

Secondary School Extra Curricular Activities Term 1 2009

Below are brief descriptions of each after-school activity. If you require further information please contact the supervising teacher or Steve Turner sturner@istafrica.com

Activity	Description	Links to G11-12 CAS
Sports and Action		
ISSEA Soccer	This is competitive boys and girls soccer. Selected students play in the DISL soccer league held on Tuesday afternoons at IST and other fixtures on Wednesday afternoons. This leads to the ISSEA tournament in Nairobi in November.	Action
ISSEA Volleyball	This is competitive boys and girls volleyball. Selected students play fixtures on Wednesday afternoons in preparation for the ISSEA tournament in Nairobi in November.	Action
U 15 Soccer	This is competitive boys and girls soccer. Selected students play in the DISL soccer league held on Thursday afternoons at the secondary school. Open to grades 8/9	Action
U 13 Soccer	U13 boys and girls competitive soccer. Selected students play in the DISL soccer league held in Term 3 on Tuesdays. Open to grades 6/7.	Action
Senior Basketball	This is pre-season training for boys and girls senior basketball. To be held in Uganda in March. Open to grades 9-12.	Action
U15 Basketball	U15 boys and girls competitive basketball. Those students selected will play in the DISL basketball leagues held in term 3. Girls practice will begin in term 2. Open to grades 8/9.	Action
U13 Basketball	Practice for the DISL basketball league which takes place in term 4. Students. Games will be on Tuesdays. Boys and girls will begin practice in term 2. Open to grades 6/7	Action
Badminton/ Table Tennis	This is recreational badminton and table tennis that takes place in the MPH. Open to Grades 9-12.	Action
Senior Cricket	This is recreational cricket that takes place in the new nets. Open to Grades 9-12. Run by students themselves.	Action
Junior Floor Hockey	This is recreational floor hockey that takes place on the hard-court. Open to Grades 6-8.	Action

Kili Training	Training for the annual Kilimanjaro Climb that takes place in April. 20 selected students climb with 4 staff members. Open to grades 9-12.	Action
Golf	Will take place at the driving range. There is an opportunity for group lessons from a professional coach or just go and hit some balls. Open to Grades 6-12.	Action
Swim squad	Swim squad runs twice a week and is aimed at developing skills to swim competitively for the school. Swim meets take place at regular intervals throughout the school year. Open to grades 6-12.	Action
Swimming (<i>Stroke Improvement</i>)	Stroke improvement is aimed at improving swimming skills and is suited to students who wish to improve their stroke but are not ready to swim competitively. Open to grades 6-12	Action
Middle School Boys Volleyball	Recreational boys volleyball that takes place in the MPH for Grades 8-10. Come and develop your skills further and have some fun in the process.	Action
Gym	For grade 10- 12 students only. Students will have an induction into using the gym and some help designing a training programme. They will be expected to keep a log/diary to map their progress.	Action
Creative Pursuits		
Art Club	Develops drawing and art skills. Contributes to material displayed around the school and promotion of school events.	Creativity
Chess	Chess is one of the world's most popular games and a recognized Olympic sport. Learning how to move the pieces is easy, but chess is a challenging game that requires strategy and mental concentration. This activity is intended for those who already know how to play, but enthusiastic beginners who are serious about learning the game are also welcome. Students in Grades 6-8 can join space permitting. Please note that participants must be willing to play ALL members of the club when we have competitions.	Creativity
Junior Band	This activity is for students who would like to get extra help with their instrument in a smaller group setting. Perfect for sectionals, challenging pieces, or enriched exercises and songs.	Creativity/Service (for senior helpers)
Model United Nations	Develops the team that travels to the Hague each year as part of the International Model United Nations Delegation. Open to grade 9- 12	Creativity/ Service (for senior helpers)
Yearbook	Develops and puts together the school's annual yearbook, an account of the school year through pictures. Open to grades 8-12	Creativity/Service (<i>if a senior editor</i>)

Theatre Master classes	Theatre Master classes in many different areas of theatre will be offered each week. Open to grades 9-12	Creativity
Dance Club	For Grade 6 -8 students to experiment with movement to music.	Creativity
Film Club	Watching and analyzing films. Open to grades 10-12.	Creativity
The Image	A student run School Newspaper for budding young journalists. Produce and publish articles written by students for students.	Creativity
Junior Design Technology	A chance of grades 6-8 to learn design skills. They will design and build items which will enhance the design technology area.	Creativity
Writers Workshop	A writing workshop open to all grades. During terms 1 and 2, there will be a focus on university application essays. Senior students with writing skills can earn Community Service hours for helping.	Creativity/Service (for senior helpers)

Community and Service		
Cancer Institute	IST students go to the Ocean Road Cancer Hospital and give support to patients there. This is often through personal interactions by talking with the patients, playing cards or other games with them, sharing newspapers and magazines and helping them write and send letters to their homes (especially in the case of illiterate patients). Open to grades 6-12	Service/Creativity
Dar Animal Haven	A group that supports and promotes animal welfare in DSM. This year's aims are to assist WSPA and Roots & Shoots with their education initiatives within the local community, and work with local veterinarians at various treatment camps. IST's DAH activity supports the DAH organisation in finding foster homes for animals and arranging pet adoptions. Open to grades 6-12	Service/Creativity
Eyesight for All	Officially a branch of interact that works with areas in and around Dar es Salaam organizing and assisting in free eye camps with volunteer doctors, donated glasses and simple medicines. People needing surgery or greater treatment are given referrals to CCBRT or the most appropriate medical centre for follow up. Approximately 6 eye camps are held a year in a variety of Wards around DSM.	Service/Creativity
Homework assistance	IB1 and 2 students assist younger students with homework and projects.	Service/Creativity
Hope School	Students with physical disabilities come to IST to engage in a variety of sports, art and computer projects hosted by IST students. Open to grades 6-12	Service/Creativity

Kurasini	This is a group of students that play sports, swim and share snacks with younger children from the Kurasini Orphanage. Grade 11 and 12 students have the opportunity for leadership positions within the Kurasini Fundraising Committee which runs as an affiliated activity with the focus of raising funds for the orphanage. The money has been used in the past to help improve the environment of the orphanage as well as buying essential school textbooks and classroom supplies. Open to grades 6-12	Service/Creativity
Make a Difference	A student organized group that takes on short term projects. They have assisted with the welfare of people with Albinism in DSM, Projects at the Ocean Road Cancer Institute and local nursery schools.	Service/Creativity
Matumaini	Middle School project with Salvation Army School for children with physical disabilities. IST students help teaching them how to swim and by doing so, to develop their motor skills. Open to grades 6-12	Service/Creativity
Mother Teresa	Students spend time with infants, young orphans, severely disabled and old people with no one to take care of them. At times this help is also in the form of assisting the feeding of the severely disabled, playing games with the children and giving personal contact and attention to the infants. Open to grades 6-12	Service/Creativity
Mtoni	Young people with a variety of learning abilities and physical challenges come to IST for swimming and sports therapy, art and computer activities. IST students host them, providing support and valuable interaction. Open to grades 6-12.	Service/Creativity
PROMPT	A student-led group that aims to tackle poverty in Tanzania through active hands-on fund-raising and project implementation. Last year, they raised considerable funds to help sponsor surgery at the CCBRT and set up alternative fuel source project. Open to grades 9-12	Service/Creativity
St Nicholas Nursery	Students plan out creative and sports activities and interact with the students at a Kiswahili Nursery School. Occasionally they also help with improvement projects in the classrooms and grounds. Open to grades 6-12	Service/Creativity
Student Council	Elected students work together on a variety of projects to make real changes in the school. Open to grades 6-12	Service/Creativity
Wamato	Students visit Wamato school out at Mbezi beach. Students plan out activities (English Language teaching etc) and help out with the classes. Open to grades 6-12	Service/Creativity
Jambiani School	Jambiani School is situated in South East Zanzibar and IST started a link with its secondary students during ESP two years ago. IST students will raise money in order to provide the school with much needed resources and will work on designing language learning activities and resources in English (and/or Swahili) to be used and donated when G9 and 10 students visit in February. Students who previously took part in this trip or are willing to go this year are very welcome to join.	Service/creativity
Interact Club	A junior section of the Rotary Club. Students will organize fundraising events and use the proceeds to help local organizations.	Service

Creativity for the community	Members will work with young disabled Tanzanians, helping them to learn art and handicraft skills so they can earn for themselves. Members do not need to be expert at sewing, knitting, art, etc, but they definitely need to have an interest in handicrafts.	Service/Creativity
Roots and Shoots	Students will learn about global issues such as poverty, water shortages, global warming and illiteracy and try to make positive change happen in our communities, for animals and the environment.	Service
Other		
Homework assistance	Assistance with homework for grades 6-12. IB students and Grade 10 can earn service hours as tutors.	Community Service (for senior helpers)
Math Club	Math Club is a drop-in club for grades 9-12. Come in to get help with your mathematics homework and test preparation. Tutors are available for all mathematics courses.	