ASA

SEASON SCHEDULE

Elementary Arts, Sports and Activities Season Schedule

SEASON 1	SEASON 2	SEASON 3
Aug. 19–Nov. 8	Nov. 11–Feb. 21	Feb. 24–May 29

Middle School Arts, Sports and Activities Season Schedule

SEASON 1	SEASON 2	SEASON 3	SEASON 4
August 12–Oct. 12	Oct. 14–Dec. 14	Dec. 16–Feb. 28	March 2–May 15

TIMING

- Mon., Tue., Thurs., and Fri. 3:45- 4:45 pm.
- We do not have ASA's on Wednesdays.
- Some activities happen before school, during lunch or on weekends.

STUDENTS' TRANSITION

- Elementary students will be accompanied to the assigned assembly spots at 3.30 pm.
- Please make sure your child has a snack and drink before ASA.
- Middle School students will go directly to the assigned facilities.

STUDENTS' DISPERSAL

- All elementary parents need to pick up their children by 4:45 pm from the Elementary School Cafeteria.
- Driver and maid handover will be done at the Elementary turnstiles.
- Parents need to contact the Athletics & Activities Department 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 Athletics & Activities Office prior to pick-up time.

- For students who take the school bus, the bus chaperones will be at the Elementary School Cafeteria for pick-up.

COMMUNICATION

The Athletics & Activities Office will communicate all information via the Principal's weekly blog and direct emails. In case of an emergency, phone calls will be made.

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 After School 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 may be asked to sit out of the activity for a short time. 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 ASA Program.

USE OF DEVICES

Students are strictly prohibited the use of mobile phones and laptops (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 office hours for any queries or email them directly. Parents are requested to not distract the class.

Students are 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.

ARTS, SPORTS AND ACTIVITIES (ASA) FAIR

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

It is an exhibition of the activities offered throughout the year. The ASA Fair will be held on Friday, August 9, 2019, at the FAC Cafeteria from 3.30–4.30 pm.

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's that can be found in the Elementary School Principal Blog and the Middle School Daily Bulletin.

Registration forms are generally made available two weeks before an ASA season begins.

Elementary Arts, Sports and Activities Registration Date

SEASON 1	SEASON 2	SEASON 3
August 9th	November 1st	February 13th

Middle School Arts, Sports and Activities Registration Date

SEASON 1	SEASON 2	SEASON 3	SEASON 4
August 9th	September 27th	December 6th	February 21st

For any assistance related to registrations, please visit the Athletics & Activities Office (Room 1304).

COST & PAYMENTS

A fee of Rs. 3000 is charged per day of activity for each trimester plus the material cost (If any). Parents can pay for their child's registration through the Pay Online portal/card or check. Payments have to be made after the second week of class.

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. The IT Department will reset your username 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 registration can be done at the Athletics & Activities Office (1304) anytime from 8.30 am–2.00 pm.

UNIFORM/KIT/ART MATERIALS

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

ASA CLASS CANCELLATIONS & REFUNDS

Classes missed due to rain, natural calamity or government holidays will not be compensated or refunded. All refunds must be requested before the second ASA session in order to ensure a full refund. After participation in the second ASA session, students will be charged 500 rupees per session. After participation in 5 sessions, no refund will be awarded for dropouts.

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.

Elementary School Arts, Sports and Activities Cancellations due to Conferences

SEASON 1	SEASON 2	SEASON 3
October 14 & 15	NONE SCHEDULED	March 5

Middle School Arts, Sports and Activities Cancellations due to Conferences

SEASON 1	SEASON 2	SEASON 3	SEASON 4
NONE SCHEDULED	October 17 & 18	NONE SCHEDULED	March 26 & 27

BROCHURE OF ARTS, SPORT AND ACTIVITIES (ASA)

ACADEMICS

Language, science & math

FUN PHONICS

Phonics is a method for instructing how to read and write the English language by the sounds of alphabets and by blending the 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 spelling and writing skills through games in this class. The games may include spelling challenges, spelling games, crosswords, word builders, and more!

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.

MAKERTRONICS (Electronics+Making)

This project is designed to engage students by 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 can build anything: basic robotics, circuits and switches, ghost traps, sparkling dresses with wearable technology, etc.

WOODSHOP

This activity involves basic carpentry where students will be using wood for their projects. Students learn how to use carpentry tools like a saw, drilling machine, and nails and hammer to construct wooden objects. After completion, they can paint and decorate their work.

CODING & ROBOTS

Students will learn how coding plays a very important role in the 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 animation 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.

LEGO MINDSTORMS & WEDO

Enjoy Lego? Robots? This activity will allow students to explore different types of robots, sensors and programming by using both the Lego WeDo 2.0 kits and Lego Mindstorm Kits in the Discovery & Design Studio.

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. Students who enroll in this ASA will be expected to participate for all 3 seasons. The students will be preparing to compete in FIRST Robotics League during the third season.

ARTS

COOKING

This activity gets children involved in the kitchen with simple, kid-friendly recipes and ideas. Greatest gains are self-efficacy, experiential nutrition education, and improved cognitive behaviors. 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.

CERAMICS & POTTERY

This course is designed to give students dedicated time to work on their pottery skills. Students will have the opportunity to work on electric wheels as well as practice hand-building, a genre of pottery/ceramics that has endless possibilities. Students will get to take their completed pottery pieces home at the end of their course.

CREATIVE CRAFTS

This activity focuses 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. Origami involves the creation of paper forms entirely by folding. Students will learn to make animals, birds, fish, geometric shapes, puppets, toys, and masks.

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

Do you have a lovely doll? Do you want her to be a fashion girl just like you? Students will learn to make trendy 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, and 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 is intricate and detailed, as it is often defined by small patterns and designs. 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 improves your ability to think, learn, solve problems, focus, remember, and relax. It also fine-tunes the senses.

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 with 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 percussion instruments, and xylophones. The Orff Ensemble will perform during the Winter Holiday Concert, Spring Concert, Vertical Concert and the final End of Year Concert. Teaching is sequential and attendance is mandatory.

AISC HONORS GROUP

The AISC Honor Band and Orchestra is designed to challenge and expand the knowledge and skills 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. We will meet at 3:45–4:45 pm every Thursday in Room 2705.

MS AMIS Choir

During the 2019–2020 school year, AISC will attend the AMIS Middle School Honor Mixed Choir in Munich from February 26–March 1, 2020. 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 trimester.

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, established its present form during the 19th century and 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 techniques 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 techniques 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 should 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.

THEATRE

Theater is a great opportunity for children to express themselves. It helps children gain confidence, courage, and be creative. Theater involves things other than acting too! This activity helps children 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. Children will finally choose a skit/play to enact.

ATHLETICS

WALL CLIMBING

Students 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.

BADMINTON

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles). Students will be encouraged to play rallies and games.

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 through developmental 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 promoting fair play, this sport allows players to 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 that involves performing exercises that require physical strength, flexibility, power, agility, coordination, grace, and balance. In this sport, students will enjoy learning new skills while increasing their level of fitness.

YOGA

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

CHESS CLUB

Chess is a game that has been around for centuries. Once reserved primarily for kings and members of the upper classes, chess is now played by people of all ages and backgrounds. Countless researchers and studies have shown that chess strengthens a child’s mental clarity, fortitude, stability, and overall health. All beginner and intermediate players are welcome and together, we will learn the rules and strategies.

TAEKWONDO

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

BRAZILIAN JIU-JITSU (BJJ)

This martial art emphasizes technique over strength, non-impactful methods of learning, and developing a fresh perspective on the simplest of variations. While many systems exist based on past claims to greatness, BJJ is an extremely functional and efficient martial art system that develops the innate ability to accept success and failure on an everyday basis.

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.

ARC LEARN-TO-SWIM & SATURDAY SWIM PROGRAMS

The American Red Cross (ARC) has a Learn-to-Swim (LTS) program for beginner swimmers and is offered for six levels. This program is offered on weekdays and Saturdays. We also offer Preschool Levels 2 and 3 for EY3 and EY4 on 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, please meet with 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.

RAPTORS SWIM CLUB

This activity helps students to improve their swimming strokes & techniques. Only proficient swimmers will be eligible for this activity. New students wanting to join this activity must have passed level six swim lessons.

NO ASA DAYS FOR SWIMMING

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 7 & 28 October 5, 19, & 26 November 7	November 30 February 15	March 14–21 April 11 May 2

NOTES:

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue lines spaced evenly across the page, typical of notebook paper. The lines are thin and light blue, set against a plain white background. There is no handwriting or other markings on the page.

NOTES:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





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