

## Secondary School After School Activities Term 3 2008

Below are brief descriptions of each after-school activity. If you require further information please contact the supervising teacher or Stephen Maine [smaine@istafrika.com](mailto:smaine@istafrika.com)

Activity	Description	Links to G11-12 CAS
<b>Sports and Action</b>		
ISSEA Basketball	This is training for boys and girls senior basketball. ISSEA will be held at IST from March 5 <sup>th</sup> -8 <sup>th</sup> 2008	Action
U15 Basketball	Training for the DISL leagues taking place every Thursday at 3.30pm.	
U13 Basketball	Training for the DISL leagues taking place every Tuesday Thursday at 3.30pm.	
Badminton	This is recreational badminton that takes place in the MPH. Open to Grades 9-12.	Action
Junior Cricket	This is recreational cricket that takes place. on the hard-court and later in the new nets Open to Grades 6-8.	
Senior Cricket	This is recreational cricket that takes place on the hard-court and later in the new nets. Open to Grades 9-12.	Action
Senior Floor Hockey	This is recreational floor hockey that takes place in the MPH. Open to Grades 9-12.	Action
Junior Floor Hockey	This is recreational floor hockey that takes place on the hard-court. Open to Grades 6-8.	
Girls On Track	A running club to encourage running amongst middle-school girls. Participants work towards the Biathlon later in the year.	
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

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.	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.	Action
Taekwondo	Taekwondo training for all ages. Students progress through the various belts.	Action
<b>Creative Pursuits</b>		
Art Club	Develops drawing and art skills. Contributes to material displayed around the school and promotion of school events.	Creativity
Chess	Recreational chess playing.	Creativity
Choir	Choir for middle-school students Grade 6-8.	
Fathom	Fathom is a club for students who enjoy thinking, reasoning, discussing and competing. Sessions are student-led and activities range from light philosophical and mathematical discussion to logic competitions.	Creativity
Graduation Band	Develops skills needed to play in the Graduation band at the final Grade 12 graduation at the end of the year.	Creativity/Service
International Relations Club	A new club that looks at international relations from different perspectives. Facilitated by guest speakers from the Dar Diplomatic community.	Creativity
The Image	The school newspaper that publishes a range of articles and informative reports about school and popular culture every month.	Creativity/Service ( <i>if a senior editor</i> )
Model United Nations	Develops the team that travels to the Hague each year as part of the International Model United Nations Delegation.	Creativity
Spanish Club	A club to promote the Spanish language and culture: through cooking, music, games, dance, films, conversation and guest speakers from the Spanish-speaking world". IB helpers studying Spanish can gain service hours for helping with this.	
Theory of music	Theory of Music and clarinet lessons with Aloys will begin the week beginning Monday, 3rd September, and students may arrange their lesson times with Aloys during that week	Creativity

Voice	A voice group that trains and performs at school functions and at other events throughout the year.	Creativity/Service ( <i>when performing</i> )
Yearbook	Develops and puts together the school's annual yearbook, an account of the school year through pictures.	Creativity/Service ( <i>if a senior editor</i> )
<b>Community and Service</b>		
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).	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.	Service/Creativity
Dogodogo Centre	A group of boys from the Dogodogo Centre come to IST for English Conversation Classes. IST students help the Supervisor (Mrs Kasia Parham) to plan and deliver classes. They assist with whole-class activities as well as supporting the boys' learning in smaller "ability groups".	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.	Service/Creativity
Kurasini	This is primarily a group of Middle School students that play sports and swim with children of similar ages from the Kurasini Orphanage. There are also sometimes connections with older students as well to help improve the environment of the orphanage.	Service/Creativity
Make a Difference	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, Projects with nursery school.	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.	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.	Service/Creativity
Mtoni	Young people with a variety of learning disabilities and developmentally challenged come to IST for swimming and sports therapy with IST students as hosts and for support and interaction.	Service/Creativity
Music Crossroads	A new group that teaches a range of instruments to less privileged young children in Dar. Participants must be able to play an instrument.	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 through a variety of events for malaria prevention in Arusha region.	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.	Service/Creativity
Student Council	Elected students work together on a variety of projects to make real changes in the school.	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.	Service/Creativity
Wildlife Club	An activity that promotes awareness of wildlife conservation issues in Dar Es Salaam and around Tanzania. Organises bird-watching and talks by prominent environmentalist.	Service/Creativity
Writers café	Grade 10 and IB1 help younger students with writing-related assignments and projects on a drop-in basis. Assistance includes general writing tips, essay editing and revision, MLA format.	Service for Tutors
<b>Other</b>		
Computer games	Online and multi-player gaming in the IT lab.	
Homework assistance	Assistance with homework for grades 6-12. IB students and Grade 10 can earn service hours as tutors.	
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.	