

# **Extra Curricular Activities 2021 - 2022**



# Vision, Mission Statement, Principles & Policy

## Vision

Excellence beyond the classroom

## Mission Statement:

At The English School, we place great value on the role of extra-curricular and co-curricular activities in developing well rounded, responsible and citizen-conscious individuals. These activities foster new areas of growth that help shape character, enhance interaction and promote leadership qualities. We strive to support a range of activities that students can choose from which are often led by an even initiated by students themselves, aided and facilitated by our dedicated staff. Students are strongly encouraged and even expected, to participate in at least one after-school activity.

## Principles:

The extra-curricular programme is an intrinsic part of supporting our School values and vision. Extra-curricular activities are a fundamental aspect of pupil development, enhancing their capacity to develop interests as well as in new areas unrelated to their academic studies. Students are encouraged to contribute to the school and the wider community as caring, global citizens in the spirit of our School motto "non sibi sed scholae"

## Policy:

The School will provide an ambitious co-curricular and extra-curricular programme which enriches the educational experience and contributes considerably to the personal development of each individual.

The School seeks to provide a wide range of opportunities for pupils of all ages and interests to take responsibility, work as part of a team, face new challenges, acquire new skills, and develop physically and creatively.

The School will ensure equal opportunities for all students and in those activities requiring selection will ensure a fair and unbiased process.

All students are encouraged to participate in at least one extra-curricular activity and should seek to challenge themselves in new environments and aspire to achieve their full potential

Student commitment to the co-curricular and extra-curricular programme will be monitored and evaluated and the positive outcomes will be recognised and rewarded.

Staff members are expected to make a valid contribution to the co-curricular and extra-curricular programme.

The extra-curricular will be line managed by a designated member of the SMT and evaluation will take place in coordination with the line manager and the HoD where appropriate.

Suggestions and proposals for starting new activities should be addressed to the designated SMT member. Such proposals will be given consideration on a wide number of points and issues before the establishment of new clubs.

The School will seek to promote this policy through an active partnership with parents, outside organisations and other stakeholders. The underlying ethos of enhancing the school experience will be maintained at all times.

# Creativity, Action, Service

"...if you believe in something, you must not just think or talk or write, but must act..."

Dear Parents and Students,

It gives me great pleasure to share the extra-curricular activities programme for the academic year 2021 – 2022. Together with the management team, the Activities Committee, and our dedicated teachers, we have put together an enriching programme of activities for the benefit of our students.

The health, safety and wellbeing of all remain our priorities, and during this challenging period we have taken extra care to ensure that activities will resume cautiously, adhering to all health and safety protocols. These include:

- **Safe pass for all students and staff taking part**
- **Maintaining year group bubbles**
- **Social distancing and the compulsory wearing of masks**
- **Fixed numbers of participants, with attendance registers taken at every activity**
- **Scrupulous checks on outside coaches and providers**

We strongly encourage all students from year 1 – 7 to participate in at least 1 extra curricular activity. The emphasis of ECA is on experiential learning. At the same time, it provides an important counterbalance to the academic pressures of the rest of the school day. Students should be challenged by their ECA, but enjoy it as well. For many students, activities include experiences that are profound and life-changing.

Ideally, students should aim at including all three aspects in their choice of ECA.



## **Creativity**

**Experiences in the arts, and any other experiences that involve creative thinking such as planning activities or problem solving.**



## **Action**

**Requires physical exertion contributing to a healthy lifestyle to complement the demands of academic work, such as sports or dance classes.**



## **Service**

**An unpaid and voluntary exchange that has learning benefit for the student. The rights, dignity, and autonomy of all those involved are respected. This can include charity work, service to the school, environmental volunteering (ECO schools) and campaigning for causes.**

The benefits of ECA are many, ranging from increased engagement and attainment at school to social benefits and self-confidence. It's the beginning of a long journey of wellbeing, mindful contribution and active citizenship which will last a lifetime, regardless of career choice.

There is always room for new activities, even in this challenging year. I am delighted to announce these new student-led initiatives:

- **Global Minds Club**
- **BMAT and UCAT preparation**
- **Computer Science Club for Juniors**

As you look through this booklet with your child, please use it as a starting point for a discussion about their interests and goals. Details of times, days and how to register are included. If you see anything missing, or would like to discuss volunteering as an extra-curricular activities coach, please contact me on 22 799312.

Looking forward to an unforgettable year with our students!

Anna Tellalis  
Assistant Head

Director of Extra Curricular Activities

# Year 1 students - Welcome to Extra-Curricular Activities!

Dear Year 1 students,

Joining Extra-Curricular Activities is an exciting part of being full and active members of your new school.

Here are a few points to help you.

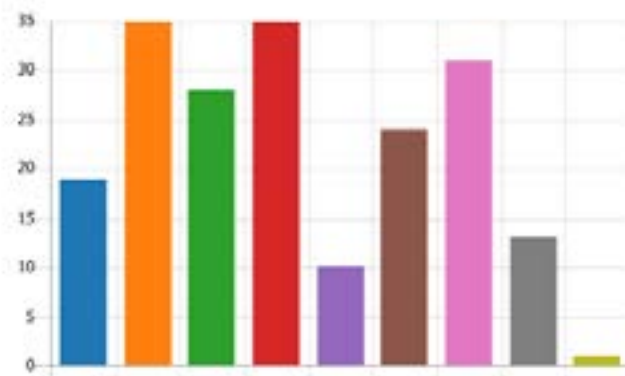
- **Read through the booklet carefully, and discuss your choices with your parents, teachers and friends.**
- **Choose at least one activity, try new things and continue things you already enjoy.**
- **Don't over stretch yourselves - you can always join later on in the year.**
- **You may have some extra lessons at school in the afternoon - you will still be able to do ECA.**
- **If an activity isn't available for year 1 this year, don't worry - you can do it next year - there is plenty of time ahead.**
- **If activities are at the same time, you will need to choose. Speak to the teachers involved to help make your decision.**

I look forward to seeing your achievements and enjoyment in the afternoons. Feel free to come and see me for any information or help.

Anna Tellalis

Assistant Head

Director of Extra Curricular Activities



68 Year 2 students answered a survey about what they enjoyed about ECA last year. Friends and activities go together!





## Afternoon Timetable

	Monday / Tuesday
13:40	End of school / Lunch break
13:55	Activities
14:55	End of Activities
15:00	Paid Lessons / Activity II
16:00	End of Activities

	Wednesday
13:20	End of school / Lunch break
13:35	Music Groups / Sports coaching
14:30	End of Music Groups / Sports coaching
14:30	Paid Lessons / DofE / Activity II

	Thursday / Friday
13:35	End of school / Lunch break
13:55	Activities
14:10	Junior Boys / Girls Games
15:00	End of Activity
15:20	End of Games

Please note:

Students are **not supervised** after 1:50 pm

Parents are asked to arrange for their children to leave the school grounds when their activity is finished



## Activities for Students in Years 1 - 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Break	1:40 - 1:55	1:40- 1:55	1:20 - 1:35	Activities: 1:35 - 1:50 Games: 1:35 - 2:10	Activities: 1:35 - 1:50 Games: 1:35 - 2:10
	Drama Club Drama Room / Hall	Community Art Club Art Room	Music Ensembles by audition years 1 - 7	Junior Boys Games Compulsory Sports Centre	Junior Girls Games Compulsory Sports Centre
	'Hungry for Science' SB08	Erasmus+ Year 1 & 2 SB16	String Orchestra Music Room	Junior Choir (Girls) The Hall	Junior Choir (Boys) The Hall
	Maths Relay Club - year 1 - 2 N	Greek Creative Writing N5	Junior Band The Hall	F1 in Schools Year SB18	F1 in Schools Year SB18
	Junior Journal- ism Club N	Greek Debate Club N4	Guitar Club		
	Greek Café N	Junior Debate club Year 2 N21	DT club start 14:10 - DT room		
	Computer Science Club SB	Mathletes N11	Radio Club  (14.10 to 15.00) Radio Club Shack		
	Robotics (week A) SB	Statistics Society Competition year 1 and 2 N	ECO Schools		
	Mathletes year 1 and 2	Junior Astronomy Years SB11	St. Johns Ambulance First Aid Classes Paid Activity		
	Maths extension year 2	Languages Club N			
		Maths Relay Year 3			

### Sports Teams and Clubs:

Complete your selection on the forms, days will be confirmed after sign-ups.

Rooms for activities will be confirmed when they start week of Monday 4th October

To register for year 1 - 3 activities, please click [HERE](#)

## Activities for Students in Year 4 & 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Break	1:35 - 1:50	1:35- 1:50	1:20 - 1:35	Activities: 1:35 - 1:50 Games: 1:35 - 2:10	Activities: 1:35 - 1:50 Games: 1:35 - 2:10
	Games (see seperate sign up)	Games (see seperate sign up)	Music Ensembles by audition	Medimun Year 5 N9 / N10	Art exam and portfolio
	Senior Girls Choir & Class Act Chamber Choir Year 4 - 5 Hall	Senior Boys Choir & Class Act Chamber Choir Year 4 - 5 Hall	Jazz / Contempo- rary Band Years 4 -5 Music Room	Thimun Year 5 N17	Senior Debate Year 4 - 5 N25
	Economics So- ciety Years 4 - 5 MB15		String Orchestra Years 4 - 5 Music Room	Chess club (will be on-line) Year 5 Teams	English School Biological Society & BMAT Year 5 only
	Global Minds Club SB 16		Guitar Group Muisic Room	The Phoenix student magazine	EYP Years 4 - 5 MB 10, 11, 12
	Senior Astronomy Club SB		St. Johns Ambulance First Aid Classes Paid Activity	FTC club Years 4 - 5 week A DT room	F1 in Schools Years 4 - 5 SB18
			EYP (if no clash) Years 4 - 5 MB 10, 11, 12	F1 in Schools Years 4 - 5 SB18	
			Eco-schools N24		

### Sports Teams and Clubs:

**Complete your selection on the forms, days will be confirmed after sign-ups.**

**Rooms for activities will be confirmed when they start week of Monday 4th October**

To register for year 4 and 5 activities, please click [HERE](#)

## Activities for Students in Year 6 & 7

	Monday	Tuesday	Wednesday	Thursday	Friday
Break	1:35 - 1:50	1:35- 1:50	1:20 - 1:35	Activities: 1:35 - 1:50 Games: 1:35 - 2:10	Activities: 1:35 - 1:50 Games: 1:35 - 2:10
	Senior Girls Choir & Class Act Chamber Choir Year 6 - 7 The Hall	Senior Boys Choir & Class Act Chamber Choir Year 6 - 7 The Hall	Jazz / Contemporary Band Years 6 - 7 Music Room	Medimun Year 6 N24	Science Honours Club Years 6 - 7 SB
	Python Course (students attend both sessions)	Senior Economics Society year 7 MB 16	String Orchestra Years 6 - 7 Hall	Euromath Year 6 MB9	Senior Debate Year 6 - 7 N25
	Economics Olympiad Year 7 MB16	Economics Olympiad Year 6 MB 15	Guitar Club Years 6 - 7 Drama Room	Maths Riteangle	English School Biological Society & BMAT Year 6
	Senior Economics Society year 6 MB 16	Literature and Performance Club Year 6 and 7 N23	Eco-schools Year 6 - 7 N24	The Phoenix (Student Publication)	Upper School Robotics (week B)
	Global Minds Club SB 16		St. Johns Ambulance First Aid Classes Paid Activity	Senior Economics Extension  MB16	Medicine Club & BMAT Year 7
	Senior Astronomy Club		EYP if no clashes Years 4 - 5 MB 10, 11, 12	Senior Honours Science	F1 in Schools Year 6 SB18
			D&T workshop DT room 2:15 - 3:00	CFP 6th / 7th form Centre	Italian club Year 6 6th / 7th form Centre
				Maths STEP	
			Python Course 2:20 - 3:20 (students attend both sessions)	Maths Mechanics and Statistics Extension	EYP Years 4 - 5 MB 10, 11, 12

### Sports Teams and Clubs:

Complete your selection on the forms, days will be confirmed after sign-ups.

Rooms for activities will be confirmed when they start week of Monday 4th October

To register for year 6 and 7 activities, please click [HERE](#)



## EYP (European Youth Parliament)



Years 4 - 5

Wednesday - Friday

The European Youth Parliament is a peer-to-peer educational programme that inspires and empowers young people from across Europe to be open-minded, tolerant and active citizens. We provide participants with a forum to develop and express their opinions on a wide range of topics. By bringing young people from different backgrounds together, we build intercultural understanding and friendships across borders. EYP participants and volunteers get equipped with the knowledge and the skills needed to positively shape the world around them. Thousands of young people are actively involved as volunteers all over Europe, making the EYP a genuinely youth-driven programme – run by young people, for young people.

## MEDIMUN (Mediterranean Model United Nations)



Years 5 - 6

Thursday

MEDIMUN is a debating activity where students take on the role of diplomats from a country. They prepare resolutions on topics of current interest for the annual conference in February. At the conference students are welcomed from across Cyprus and the conference is run by students from The English School. Weekly meetings are held to train students. Students are selected through competitive interview. This year delegates will be from Year 5 and 6 only.

## MUN (Model United Nations)



Years 5 - 7

Thursday

The Model United Nations is a club which has been running for a number of years and which has achieved a great deal of popularity among students from years 5-7. The MUN is a simulation of the real United Nations where every school is assigned a country to represent. Members of the school's delegation act as delegates of that country through lobbying, writing resolutions, learning about the United Nations and becoming well – versed in parliamentary procedure. After extensive preparation students attend a one week conference which is held in The Hague, The Netherlands during the last week in January every year. Students are selected after an interview process, as the programme has become highly competitive, meetings are held every Thursday between 1.45pm – 3.00pm and attendance is mandatory.

## Erasmus+



Year 2

Tuesday

The values of Erasmus are: unity in diversity, diversity in unity, students helping students, fun in friendship and respect, the international dimension of life, love for Europe as an area of peace and cultural exchange, openness with tolerance and cooperation in integration.

During weekly meetings, Year 2 students from The English School will collaborate with students from our 5 partner schools (Germany, Portugal, Poland, Italy, Finland) to explore the topic 'Food for Thought'. The project will involve various activities at the school as well as in the different partner countries. Students are encouraged to embrace the values of Erasmus and should be interested in travelling to other countries, be willing to be hosted by local families and to host in return.

## Debate Society (Senior)



Years 4 - 7

Friday

The Debating Society at the English School has over the last 25 years or so made huge strides in promoting public speaking as a serious discipline both at the School and in Cyprus. We have taken part in the International Independent Schools Public Speaking Tournament since 1991 (normally held in Canada and the USA), winning categories in Persuasive Speaking, After-dinner Speaking, Extemporaneous Speaking, Impromptu, and Dramatic Interpretation. We have also been firm supporters of the World Individual Debating and Public Speaking Championship, travelling to the UK, USA, Argentina, South Africa, Hong Kong and Australia. The English School is a founder member of this competition and hosted in 1995, 2000 and 2005 with great success. Last year the competition was held in Toronto, Canada and 6 students represented the English School, and Cyprus. Further details can be found at WIDPSC.com. Years 4 to 7 participate in competitions in Debating held over the Autumn and Spring Terms. Finals take place in February to determine which students will represent the school in international competition.

## Junior Debate Society

Years 2 - 3

Tuesday

The Junior Debate Club helps you develop your oral communication and listening skills in English and also gives you the ability to critically evaluate the world around you. There are lots of exciting, relevant topics to be discussed following formal debate techniques.

## Greek Debate Club

Years 2 - 3

Tuesday

At the Greek Debate Club we accept enthusiastic lower school students who would like to voice their opinion on controversial and contentious issues, as well as to improve their debating skills and learn more about the art of speech. Raising awareness on several crucial national and international matters can be an important aspect of pupils' development, as it helps them expand their knowledge and their capacity to apply their critical thinking skills on a wide array of subjects. In this way a student is encouraged to think broadly, which is a defining characteristic of a global citizen.

## Student Magazine - The Phoenix

Years 1 - 7, Editorial Team Years 4 -7

The Phoenix is a student-run magazine aimed at giving all English School students a platform to express their voice and creativity, as well as to increase awareness on school, local and global issues. Come join the team!

## CFP

Years 6 -7

Thursday

Creating Friendships for Peace, Inc. is a volunteer grassroots organization whose mission is to promote and strengthen friendships between teens from divided communities and extend those friendships to their families and friends.

## Focus on Erasmus+

Diversity, tolerance, culture and integration, all within a European context

Valeria Patsalides, 4B

Project theme : Children's rights, the right to Education.

"I enjoy Erasmus+ because I met a lot of people through the programme and we keep in touch. I learned to be independent as it was the first time I travelled without my family. Staying with my host family I really learned about the local culture in Finland. I was amazed that students walk to school even when it is -30 degrees!

Our Erasmus+ project is about human rights. In our project meeting we focused on the human right we felt was the most important. We chose the right to life, because there are so many children caught up in war situations. I have learned a lot from this project and am looking forward to hosting my friend and showing them my life when they come to Cyprus next year."



## Student Profile

Anna Petrides, 7G -Contribution through creativity, action and service

Medimun  
Debate Society  
EYP  
Senior Choir  
JA



"The highlight of my academic experience at the English School, has always been my participation in extra-curricular activities. From the Choir to MEDIMUN to the Debating Society, these activities have enhanced my character significantly.

Teamwork: through my participation in EYP where we work in committees to produce resolutions and defend them, I learned to listen; to consider every person's opinion, understand their point of view and compromise. Competing in the JA competition last year was an invaluable learning experience. Working in a student company, we acquired the skills of making important decisions in a team, dividing labour efficiently and giving and receiving feedback. Completing tasks and meeting deadlines has also developed our self discipline!

Being a member of the senior choir has been an incredible opportunity; I got to see the application of inter-dependence between different sections of the choir and gained a deeper understanding of life through music. Self confidence : Cultivating my public speaking skills as a member of the Senior Debating Society, allowed me to gain self confidence."

## Greek Creative Writing



Years 1 - 3

Tuesday

Creative writing can technically be considered any original composition of any type of writing which serves primarily the need for keeping records of significant experience, the need for sharing experience with an interested group, and the need for free individual expression which contributes to mental and physical health. The aim of the Creative Writing Club is to allow the students to express their emotions and to help them to strengthen their skills and writing techniques. Creative writing is usually taught in a workshop and students submit original work for peer critique. Students also format a writing method through the process of writing and re-writing and they are given the opportunity to come in contact with the work of distinguished writers through a more creative way. The Creative Writing Club started 10 years ago and it runs its own blog spot "Grafouccino." Which you can follow at: <http://grafouccino.blogspot.com>. This year's aim is to participate in competitions, to attend workshops by experts, to meet with authors and to celebrate the international day of poetry in March.

## Greek Poetry

Years 6 -7

Promoting poetry through various projects, both in and outside school, and in different languages. We celebrate the written and spoken word in celebrations such as World Language Week.

## Greek Cafe

Years 1 - 3

Monday

The club aims in developing a better understanding of the Greek language and literature and to familiarize the students with Greek cinema. There will be presentations of distinguished authors and screening of Greek films. Students will have the opportunity to come in contact with components of the A level syllabus. This club is open to both native and non-native speakers of Greek.

Lessons for the "Very good knowledge of Greek" exam (Pistopihtiko) will run for year 6 students during the course of the year.

## Global Minds Club

Years 4 -7

Monday

New for this year!  
Develop your research skills with coursework-based sessions with Year 6 and 7 mentors.



## Languages Club

Modern Foreign Languages taught at the school are promoted through fun and extra learning activities.

### Italian language and culture 'Il bel paese'

The Italian club (Il bel paese) is a club that promotes Italian language and culture and that provides students with a basic knowledge of Italian, as well as an overview of a country that has 70% of the world art treasures.



Mandarin Chinese (at all levels) and Russian language (at all levels) are offered as paid lessons at school, through the Confucius Institute and Russian Cultural Centre. Proficiency in these languages can lead to recognised qualifications, study abroad in Summer and further education options outside of the UK.

Register your interest on the form and speak to AMT for more details.



# MANDARIN CHINESE

“ A DIFFERENT LANGUAGE IS A DIFFERENT VISION OF LIFE”

SIGN UP FOR RUSSIAN LANGUAGE AND CULTURE LESSONS WITH TEACHERS FROM THE RUSSIAN CULTURAL CENTRE, OR MANDARIN CHINESE LESSONS WITH TEACHERS FROM THE CONFUCIUS INSTITUTE AT THE UNIVERSITY OF CYPRUS. LESSONS WILL TAKE PLACE IN THE AFTERNOONS AT SCHOOL. OPEN TO STUDENTS IN YEARS 3-5. THERE WILL BE A COST FOR THESE LESSONS

SPEAK TO MISS COTTAM FOR MORE INFORMATION

# RUSSIAN



## Economics Society



Year 4 - 5, 6 - 7

Monday / Thursday

The Economics Society Committee, which is elected annually, aims at informing the members of the Society, as well as the members of the School Committee about a variety of topics and issues related to the field of Economics, for example how markets work, factors affecting the behaviour and decision making of economic agents as well as the importance of policymaking for the operation of economies. Last school year, a number of events were organised by our Society, including collection of non-perishable food items to help the Caritas Charity Cyprus, and the Annual lecture sponsored by Hellas Direct, with guest speakers the ex-Finance Minister Mr Harris Georgiades and Mr Michalis Antoniou Product Manager of Hellas Direct, both graduates of The English School.

Volunteering and offering to others and society, but also trying to understand the fundamental ways through which economics shapes our lives will always be central to the aims and activities of the Economics Society, one of the most interesting and active societies our school offers to its students.

## Economics Olympiad Club



Year 6 - 7

Monday / Tuesday

The Economics Olympiad was first introduced on the 3rd of March 2019 by the "Pancyprian Association of Economics Teachers" and is funded by Deloitte. It is running parallel to the Accounting Olympiad, attracting a lot of attention and being warmly embraced by all schools, teachers and students around Cyprus. Last year's 2nd Economics Pancyprian Olympiad took place on the 8th of March, with two of our students being rewarded with the Silver Award. The aim of the club is to deepen the economic and financial literacy of high school students (A-level students), by preparing them to compete with other students on a similar educational level. The opportunity to compete against peers at a national level goes beyond being simply a support lesson and builds confidence and character.

## Geography Olympiad iGEO



Year 6 - 7

The International Geography Olympiad (iGeo) is an annual competition for 16- to 19-year-old geography students from all over the world. Students chosen to represent their countries are some of the best, chosen from thousands of students who participate enthusiastically in their own National Geography Olympiads. iGeo tests the abilities of every participant in spatial patterns and processes. The iGeo consists of three parts: a written test, a multimedia test and a substantial fieldwork exercise requiring observation, leading to cartographic representation and geographical analysis. The programme also includes poster presentations by teams, cultural exchanges, and time for students to get to know their fellow students and explore the host city.

## ECO Schools at The English School



ECO Schools is open to students of all years. This year, projects will take place in year group bubbles. Get involved and together we can make our school a greener place!

Eco-Schools is a fundamental initiative which encourages young people to engage in their environment by allowing them the opportunity to actively protect it. It starts in the classroom where it expands to the school and eventually the community at large.

Through this programme, young people experience a sense of achievement at being able to have a say in the environmental management policies of our school, steering them towards certification and the prestige of the Green Flag award following a three-year Action Plan.

It combines learning with hands-on experiences, the whole programme is run according to an all-inclusive, participatory approach involving students, teachers and the local community at large.

Eco-Schools challenges students to engage in tackling environmental problems at a level where they can see tangible results, spurring them to realise that they really can make a difference.

Projects and actions are discussed and run by an environmental committee including both students and teachers.



These are just some of the projects you can get involved in this year. See Mr Charalambous for details

**Art Community Club**

Year 1 - 3

Tuesday

A variety of Fine Art projects which will open up the creativity of students and help them engage in artistic events.

**Art Exam and Portfolio Open Workshop**

Year 4 - 7

Friday

This is time to develop your exam material further with guidance with art department teachers and artists in the community.

**Drama Club**

Year 1 - 3

Monday

Drama Club is designed for students interested in learning more about the aspects of theatre. This includes learning stage terminology, working on acting skills and more. The benefits of drama and play are --- Drama builds confidence. Drama helps concentration. Drama helps develop language and communication skills. Drama encourages children to cooperate. Drama supports numeracy skills. Drama helps children to understand the world around them. Drama develops emotional intelligence. Drama assists physical development.

**Senior Play**

Year 4 - 7

Thursday

This year's Senior Play has yet to be decided. Do you enjoy creating drama? Come and get involved.

**Literature and Performance Club**

Year 6 - 7

Tuesday

Do you love film and theatre? Poetry? Books? If so, then this is for you!

**India Pattichis, 3J**

"I love drama club. In drama club you get to connect with different people and understand how they think. My self confidence has really grown through activities like preparing speeches, learning to improvise and role playing. It's also taught me to be tolerant of others and accept their differences. One time, I tried out for a part and didn't get it, but I knew I had done my best and would get another chance. Recently I got a part in ballet and was able to console my friend who didn't. I used to be shy with only a few friends and my mum suggested I start drama - I've never looked back."

## Junior Choir



Years 1 - 2, Year 3

Girls - Thursday, Boys - Friday

The Junior Choir is open to all students in Years 1 – 3. Students are encouraged to join the choir and enjoy the experience of singing in a large enthusiastic group! A wide range of repertoire is covered, and students benefit through developing their singing technique, increasing their confidence, expanding their awareness of musical styles and exercising the brain. Singing has also been shown to improve students' sense of happiness and wellbeing. Extra care is taken of the boys' changing voices at this crucial stage in their development.

This is a fun, high energy group with lots of public appearances planned throughout the year.

## Senior Choir and 'Class Act' Chamber Choir



Years 4 - 5 Years 6 - 7

Girls - Mondays, Boys - Tuesdays

Senior Choir is an auditioned SATB group made up of students from years 4 - 7. The chamber group is selected from this group. We have performed a cappella in festivals and concerts at school, in Cyprus and internationally. Most recently the choir performed in Vienna, April 2019. Generally, tours abroad alternate with full musicals. The last one was "Grease 2020" - performed with live band, 15 years after our original Grease performance.

## Junior Band



Years 1 - 2, Year 3

Wednesday

A lively and friendly ensemble for beginner to intermediate wind and brass players. Students who are receiving a school scholarship play alongside other instrumentalists. The Junior Band performs regularly both at school and in the wider community.

## Senior Band & Contemporary / Jazz Band



Years 4 - 5, Years 6 - 7

Wednesday

The members of the Wind Band are intermediate to advanced instrumentalists who wish to pursue their love and enjoyment of music in a large ensemble. The Band provides an opportunity for students to develop their ensemble playing by performing a wide and varied repertoire and it provides a fun environment to rehearse and create music.

The jazz band gives an opportunity to students to learn about different contemporary styles, improvising and how to rehearse and arrange a piece. This group accompanies the Senior Choir in musicals and gala concerts. Most recently they have played in "Feeling Good" Jazz concert, "Come Together" Beatles Concert for Arts Week, and more recently they formed the live band for Grease the musical.

## String Orchestra



Years 1 - 2, Year 3, Years 4 - 5, Years 6 - 7

Wednesday

The String Orchestra is open to all students with experience on the following instruments: violin, viola, cello and double bass. The orchestra achieves a good standard of playing since many students play string instruments from a young age. In recent years members performed Vivaldi's Concerto for 2 cellos and formed the orchestra for the Christmas performance of Handel's Messiah.



## Instrumental Music Programme - Scholarships and paid lessons

We have a limited number of instrumental scholarships for students in year 1 or year 2 for orchestral instruments (flute, oboe, clarinet, trumpet, saxophone, horn, cello, violin, bass).

The scholarship comprises:

1 lesson per week

The loan of a school instrument (where available)

and are awarded after a demonstration to all students and after a detailed selection process.

An instrumental scholarship is a 6 - 7 year commitment and all scholarship students are expected to play in the school band, orchestra or contemporary band as advised by the director.

Scholarships are available in these instruments:

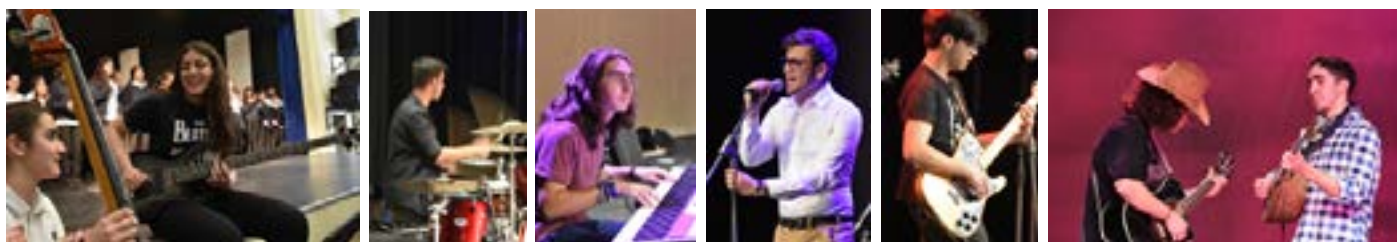
Years 1 - 2



Orchestral Strings: Violin, Viola, Cello, Double Bass, Orchestral woodwind: Flute, Oboe, Clarinet, Bassoon, Saxophone, Orchestral Brass: Trumpet, French Horn, Trombone, Euphonium

Paid lessons are available in these instruments:

Years 1 - 7



Classical guitar, Electric guitar, Acoustic guitar, Electric bass, Piano (classical and contemporary / jazz) Voice (classical and contemporary) Drums.

We prepare and enter students for the following music exams:

Years 1 - 7



Group music theory lessons (paid) are available in grades I - VIII, university and auditions preparation, careers counselling for music and the performing arts.



Click [here](#)  
to apply for music instrumental  
lessons.  
#BackToMusic #KeepMusicLive





**Maths Statistics Competition**

Year 1 - 3

Tuesday

Competition related to Statistics and Probability where students need to take 3 tests in order to qualify for the second round which is the data analysis part.

**Maths Relay**

Years 1 - 2, Year 3

Monday / Tuesday

This is a closed group, for which students are selected based on their academic performance and success in CMS competitions. The aim is to prepare the team of nine students who will participate in the Mathematics Relay competition.

**Mathletes**

Years 1 - 2

Monday / Tuesday

Mathletes prepares the students for all the competitions held by the Cyprus Mathematical Society as well as from Thales Foundation.

**Euromaths**

Year 4 - 7

Thursday

Euromath Conference consists of several workshops and sessions covering multiple areas of mathematics. Students are encouraged to present work or projects in mathematics.

**Maths Support for Upper School**

Year 6- 7

Thursday

Provide Mathematics support to Upper School students

**STEP**

Year 7

Thursday

For students who are taking the MAT and/or STEP exams as part of their entry requirement to Universities, who are going to be having an interview as part of their entry requirement to Universities for any degree which has a mathematical element,

**Science Honours Club**

Years 6 - 7

Thursday

This club is open to all year 6 and 7 students who have a love for science! The aim of the club is to provide stretch and challenge by integrating the three sciences in a creative and friendly atmosphere. Students will develop their higher level thinking and problem-solving skills by using scientific ideas and models to explain phenomena and also have the opportunity to generate experiments independently in project work. In addition, students will have the opportunity to meet and discuss with guest speakers whom have a professional background in the sciences.

**Hungry for Science (Junior Science & Discovery)**

Years 1 - 3

Monday

This will be the fourth year that this activity is running and it has proved to be a great success. Students are involved in practical based science activities. They work together with Science teachers and through group work, discussions, videos and presentations they learn and discover things about science. Usually we choose topics which are outside the syllabus. Everyone is welcome to join.

**Astronomy Club**

Junior / Senior

Monday / Tuesday

The English School Astronomy Club provides interesting activities and education in astronomy and related space sciences. We hold weekly meetings during break to plan events such as observation sessions, lectures, visits to scientific establishments, trips to dark sites and whole school events. We also discuss the universe, learn about telescopes, and enter competitions run by ESA and NASA. Members of our club give presentations on various astronomical phenomena and space programs.

**Radio Club**

Junior / Senior

Wednesday

The English School Radio Club is an amateur radio club. This involves On-Air communication with people all over the world as well as contests and awards. Many physics and electronic projects are also done by the students, such as building antennas and transceivers. The Radio Club serves as a meeting place for its members all through the year. It is a trademark of the school and forms part of the school's glorious history!

**The English School Biological Society (ESBS)**

Year 6 - 7

Friday

To encourage enthusiasm in Biology through various activities, competitions and BMAT practice sessions.

**Medicine Club**

Year 7

Friday

Discussion of current topics in medicine to include student presentations on scientific literature and invited guest speakers.

**University Preparation Courses for exams**

**Classes and practice for STEP (Maths), UKCAT and BMAT are now available at school. Show your interest by signing up on the FORMS.**

## F1 in Schools



Year 6

Friday

F1 in Schools is an international STEM (science, technology, engineering, mathematics) competition for school children (years 3-7), in which groups of 3-6 students have to design and manufacture a miniature car out of the official F1 Model Block using CAD/CAM design tools. The cars are powered by CO2 cartridges and are attached to a track by a nylon wire. They are timed from the moment they are launched to when they pass the finish line by a computer. The cars have to follow extensive regulations, in a similar fashion to Formula 1 (e.g. the wheels of the car must be in contact with the track at all times). The cars are raced on a 20m long track with two lanes, to allow two cars to be raced simultaneously. Software called F1 Virtual Wind Tunnel was designed specifically for the challenge. F1 Virtual Wind Tunnel or F1 VWT uses computational fluid dynamics (CFD) to simulate air resistance on the "cars" made in the CAD. The competition is currently operational in over 42 countries. The competition was first introduced in the UK in 1999. The competition's aim is to introduce younger people to engineering in a more fun environment. The competition is held annually, with National Finals usually in March of each year. The overall winners of the National Finals are invited to compete at the World Finals, which are held at a different location each year, usually held in conjunction with a Formula One Grand Prix.

## FTC (FIRST Tech Challenge)



Years 4 - 5

Thursday

The FIRST Tech Challenge (FTC) (formerly known as FIRST Vex Challenge) is a robotics competition for students in years 3-7 to compete head to head, by designing, building, and programming a robot to compete in an alliance format against other teams.

## D&T Club



All years

Wednesday

D&T Club gives the opportunity for students to explore, analyse, design and create using a variety of methods and techniques through mini activities and projects.

## Robotics Club



Junior and Senior

Monday / Friday

The aim of the English School Robotics Club is to provide a safe, productive learning environment to students in 1st-7th form. Throughout the year students will learn about the fundamental principles of building and programming a robot all while working together to overcome challenges. The club will also encourage, train and support students wishing to attend Pancyprian or International competitions.



## New activities for 2021-2022 - celebrating student entrepreneurship

**ES JOURNALISM CLUB: OPEN TO YEARS 1-3 CALLING ALL JOURNALISTS!!**



Do you believe in freedom of speech?  
Do you like to write and be heard?  
Are you a naturally curious person who wants to get to the bottom of things?  
Do you feel passionate about your beliefs and want to shout out about injustice?

If you want to bring out the journalist in you, come along to Room N13 every Monday after school. Bring your ideas and your lunch too!



**OUR AIM:** To produce an ES Newsletter 📰



For further information please contact: Ms Anna Melis at [anna.melis@theenglishschool.org](mailto:anna.melis@theenglishschool.org)



**THE ENGLISH SCHOOL  
LOWER SCHOOL  
HUNGRY FOR  
SCIENCE CLUB**

**EVERY MONDAY 1:50- 2:50**

**STARTING AS OF 4TH OF OCTOBER**

**RECRUITMENT: WEDNESDAY 29/9 FIRST  
BREAK IN ROOM SB09**



**Mondays and Wednesdays  
Years 6 and 7**



**python**



**Chain of Change**

**The English School Charity**



**JA Cyprus**  
A Member of JA Worldwide  
100 YEARS OF ACHIEVEMENT

Students in Years 4 - 7 who are interested in Junior Achievement please register - there is no fixed day yet until we see who is interested and how many teams we will have.



## DofE Creativity, Action and Service all in one



Year 3, Years 4 - 5, Years 6 - 7

Meeting times and training arranged per year group

The Award is a personal development programme that presents challenges to young people in four main areas: Physical Recreation, Skills, Voluntary Service and Adventurous Journeys (and Residential Project only for the Gold Award). Participants work towards reaching the required standards in the above areas in order to achieve the Bronze, Silver and Gold Awards. Participants are supported by the school throughout the year so that they progress with their activities. In the process, they benefit by getting to know themselves better through developing their responsibility, initiative, self-organisation and teamwork. They can enjoy themselves whilst their experiences help shape their personalities. The Award can play a critical role in their personal development outside the classroom.

No activity can fall under more than one category. For example, even though there is not a significant physical component to archery, this is classified as a Physical Recreation activity for DofE. Therefore, it cannot be classified as a Skills activity, even though one might say that it is a Skills activity. Also, even though the general rule is that no activity can fall under more than one category, this also depends on the S.M.A.R.T. goal a participant will set. For example, learning how to play a musical instrument clearly falls under the Skills section, but with an appropriate S.M.A.R.T. goal, a more experienced music student can mentor/support a student who is only just starting to learn how to play a musical instrument and therefore this falls under the Voluntary Service section

Activity	Physical Recreation	Skills	Voluntary Service
Art Community Club		X	
Astronomy Club		X	
Band		X	
Charities - Chain of Change			X
Chess and Board Games		X	
Choir - Junior & Senior		X	
CFP		X	
Classics / Poetry		X	
Computer Science		X	
Creative Writing		X	
Dance / Yoga / Fitness	X		
Drama / Performance		X	
DT Club		X	
ECO School		X	X
Economics Society		X	
Elite sports / team coaching	X	X	
Erasmus+			X
EYP		X	
F1 in Schools		X	
Global Minds Club		X	
JA		X	
Jazz Band		X	
Maths Clubs		X	
Medinews / Medimun		X	
Model United Nations		X	
Orchestra		X	
Radio Club		X	
Robotics		X	
STEM		X	

See the full PE Department activities schedule to see which activities fulfil the physical recreation component.

For more information about DofE, [contact Alexis Sofianos, Award Centre Coordinator](#)



## Charities - Activities which offer service to others



These are just some of the charities we have supported and worked with over the past few years. Students can raise money, volunteer time or campaign to raise awareness. December is Acts of Kindness month, sign up and help others - it will be the most rewarding thing you do this year.

Contact Chain of Change  
<https://chainofchange.com.cy/index.php>  
 You can also sign up on the year group registration forms

Blood Donation has been an annual event at The English School for many years



## ECA alphabetical with teacher in charge

Art Community Club	Evanthia Aresti
Art Open Workshop (exam and portfolio)	Eleni Skoulia
Astronomy Club	Katie Demetriou
Band	Monica Theodotou
Chain of Change Charitiy	Ioanna Nicolaou
Chess Club	Christos Symeonides
Choir (Junior)	Monica Theodotou
Choir (Senior)	Monica Theodotou
CFP	Areti Hadgigeorgiou
D&T club	Nikoletta Stavrides / Olia Antoniadis
Debate Club (Junior)	Emily Papandreou
Debate Society (Senior)	James Corkhill / Karen Mason
Drama Club (Junior)	Ioanna Kordatou / Selma Karayalcin
Drama Club (Senior)	Ioanna Kordatou
ECO Schools	Maria Koutsoudi / Nicholas Charalambous
Economics Olympiads	Antoinetta Skordi
Economics Extension	Antoinetta Skordi
Economics Senior Society	Antoinetta Skordi
Erasmus+	Leonie Hadjithoma
Euromath	Michalis Gavrielides
European Youth Parliament	Virginia Rengel
F1 in School	Stelios Theodosiou
FTC STEM challenge	Thekla Papastavrou / Stelios Theodosiou
Greek Cafe	Stavroula Lofiti
Greek Creative Writing	Christina Ioakimidou
Greek Debate	Panos Polyzogopoulos
Hungry for Science	Josephine Demetriou
Italian Club 'Il bel paese'	Shura Economou
Jazz / Contemporary Band	Monica Theodotou
Literature and Performance Club	Demos Kaoullas
Maths Support (Mechanics)	Ben Boyadjian
Maths Support (Statistics)	Michalis Hadjikos
Mathletes	Andreas Demetriou
Medimun	James Lodge
Radio Club	Katie Demetriou
Robotics	Thekla Papastavrou
Science Honours Club	Maria Leigh
Statistics Society Competition	Michalis Gavrielides
String Orchestra	Monica Theodotou
The English School Biological Society (ESBS)	Catherine Panayiotou
The Phoenix student magazine	Demos Kaoullas

# What students say about Extra-curricular activities:

Taken from the survey in November 2019

"For me finding arguments to support my opinion is to understand my beliefs on a deeper level."

"I tried out for a part and didn't get it, but I knew I had done my best and would get another chance"

"Having to maintain an organized program and carefully calculated routine, you understand the true meaning of discipline, while creating a strong, resilient character."

"This experience was life-changing for me, and it has shown me the importance of dedication and hard work."

"the sports activities I became involved with have helped me build perseverance, resilience and the ability to perform under great pressure"

"I have also come to realise how important it is to set goals and have an action plan to achieve them."

"It increases your self esteem since you have to speak up in front of a crowd and express your opinion."

"As we explore different areas of drama such as improvisation, we learn to believe more in ourselves and also to be confident when speaking or performing in public"

"At the same time, the volunteer work I do that is required for DoE positively contributes to the lives of many people in need."

"having to work with a band has taught me the value of teamwork which is a very important thing to experience as it's a concept of our everyday lives."

"Being part of a team I feel that it's my responsibility to make things as perfect as possible in order to give my fellow classmates the best experience they could"

"I feel that getting to know our teachers and making new friends has really improved my self esteem and helped me a lot"

"the nature of the project allows students to take initiative, be creative and build each issue piece by piece."



Contact us:

