

# EXTRA-CURRICULAR ACTIVITIES

## 2009-2010

This booklet indicates the wide range of extra-curricular activities which are offered by NES. I am sure that each of you will find something of interest. I would encourage you, wholeheartedly, to take this opportunity of beginning or pursuing an interest that lies outside the academic life of the school. In future years, in education and beyond, you will be grateful for having had this chance to widen your horizons and good universities throughout the world are always seeking students who have a breadth of vision.

Most of the activities listed in the following pages take place after school and last for one hour, unless otherwise stated.

Transport is provided for skating and community service as well as sporting fixtures away from school. Parents are expected to collect their children from school as soon as the majority of activities are finished at **3:30pm**, unless otherwise stated.

Extra-curricular activities will be mentioned on reports. This will give students an opportunity to have a permanent record of activities which they have selected.

S. Doran  
Headmistress  
Secondary Department

# IMPORTANT INFORMATION!!

Read this before making any decisions  
about the ECAs you choose.

A) This year, you **MUST SIGN UP** with the teacher running a club **BEFORE** you turn up to the activity. This way, the teacher knows how many students are coming and can be prepared. Therefore, before you join a club, make sure you see the teacher in charge first.

B) To give you as many choices as possible when choosing an extra-curricular activity, ECAs are broken up into **two sessions** where possible.

When you read about an extra-curricular activity, you *might* see the following notes written under its description:

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**  
**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

This means that the club will run from the week of September 27<sup>th</sup> until the week of December 10<sup>th</sup>, and then stop. After that, the same program will begin again on January 31<sup>st</sup> and repeat the same material.

With the clubs organised in this way, you will have a chance to try more activities throughout the year. For example, if you wanted to do an activity on Mondays, you could join the Drawing Club for the first half of the year, and then join the Chess Club for the second half of the year.

Sometimes it is possible for you to remain as a club member for both sessions. However, you will have to get permission from the teacher running the club, and you will have to consider that you may find doing the same things twice in one year rather tiresome.

Have a great year!

Mr. Wesson  
ECA Coordinator

# SPORTING ACTIVITIES

All activities will commence immediately after the school day and last for one hour unless otherwise stated.

## **CRICKET** \*\*International Award: Physical\*\*

There will be a cricket club running for all students who are interested in this sport. It will be held weekly with nets in the school's gym.

**Tuesdays, Secondary Gym**

*Sign up with Mr. Tatham in the Business department*

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **BADMINTON** \*\*International Award: Physical\*\*

Yes, badminton! One of the most popular sports on the planet! However, due to this club's popularity and the limited space available to play, most games played will be doubles. However, a ranking system will be created for the single player. Are you good enough to be the top ranked NES player? Come along and see!

Before joining this club, you must see Mr. Lourens to get a place. Only 12 people per session can sign up. Be quick!

**Thursdays, Secondary Gym**

*Sign up with Mr. Lourens in the Maths department*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **TABLE TENNIS** \*\*International Award: Physical\*\*

Table tennis for leisure and to develop teams to compete against other schools in Kuwait. **Only 16 people can join this club per session**, so if you love this game, sign up quickly. Also, the first session will be for students in Years 10 and above, and the second session will be for students in Years 7 – 9. Come along and play table tennis till you go completely ping pong!

**Sundays, Secondary Gym**

*Sign up with Mr. Johnston in Room CC2 (IT Department)*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup> for upper-school students**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup> for lower-school students**

## **TENNIS** \*\*International Award: Physical\*\*

*Open to all Students*

Andre Agassi and Venus Williams got their starts somewhere, and it was probably in their schools' ECA programmes. If they did it, so can you! The tennis club will be running again this year, and you're welcome to join. You will need your own racquet to play at Al Qadsiya.

This year will be divided into two *sessions*, each consisting of 8 rounds of tennis. There will be a small cost of 20KD per *session* to hire the courts.

See Mr. Smith in Room D12 or the 6<sup>th</sup> form office, or Ms. Doran as soon as possible to reserve a place.

***Session One: Tuesdays September 29<sup>th</sup> – December 8<sup>th</sup>***

***Session Two: Tuesdays (listen for announcements for the start date)***

## **BOLLYWOOD DANCING!**

\*\*International Award: Physical\*\*

*Only open to **girls** in Year 10 and above*

Do the moves and music of the famous Bollywood movies impress you? Well, come along to this fun club where you can dance Bollywood style. Using a videos and music, we will emulate these amazing dancers and get some great exercise at the same time! The goal of the club will be to get you to choreograph your very own dances by the end of the sessions.

***Wednesdays, Room C8***

*Sign up with Ms. Nisreen in Room D3 (Maths Department)*

***Session One: September 27<sup>th</sup> – December 10<sup>th</sup>***

***Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>***

## **WALKING CLUB FOR GIRLS** \*\*International Award: Physical\*\*

Do you get sore from sitting in lessons hour after hour? Crave a bit of physical exercise? Join the walking club! This activity will take place on the walking track near the school. You can walk at a gentle pace, power walk, or run; bring water, a friend, hey...ANYTHING GOES! Just do it!

***Tuesdays, meet by the Tuck Shop***

*Sign up with Ms. Craik in the Chemistry Department or the examinations office*

***Session One: September 27<sup>th</sup> – December 10<sup>th</sup>***

***Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>***

## **ICE-SKATING CLUB**

The ice-skating club is for students in Years 7, 8 and 9. The club takes place on Sundays from 2:30 until 4:15pm when NES teachers will escort students to the city ice-rink. Whilst we do not provide instruction, ice-skating is a sport which is easy to learn through practice and determination. Many of you who join the club will already be experienced ice-skaters who can use this opportunity to enjoy skating with your school friends.

If you are interested in joining the club, find Mr. Keene from the Chemistry Department to collect an information sheet and a parental permission slip. **YOU WILL NOT BE ALLOWED TO GO SKATING UNLESS THIS SLIP IS COMPLETED.**

**Sundays, Room C22**

*Mr. Keene, Ms. Schipper and Mr. Gorrie*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **BOWLING CLUB**

**\*\*International Award: Physical\*\***

“Bowling! Bowling! Bowling! Parking! Parking!” Green Day were half right when they said this, because we’re going bowling this year! Every two weeks, we’ll fill a bus full of happy bowlers and take them to set the lanes on fire!

This club will be run for both upper-school and lower-school students. One week, lower-school students will make the trip, and then the next week, upper-school students will go. What a great way to get some exercise and socialise with your friends!

Only 20 people can sign up for this club each session. **Lower-school students** should go to see Ms. Mohr or Ms. Adassi in the maths department, and **upper-school students** should go to see Mr. Gardner or Mr. Erasmus in the geography department as soon as possible to sign up and collect a permission sheet.

**Wednesdays**

*Sign up with Ms Mohr, Room D5, or Ms Adassi, Room D9 (Maths Department) for lower-school students*

*Sign up with Mr Gardner, Room E4, or Mr Erasmus in the Geography Department for upper-school students*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup> (every second Wednesday)**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup> (every second Wednesday)**

## **EXTRA-CURRICULAR BASKETBALL CLUB**

Do you love to play basketball for fun rather than for competition? Great! This is the club for you! We will be running friendly games of basketball each week all this year. This club is open to any student who is NOT ON A SCHOOL TEAM and is *in Year 7 or 8*.

Only 15 students may sign up for each session, so if you're interested in weekly basketball fun, see Mr. Warren in the English department immediately to sign-up.

**Sundays**, School basketball courts

Sign up with Mr. Warren in Room C6 (English Department)

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup> (Boys only)**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup> (Girls only)**

## **SQUASH CLUB** \*\*International Award: Physical\*\*

Does your idea of fun include running around in a tiny room hitting a small black ball against a wall? If so, it sounds like you enjoy squash! Mr. Smith will be running a club **for 6<sup>th</sup> formers only**, and can only take 6 students per session. If you are interested, sign up with him as soon as possible to secure a place.

**Mondays**

Sign up with Mr. Smith in D12, or the 6<sup>th</sup> Form Office

**Session One: September 28<sup>th</sup> – December 7<sup>th</sup>**

**Session Two: February 1<sup>st</sup> – May 3<sup>rd</sup>**

# **LEISURE ACTIVITIES**

All activities will commence immediately after the school day and last for one hour unless otherwise stated.

## **GLASS PAINTING** \*\*International Award: Skill\*\*

*Open to all students*

Sick and tired of always painting on paper? It's so flexible, so crinkly and it rips. Bah! Why not try your hand at painting on glass? This club will help you develop the skills and techniques you need to paint beautiful designs on glass objects. You will learn how to create interesting patterns, use colour effectively, how to outline properly, and a whole lot more! The final project in this club is to paint a glass object of your own choosing, such as a vase or a cup. Only 20 students may sign up per session, so if you're interested, see Ms. Khedapa in Room C8 as soon as possible.

**Wednesdays**, Room C2

Sign up with Ms. Khedapa in Room C8 (English Department)

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **FUNKY FRENCH CLUB**

Ah oui! Zut alors! Plume de ma tante! A French club! If you are in love with one of the most beautiful languages in the world, then come along to the Funky French Club! In this club, you will be able to work on improving your language skills in a fun way! We will be looking at French music, plays, performing sketches, doing karaoke, and much, much more!

It's French! It's FUNKY! Bienvenue!

***Tuesdays, Room D13***

*Sign up with Ms Nathalie in Room D13 (French Department)*

***This club is open to students in Year 10 and above.***

***Session One: September 27<sup>th</sup> – December 10<sup>th</sup>***

***Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>***

## **Horse Riding Club**

***\*\*International Award: Physical / Skill\*\****

Get along, little Doggie! Ever fancy learning how to ride a horse? Well, here's your chance! This club offers students who have little or no experience of horse riding a chance to learn the basics on a 6 week course at the Messillah Equestrian Club. Students will be on horseback from the first lesson and will use the same horse each week. There are a maximum of 8 students per course, and this small class size allows the instructor to give each student individual advice to help make them a better rider.

There will be two sessions held: **Upper-School**, Wednesdays, October 14<sup>th</sup> – November 18<sup>th</sup>, and **Lower-School**, Wednesdays, February 17<sup>th</sup> – March 31<sup>st</sup>. There will be a cost of 36KD for the lessons, and each student **MUST** wear a riding helmet (if you have not got a helmet, one can be purchased from the club for 20KD).

Places are limited, so if you are interested, see **Mr. Jackson in the biology department** to sign up as soon as possible.

## **DEBATING CLUB** ***\*\*International Award: Skill\*\****

Debating is an organised argument between two teams – a clash of ideas and examples where the team who presents the best case, wins. The debating club welcomes all students, from the shy but talented to the confident who want to be challenged. Many school debaters go on to become politicians, lawyers, or work in the media, but it benefits all students. If you are interested, come along. You will meet good friends, gain confidence, and learn a lot about many issues facing society today.

There will be competitions arranged with other schools, and a possibility to enter a national competition.

***Tuesdays, Room C9***

*Sign up with Ms Vivian in Room C9 (English Department)*

## **SCRABBLE CLUB**

If you have the letters Q – U – I – C – K – L – Y sitting in front of you, and a triple word score opens up, does your heart start racing and does a smile plaster itself across your face? If so, you know the joy of SCRABBLE!

If you like to play Scrabble, or even if you have never played but have an interest in games, then this is your club. We will be running a league in the school using International Scrabble Club rules, and hopefully will be able to challenge other Scrabble clubs in other schools in Kuwait. Additionally, recognition will be given to the Player of the Week, the Word of the Week, and so on. Come stretch your brain and have fun too!

***Tuesdays, Room C2***

*Sign up with Mr. Dowland in the IT Department*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **Photography Club**

**\*\*International Award: Physical / Skill\*\***

Have you ever looked through magazines or newspapers and thought to yourself, “I could take better photographs than that!” Well, here’s your chance! With the help of Ms Rawaa, Mr. Johnson will introduce students to the finer points of picture taking with the aim of creating a team of photographers for ‘The Print’ and ‘Oasis’. If you think you have what it takes to get your pictures of the school, its surroundings and school events published, then this is the club for you! A maximum of 15 students may join this club, so be quick to sign up!

***Sundays, BL1***

*Sign up with Mr. Johnson in Room BL1 (Biology Department)*

## **INTER-FORM COMPETITIONS \*for Year 7, 8 and 9 from groups**

You know that your form is the best, and here’s your chance to prove it. Throughout the year, a number of competitions will be running for each year group. It may involve a number of different skills, such as creative writing, photography, sculpture, and so on. When you hear of these contests, get involved! You could win fabulous prizes for your form group and all the recognition you truly deserve!

***Listen for announcements throughout the year***

*Ms James, Ms Bradley, Ms Tomlinson*

## **THE CLUB FOR GIRLS**

Open to girls in Years 7 - 9

Let's face it, girls often have different interests to boys. Ms. Leahy realises this and wants to give the girls of NES a chance to hang around and be themselves. Each week, members of this club will engage in different activities geared to their own interests, things such as exercise, health and nutrition, music and dance, scrap-booking, arts and crafts, hair and nail care, films and books, and all things "girly".

***Thursdays,, Room E5***

*Sign up with Ms. Leahy in Room E5 (Geography Department)*

***Session One: September 27<sup>th</sup> – December 10<sup>th</sup>***

***Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>***

## **Drawing Club**

**\*\*International Award: Skill\*\***

Whether you can sketch like Leonardo DaVinci or barely hold a pencil, if you love to draw then this is the club for you! Each week, Ms. Maclean will create a stimulating environment to work within and offer up challenging and exciting subjects for you to sink your pencil lead into. So, stop doodling on your exercise books and develop your true artistic nature with Ms. Maclean.

***Sundays, Art Room***

*Sign up with Mrs Mclean in Room D14 (French Department)*

***Session One: September 27<sup>th</sup> – December 10<sup>th</sup>***

***Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>***

## **CHESS CLUB** **\*\*International Award: Skill\*\***

*Open to all students*

Whether or not you're a beginner or a master, if you enjoy a game of chess, this is the club you need to join. As well as friendly games, competitions will be organised internally, and there may also be a chance to compete against players from other schools. Whether you're a king or a queen, make this club your castle! Make the right move!

***Mondays, D8***

*Sign up with Mr. Randle in Room D8 (Maths Department)*

***Session One: September 27<sup>th</sup> – December 10<sup>th</sup>***

***Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>***

## **CREATIVE IT CLUB**

Are you interested in the use of ICT to develop your school work? If so, this is the club for you! Join us for an opportunity to use DTP and a range of other Office applications. You won't regret it, and neither will your marks!

*\*This club will only run until early April*

**Tuesdays, Room CC3**

*Sign up with Ms. Walker in Room CC3 (IT Department)*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **JAPANESE CLUB, NIHONGO!**   \*\*International Award: Skill\*\*

This club is for anyone with an interest in Japan and everything Japanese! The aim of this club is to learn about, see and discuss all sorts of issues relating to Japan, Japanese culture and the Japanese language. There will be some basic lessons on the alphabet and writing in Japanese, as well as learning how to speak fundamental conversational Japanese. In addition to all this, we will be watching some famous Japanese animation (Anime), learning how to draw in the Anime style, origami, as well as other fun activities.

**Mondays, Room CL2**

*Sign up with Mr. Byrne in Room CL2 (Chemistry Department)*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **STOCKMARKET TRADING**

**\*\*International Award: Skill\*\***

*Open to Year 10 and above*

Can you beat the stock market? Are you a rogue trader? In this club, students will learn to choose and research stock information of companies using the internet, the library and newspapers. We will interpret stock price data on-line and on charts, and learn the meanings of investment terms involving the stock market. Students will then chose five stocks and monitor the gains and losses of their stock portfolios using the on-line Global Stock game. By the end of the course, each student will have to provide a file of their work.

***A limit of 15 students may join per session.***

**Thursdays, CC1**

*See Mr. Scott in C21 (Business Studies) to sign up.*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **ELECTRONICS** \*\*International Award: Skill\*\*

*Open to all, particularly lower school*

Have you ever heard of logic gates? Do you know the difference between digital and analogue? Would you know what an LDR, diode, transistor, relay or LED is? Micro-electronics is at the heart of your computer, mobile telephone, TV, satellite system, CD player, and so on. You use micro-electronics every day, and you can use these systems to solve all sorts of problems from flushing a toilet to turning street lights on and off.

**Wednesdays, Physics Lab 5**

*Sign up with Mr. Nicholson in Room PL5 (Physics Department)*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **EMBROIDERY** \*\*International Award: Skill\*\*

*Open to all students*

If you have the spirit of an artist, why not try your hand at embroidery? Create beautiful works of textile art by learning how to sew different types of stitches in different colours and styles. Other skills, such as seaming, whipstitching and filling will also be introduced in this ECA. This activity will be conducted in two different languages; one in English and one for speakers of Arabic.

**Wednesdays,**

*Sign up with Mrs Imam & Mrs Amal (in English) in Room C15*

*Sign up with Mrs Fatin & Mrs Fawzia (in Arabic) in Room C14*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **THE FILM CLUB**

*Open to all students*

Tired of straining your eyes watching films on your teeny-tiny television set at home? Really fed up of paying your hard-earned dinars at the cinema? If you answered 'yes' to these two questions, then NES has come to your rescue! Each Tuesday, Ms. Gill will fire up the projector and show a variety of films on a HUGE screen! It'll be just like being at the movies, except the floors won't be as sticky and you won't be annoyed by total strangers having mindless conversations behind you.

The films being shown will range from modern movies to classics, and members of this club will also have an opportunity to choose which films they watch. Come on, movie buffs, join the Film Club!

**Tuesdays, Physics Lab 3**

*Sign up with Ms. Gill in PL3 (Physics Department)*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **THE ANCIENT HISTORY CLUB**

Are you potty about the Persians? Astonished by the Assyrians? Electrified by the Egyptians? Grabbed by the Greeks? Charmed by the Chinese? Inflamed by the Indians? Incredulous about the Incas? Have you wondered if the pyramids were built by aliens from outer space? What was the curse of the mummy's tomb? Was Alexander the Great the greatest soldier of all time? Is there really a Chinese emperor buried in a tomb with rivers of mercury? Why did an Indian king build 80,000 monasteries? Did the ancient Mayan of Central America invent basketball? Come along to the Ancient History Club and discover what life was really like thousands of years ago.

**Wednesday, Room E6**

*Sign up with Mr. Ansell in Room E6 (Geography Department)*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **Folk Music Club!**

"I Dreamed I Saw Joe Hill Last Night," did you? If you would like to find out more about the weird and wacky world of folk music, then come along and tap your toes with Mr. Gibbs! This club is for anyone who enjoys music, and musicians are also welcome...unplugged, of course!

*Note: This club will not teach you how to play an instrument.*

**Sundays, Room E1**

*Sign up with Mr. Gibbs in Room E1 (History Department)*

**Session One: September 27<sup>th</sup> – December 10<sup>th</sup>**

**Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>**

## **LITERATI**

Years 10 to U6

Love literature? Love talking about things that really matter? Do you want some mental stretching? Do you want to boost that all important CV for university and max out the personal statement? Well, this is the place for you. We will be focusing on some of the greatest poems written in English and will be looking at how some of Shakespeare's plays have been treated on film. We will also look at how the cinema has treated some classic novels, such as *Middlemarch*. You will have opportunities to pursue your own interests in literature by giving and listening to presentations. This club is only for Year 10 and above and numbers will not be massive because of the nature of the activities. You should get along quickly to see Mr. Baker and reserve your place.

**Tuesdays, Room C10**

*Sign up with Mr. Baker in Room C10 (English Department)*

**Starting September 29<sup>th</sup>**

## **Filmmakers' Club**

*Open to students in the 6<sup>th</sup> form*

Is there a Stephen Spielberg or Quentin Tarantino inside of you waiting for the opportunity to break out? Well, here's your opportunity. Join the Filmmakers' Club where you will learn camera and sound techniques, storyboarding, scriptwriting and then make your own short film.

***Mondays, Computer Labs***

*Sign up with Mr. Wesson*

***Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>***

## **The Poetry Project**

*Open to all students*

Listen to any song on your iPod. You know what that is? It's POETRY! This club is aimed at anyone who enjoys reading or writing poetry. You don't have to be an expert, you just love words and appreciate ideas written in creative ways.

The aim of the **Poetry Project** is to ask all our 'poets' from NES to submit some of their own poetry. We will form a collection of poems which you *-the editors-* will make into an anthology and publish at the end of term. So if you appreciate poetry, write poetry, know a good poem when you see one...then this is the club for you. There will be a limit of 12 members of this club, so hurry if you are interested.

***Wednesday, C7***

*Sign up with Ms. Mullin or Ms. Ballan*

***Session Two: January 31<sup>st</sup> – May 6<sup>th</sup>***

# **ARABIC DEPARTMENT**

## **QURAN RECITATION & MEMORISING COMPETITIONS**

This series of competitions is set up by the Ministry of Education. Students memorise a number of Surras or recite them. Then you will compete with other schools in Kuwait on the subjects required. The people who place in the top five will win prizes from the Ministry of Education and the school itself. The competitions continue throughout the year until the Ministry decides the date for the final competition.

*Break times throughout the week*

*Mr. Salomi (Year 7 and 8 in room C11)*

*Mrs. Nihad (Year 9 in room C18)*

*Mr. Qassem (Years 10 in room C13)*

*Mr. Al-Moghazi (Year 11 in room C20)*

# MUSIC

Is there music inside of you dying to get out?? Do you sing in the shower, play air guitar, dream of being a jazz saxophonist? If you do, there are opportunities a plenty in the NES music department.

The music department is offering many exciting activities for talented musicians in Years 7-13. However, if you are interested in getting involved in the programme, you must have a high level of commitment and dedication as many of our groups represent the school in public performances.

Below is a few of our many programmes on offer. You must pass an audition first and be selected to take part:

<b>Lower School Choir-</b> (Singers Y7-9)	Wednesdays	2:30-3:30pm
<b>Upper School Choir</b> –(Singers Y10-13)	Before school	
<b>Concert Band-</b>	Mondays	2:30-3:30pm
<b>Training Band-</b>	Tuesdays	2:30-3:30pm
<b>Flute Choir-</b>	Sundays	2:30-3:30pm

The music department will also be offering **theory courses** (before school) to get students ready for the ABRSM theory exams and **ensemble groups** for those students who enjoy playing in a small group.

Instrumental tuition is also available for the various wind instruments during the school day.

If you are interested in being part of this vibrant programme, please see Ms. McDonald, Mr. Vlemmiks, Mr. Donnelly or Ms. Bienias **ASAP!!!!**

# COMMUNITY

The following activities are ideal for students wanting to give their time and effort to achieving common goals. These activities require considerable amounts of team-work.

## **THE PRINT** \*\*International Award: Service\*\*

*Open to all*

Ever dreamed of being a famous journalist? Join *The Print*, which is the magazine that focuses on your issues and events that take place around the school. It is published twice a year and there are plenty of jobs to do. If you don't fancy being a journalist for the magazine, perhaps you could be involved in photography, or desk-top publishing. The best part is that your work will be read and appreciated by everyone in the school, and even people outside of NES. This is a brilliant opportunity to get involved in something that can make a difference, so don't let it pass you by.

*If you want to get involved, see Ms. Rawa in the PR Office on **Mondays, at First Break** for details.*

## **INTERNATIONAL AWARD**

*Years 10 to U6*

The aims of the International Award programme are specific. They are to establish a life-long ability to set and achieve personal goals and, in so doing, encourage:

- personal discovery & self knowledge
- self reliance and self discipline
- motivation and enterprise
- perseverance and determination
- initiative, enthusiasm and creative vision
- definition of purpose, accurate thinking and time management
- community involvement and social responsibility
- a sense of values
- a spirit of adventure and team work
- vocational understanding and awareness

The criteria for an Award are individual improvement through persistence and achievement, taking into account the pupil's initial capabilities and without any element of competition between participants.

### **Bronze Award**

A number of trips will run within Kuwait

### **Silver Award**

A seven day trip will run to Cyprus.

*To become involved, listen for announcements at morning assembly for meeting times.*

## **YOUNG ENTERPRISE** \*\*International Award: Skill\*\*

*6<sup>th</sup> form only*

Do you have the blood of a tycoon running through your veins? Do you go to bed at night and dream of wads of cash lining your pockets? Is it your ambition to become the next Bill Gates, Richard Branson or Donald Trump? Well, here is your chance to make your dreams a reality! Joining the Young Enterprise will help you become a young entrepreneur, run a business in the school and work as part of a team; all the skills you need to set you on the road to riches! This club needs people who are enthusiastic, dedicated, and can spare time within the school day and after school.

Last year's Young Enterprise was very successful. The team ran a business making and selling sandwiches to staff. New ideas are welcome.

*For details, see Mr. Tatham in Room D10 (Business Studies Department)*

## **OASIS** \*\*International Award: Service\*\*

*Open to all*

Here's your chance to be a part of something everyone at this school this year will remember for decades to come. Oasis is the NES year book and it's the 'must have' item for 2009-10! If you have an interest in graphic design, photography, or editing, then you should get involved in this great opportunity! **Also, we are in need of experts in Photoshop. If you can use Photoshop, WE NEED YOU!**

*If you want to get involved, see Ms. Blake in E2 or Ms. Subuhi in D7*

## **ENVIRONMENTAL AWARENESS CLUB**

\*\*International Award: Service\*\*

### **The Environment Club needs new members!!**

We are looking for students who are dedicated to trying to make the school and Kuwait a cleaner and greener place to live and work.

We need members who are trustworthy, responsible and willing to commit themselves to year of hard but rewarding work.

Last year the recycling program began in earnest, thanks largely to the co-operation of the **Kuwait Waste and Recycling Company** which collects weekly all the recycled items.

Initially there were a few hiccups in getting both students and staff alike to understand what was possible to recycle and so first term we collected only one ton of paper and only a small number of plastic bottles.

However, by second term students and teachers really began to pull together collecting unwanted, used paper and plastic bottles in classrooms, which the Environmental Club then collected every Monday afternoon.

By March their dedication and effort really paid off and we had amassed 7 tons of paper and over a ton of plastic. In fact, we had accumulated so many plastic bottle caps that the KGH (an association between the Kuwait and American Armies) decided to give our school a plaque and Mr. Johnson a gold bar of appreciation for his efforts. This initiative at our school to collect caps went towards making prosthetic limbs for those who have lost limbs due to landmines and war.

Soon we had curious members of primary school asking to help and the ball just kept on rolling, bringing our grand total to well over **10 tons of paper and 3 tons of plastic**. An excellent beginning and congratulations all round.

This year we would like to keep the momentum going and so are beginning the recycling program the first week back to school and **any student volunteers are most welcome to speak to Ms.Pollett in the biology department.**

## DRAMA

NES is well-known for the amazing drama productions that it stages every year. This year will be no exception, and if you have the acting bug within you, then you are in the right place!

As in previous years, there will be two drama productions: one performed by lower-school students, and the other by upper-school students.

The lower-school performance will be the comedy *Heroes*. Follow the side-splitting adventures of six veggie misfits who reluctantly set off to 19<sup>th</sup> century China and discover that real heroes don't have to be tall, strong, handsome...or even human!

The upper-school performance will be the blood-chilling 'whodunnit' *Appointment with Death*. Adapted from a novel written by the world-famous mystery writer Agatha Christie, this play will have you guessing all the way to the final curtain.

**Listen out for announcements about how to become involved in these two plays.**

# INTER-SCHOOL SPORT COMPETITION

## INTER SCHOOL SPORT COMPETITION

This year NES will once again be competing in ISACK: 'International Schools Athletic Conference Kuwait'. We will be playing against KES, BSK, TEA, TES, GES, ABS, ESG and FSIS in all of our regular sports. In addition to our school teams, we will be looking to play B and C team fixtures to get as many of our athletes involved as possible. Students that get involved with the recreational volleyball and basketball clubs will become eligible for selection for these games.

We are also excited to announce that netball is becoming an ISACK sport this year and Ms. Tomlinson is looking forward to putting the girls through their paces ready for the competitions in the winter months.

For all of you swimmers out there, we have managed to hire the great facility at TES for our swim teams. Mrs. Keegan will be running this activity taking place on Mondays throughout the year and we have high hopes for our NES BARACUDAS in the ISACK swimming galas.

Another exciting taking place this year is the BSME U13 games taking place in Kuwait and being hosted by NES. This will take place in November and will involve schools from around the whole of the Middle East.

In addition to all of the wonderful activities taking place in Kuwait, we are continuing to compete in the overseas sports tournaments taking place throughout the region. Watch the sports notice boards for details.

The PE Department and coaches are already looking forward to working with the students here at NES – Last year ALL of our sports teams made it to the final stages of their respective competitions. Together, let's make this another great year for NES sport!

## TEAM COMPETITION

**FOOTBALL** – International Award: Physical

This year we are certain that with dedication, NES will build on all of the successes from last year and make the closing stages in all age groups. We will also be entering the 5 a side competitions and hope that we can build upon last years results.

NB/ Shin pads must be worn. No shin pads, no football!

- **ISACK GIRLS – December – February**
- **ISACK BOYS – December – February**

## **BASKETBALL** - International Award: Physical

We have some very talented new coaches in place and with the excellent students at NES we looking to improve on the two 1<sup>st</sup> places achieved last year.

- **ISACK GIRLS – September – November**
- **ISACK BOYS – February – April**

## **VOLLEYBALL** - International Award: Physical

Once again we have new expertise in the coaching department at NES. We aim to 'rule the roost' in ISACK and make ourselves the team to beat!

- **ISACK GIRLS – February – April**
- **ISACK BOYS – September – November**

## **NETBALL** – International Award: Physical

The Open age girls have a brief taster of this sport last year – it was so popular, ISACK made it a competitive event! Sorry guys – it's for girls only!

- **ISACK GIRLS – January - April**

# **INDIVIDUAL COMPETITION**

## **ATHLETICS** - International Award: Physical

Athletes from last year, and new ones this year, should be all keeping fit and staying healthy to ensure that NES regains the Athletics trophy. Track meets have already been organised for the spring term. Keep looking at the Sports notice boards for more details.

## **SWIMMING** - International Award: Physical

Swimming is going to be slightly different this year in ISACK. We will be having a minimum of 2 swim meets throughout the year – one in November and one in February. Make sure that you remain motivated and keep swimming in your own time. Mrs. Keegan will be running separate clubs for boys and girls on Mondays throughout the year.