

Extra-Curricular
PROGRAMME
2023/24



This Scholastic Year our extra-curricular clubs target different ages and interests to complement our previous varied programme, together with some new and exciting additions. All extra-curricular programmes at San Anton School are registered with the Malta Qualifications Council and are credited to the student's School Leaving Certificate.

Registration Number for School Leaving Certificate & Profile – Informal Learning is SLC12000.

All programmes will commence at 3.00pm, and will be of 60 minutes duration as specified, finishing at 4.00pm, except for the Cooking Clubs which are of 90 minutes duration, finishing at 4.30pm.

Places are limited and applications are accepted on a first come first served basis.

All clubs and programmes are subject to satisfying the minimum numbers required per group.

You may reserve your child's spot on the booking link provided. Fees for school-organised extra-curricular activities will be invoiced on your MySchool account for your convenience.





Extra-Curricular

MANDARIN CLUB



GRADES 4-7 |

Prepare your kids to navigate a global workplace in which knowledge and cultures other than our own will provide a competitive advantage for their future career growth.

This language club taught by a native Chinese speaker in collaboration with The Confucius Institute of the University of Malta, aims to introduce students to the language and culture in a fun and engaging manner.

Tutor: Ms Zhou Haiting

Mondays

3pm

Duration: 1hr

€100 per term

Commencing Monday 2nd Oct 23

BOOK NOW



Extra-Curricular **COOKING CLUB**

**GRADES 4-7 &
GRADES 8-9**

Our popular cooking club is back!

During each session the junior chefs will acquire hands-on basic cooking and baking skills to learn to cook confidently.

Tutor: Ms Claudine Bonavia



**Tuesdays: Grades 4-7
Thursdays: Grades 8 & 9**

3pm

Duration: 1.5hr

€160 per term inclusive of all ingredients which will be provided.

Commencing Tuesday 3rd Oct 23

BOOK NOW

SAN ANTON SCHOOL AFTER SCHOOL SPORTS ACTIVITIES

SCHOLASTIC YEAR 2023-2024

The P.E. Dept. will again be offering its after school programme for the forthcoming scholastic year 2023/24 and is accepting new registrations from Grade 2 to up to grade 12 as per registration form below with immediate effect.

All the sessions focus on improving general fitness, neuro-motor and technical skills, but we also try to maintain the FUN element which is so essential for students to continue to participate in physical activity.

Applications are being accepted on a first come first served basis. All programmes are subject to satisfying the minimum numbers required per group, but once the limit has been reached in a particular session, no further registrations will be accepted.

Although applicants will be encouraged to choose another sport in cases of oversubscription in a particular discipline or if a discipline has to be cancelled due to the lack of registrations, refunds will be issued to applicants who will not be able to change their options.

Finally, as a reminder, Senior school students should gain MQC credits when attending the SASSC programme/s (this should be applied for on the pertinent MQC forms and submitted to Mr Roberto and the school for signature and school stamp respectively). For further details, kindly verify this with the relevant school authorities.

Please note that the **DEADLINE TO SUBMIT the AFTER-SCHOOL SPORTS APPLICATION is by: noon of Tuesday 19th September 2023**. (Link to application Form will not be available after this date).

Summary of programme

	Monday	Tuesday	Wednesday	Thursday	Friday
FUNDamentals Athletics		FUNDamentals Athletics Gr 3-6			
Specialised Athletics		Athletics Gr 7-10		Athletics Gr 5-7	
Martial Arts					Judo Gr 4-8
Basketball			<i>Basketball</i> Gr 2-3		
Handball				Handball Gr 3-7 (split according to ages)	
Pickleball			Pickleball Gr 4-6	Pickleball Gr 7-10	
Multisport	Multisport Gr 4-7				

Note: Should a group of parents want to organise an afternoon van; the school can provide you with a contact number. Please note that the school will not take any responsibility for vans organised by parents.

IMPORTANT GENERAL NOTES

Please print this page and keep it handy.

- All after school sports sessions will be **held at San Anton School**.
- Sessions will commence on **Monday 3rd October 2022** and end on **Wednesday 31st May 2023**.

Divided in three Terms: Term 1: Monday 2nd Oct 2023 – Tuesday 19th Dec 2023.

Term 2: Monday 8th Jan 2024 – Friday 22nd March 2024.

Term 3: Tuesday 9th April 2024 – Friday 31st May 2024.

- All after school sessions **commence at 3.00pm** and **finish at 4.15/20 pm**. It is of utmost importance that you call for your children on time. There will be **NO SUPERVISION after 4:30pm**.
- **After school sessions are only held on a school day**. Therefore, if it's a school holiday there will be NO after school sport sessions.
- Applicants can choose to pay separately for term1 and term 2 & 3, but a discount is offered to those who wish to pay for the three terms upfront. Please note that **no refunds will be given for students who do not continue to attend sessions**.
- All student attendances will be checked against a registration list from the very first session. Kindly **DO NOT send students who are not registered as they will not be allowed to participate in the session**.
- All coaches are qualified in their respective areas.
- The P.E. Dept. reserves the right to cancel any after school sports activity should there not be enough registration for that particular activity. (Refunds will be given to already registered students).
- For Handball related queries kindly read the next point whilst for any other information please contact Mr. Roberto Pisani (Head of Physical Education Dept.) on sports@sananton.edu.mt.
- **Kavallieri Handball Club** Schools Project is responsible for the running of the Handball after school programme. **Contact person:** Ms Ilenia Xuereb **Mobile:** 79292556 **Email:** kavallierihandballclub@gmail.com

Sports Organised by San Anton School

ATHLETICS

1. **FUNDamentals Athletics:** One group session per week for grades 3-6 will focus on **fundamentals with an emphasis on FUN**, and will include an updated variety of athletics activities- running, jumping, throwing, plus fun games as per IAAF (International Athletics Federation) recommendations.
2. **Specialised Athletics:** A separate session will be held on Thursdays for grades 5-7 only. This will be limited to smaller groups (max 12 students) and slightly more specialised coaching under Coach Vladimir. (If a student does not reach the required level they might be asked to shift to the Fundamentals Group on Tuesdays).

There will also be one after school session per week for grades 7-10 only, limited to small groups (max 12 students) every Tuesday under coach Vladimir. (If a student does not reach the required level they might be asked to shift to another sport).

For Specialised Athletics, a first come first serve bases will have to be applied. Should there be a long waiting list another slot probably on a Wednesday will be offered. This all depends on the number in the waiting list.

Further athletics coaching (outside school) can be offered to Grade 11 and 12 students who are interested in continuing the sport.

FREQUENCY:

FUNDamentals Grades 3-6: Once weekly - Tuesdays at 3.00pm. The first session starts on Tuesday 3rd October.

Specialised Grades 5-7 : Once weekly - Thursdays at 3.00pm. The first session starts on Thursday 5th October.

Specialised Grades 7-10 : once weekly - Tuesdays at 3.00pm. The first session starts on Tuesday 3rd October.

MULTISPORTS

This will be another exciting programme, which will consist of participating in a large variety of different Team Games throughout the scholastic year. These games will include Handball, Volleyball, Basketball , Cricket, Baseball, Hockey and so much more. The P.E. department has prepared a fun-packed and varied programme to suit all the requests for different sports that we have been receiving, thereby building on the success and experience of previous years.

FREQUENCY:

Grades 4-7: Once weekly - Mondays at 3.00pm. The first session starts on Monday 2nd October.

Basketball

We had a request to try and fit in more sports for our Grade 2 and 3 students. Mini Basketball will be taught with emphasis on fundamental motor skills, whilst keeping fun and enjoyment at the centre of the session.

Basketball Grades 2 - 3: Once weekly - Wednesday at 3.00pm. The first session starts on Wednesday 4th October.

Martial Arts

The specific area we will be catering for is Judo. The essence for judo is to empower the physical, mental and spiritual aspects. Emphasis will be made on specific movements, skill will be learnt just for one's own knowledge and must only be used when supervised. Understanding this will be given its due importance. The knowhow of acting when is needed only is a respectful value in itself and helps the individual mature. Once this is clear then the pedagogy used by the coaches will be adequate for the students age in order to incorporate the element of fun too.

Judo Grades 4 - 8: Once weekly - Friday at 3.00pm. The first session starts on Friday 6th October.

Pickleball

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The intention of these sessions is to educate the children about this sport whilst teaching them the skills in a fun atmosphere. (This will be limited to smaller groups on first come first served bases.)

Pickleball Grades 4 - 6: Once weekly - Wednesday at 3.00pm. The first session starts on Wednesday 4th October.

Pickleball Grades 7 - 10: Once weekly - Thursday at 3.00pm. The first session starts on Thursday 5th October.

Payment Details

As from this scholastic year after school sports activities will be invoiced on your MySchool account.

<u>Sports Activity</u>	<u>Term 1</u>	<u>Term 2 & 3</u>	<u>All 3 Terms</u>
FUNDamentals ATHLETICS Grades 3-7 once weekly (Tue.)	€85	€155	€200
Specialised ATHLETICS Grades 8-10 once weekly (Tue.)	€100	€170	€230
Specialised ATHLETICS Grades 5-7 once weekly (Thur.)	€100	€170	€230
MULTISPORTS Grades 4-7 once weekly (Mon.)	€85	€155	€200
BASKETBALL Grades 2-3 once weekly (Wed.)	€85	€155	€200
Pickleball Grades 4-6 (Wed) or 7-10 (Thur.) once weekly	€100	€170	€230
Judo Grades 4-8 once weekly (Thur.)	€85	€155	€200

Application Form

<https://forms.office.com/e/c97fsa8Nps>

Handball: Organised by Kavallieri Handball Club

Kavallieri handball club is offering Handball sessions within San Anton school. After school sessions will be held from October till May for students in Grade 3 till Grade 7. Sessions will be held by Ms Ilenia Xuereb who is a Science/Biology teacher at San Anton, she is also a level one qualified Handball coach and a player of Kavallieri Women's team and part of the National team.

Students attending these afterschool sessions will also participate in mini handball tournaments organised throughout the season by the Malta Handball Association.

The cost will be of **€200** for the year. Sessions will run every **Thursday** during the school calendar from **3pm till 4:20pm**.

Sessions commence on **Thursday 5th October**.

If you have any further questions, please do not hesitate to contact us.

Contact person: Ms Ilenia Xuereb **Mobile:** 79292556 **Email:** kavallierihandballclub@gmail.com

Get to know the club: [Kavallieri Facebook](#), [Kavallieri Instagram](#)

Application form: <https://forms.gle/Y8tpYtzSX6zroFqp8>





**Metta
Wellbeing**



MINDFULNESS AND WELLBEING PROGRAMMES DEVELOPED TO EMPOWER YOUNG PEOPLE BY EXPLORING THEIR STRENGTHS, AND BUILDING THEIR RESILIENCE AND EMOTIONAL INTELLIGENCE SO THAT THEY ARE BETTER EQUIPPED TO DEAL WITH EVERYDAY CHALLENGES.

Young people explore how to calm their minds and thoughts, transform their mindset, focus and pay attention, understand and express their thoughts and feelings and cultivate kindness for themselves and others. They will explore and develop strengths such as perspective, gratitude, creativity, and bravery.

The sessions have been designed to be fun, interactive and engaging, using various evidence-based techniques, tools and activities such as games, visualisation, art, discussion, movement, and more.

IT IS NOT DEATH BY POWERPOINT!

Between 4-10 Participants

12 sessions for €120

Siblings discounted rate €100

To enrol or for more information
email pia@mettawellbeing.com

I CAN
FACE CHALLENGES
AND GOALS WITH
FOCUS AND
DETERMINATION

I KNOW
MY MIND

I KNOW HOW
TO MANAGE MY
WORRY & STRESS.

I CAN
CHALLENGE MY
NEGATIVE THOUGHTS
& EMOTIONS.

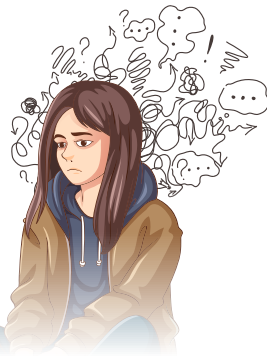
I KNOW MY
STRENGTHS.



Metta Wellbeing programmes have been developed using a number of resources from The Flourishing Centre, Youth Mindfulness, GoZen, The Mindful Heart Curriculum, VIA Institute of Character & The Institute of Positive Education.



**Metta
Wellbeing**

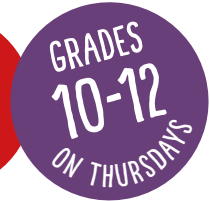
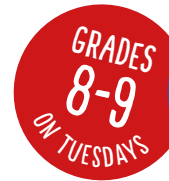


HAVE YOU EVER WISHED YOU COULD NAVIGATE THROUGH LIFE'S UPS AND DOWNS WITH LESS HASSLE? EVER WISHED YOU COULD TURN YOUR EVERYDAY CHALLENGES INTO STEPPING STONES? THIS ISN'T JUST ANOTHER LIFE-HACK; **THIS IS YOUR LIFE'S POTENTIAL UPGRADE.**

Explore the art of living in the present moment, not in the past with regrets, or in the future with worries, but right here, right now.

Sessions available:

- Discover how mindfulness can help you reduce stress, improve focus, and boost your overall well-being.
- Learn skills for greater happiness and well-being, strategies for relaxing, and stepping back from our self-critic and negative thoughts.
- Learn techniques to cope with everyday worries, stress and anxiety.
- Understand your own mind and thoughts. Explore and develop your own character strengths.



DO THIS IN A FUN, INTERACTIVE WAY.

Each session is jam-packed with interactive engaging material and focuses on a particular theme. No two sessions will be the same.

This course is co-created by the trainer and the participants. Together we will co-create a safe, non-judgmental space where we will use a number of evidence-based techniques, activities and tools such as games, movement, art, discussion and more.

After each session, participants are encouraged to have a go at a mindfulness or well-being exercise at home or in their own time before the next session. Nothing is compulsory; it is left up to you to choose if and when you want to practise.

Between 4-10 Participants

12 sessions for €120

Siblings discounted rate €100

To enrol or for more information
email pia@mettawellbeing.com



Metta Wellbeing programmes have been developed using a number of resources from The Flourishing Centre, Youth Mindfulness, GoZen, The Mindful Heart Curriculum, VIA Institute of Character & The Institute of Positive Education.



**€150
Per Term
(all supplies
Included)**

MACRAME CLUB

Our specially crafted sessions, designed for grades 4-7, will ignite your child's imagination as they learn the ropes and create one-of-a-kind macrame masterpieces to proudly take home. Through this mindful craft, kids will express their creativity, while developing focus and fine motor skills.

**Tuesdays 3pm -4pm
OR
Thursdays 3pm - 4pm**

Olé
macramé

CLICK HERE TO BOOK
or Contact Jenny on
+356 79450357 or
hello@olemacrame.com for
more info

DANCE CLASSES AT SAN ANTON SCHOOL

Principals: **Astrid Gollcher** 99452545 • **Christiane Borg Manché** 99424475



Incite motion endeavours to offer more than ordinary dance lessons ...it goes much further.

Incite motion strives to develop dance and dance education by providing a deeper insight to movement, and incite motion. The school aims to educate dancers through Creativity, Appreciation and Performance providing a holistic dance education and thus developing versatile, creative and individual dancers. Quality professional training ensures that each student progresses steadily and develops as a performer.

Courses offered:

Classical Ballet & Repertoire • Modern Jazz • Spanish Dance • Contemporary • Lyrical • Hip Hop /Street • Pilates

Incite Motion will be offering Dance Classes at San Anton School as part of the Extra Curricular Programme. This will be considered a branch of our main school and will be run accordingly. We look forward to offering the same standards of teaching and opportunities to all students. Discounted rates will also apply to students who attend more than 1 dance genres and these discounts will also be effective if students attend one genre at San Anton and another genre at our Sliema School. We hope to be able to offer a wider range of classes in the future. Classes will be held as follows in the dance studios situated in the new wing. A discounted rate is applicable for those who pay the whole year in advance.

Class	Minimum Age (can be older) - born in	Duration	Day & Time	Price per term
Pre School Ballet	2020	45 mins	Tuesday 12.45-13.30	€125
Pre School Ballet	2020	45 mins	Thursday 12.45-13.30	€125
Pre Primary 1 Ballet	2019	45 mins	Tuesday 12.45-13.30	€125
Pre Primary 1 Ballet	2019	45 mins	Thursday 12.45-13.30	€125
Pre Primary 2 Ballet	2017-2018	60 mins	Thursday 15.00-16.00	€140
Primary Ballet	2016-2017	60 mins	Tuesday 15.00-16.00	€150



To register your child kindly fill in the Incite Motion Registration Form and email it to: **info@incitemotion.com**

ABOUT INCITE MOTION

INCITE MOTION opened its doors in October 2008 aiming to develop dance and dance education. The concept of INCITE MOTION developed during Astrid Gollcher and Christiane Borg Manché's dance studies, as they worked through the modules of the first level of a BA (Hons) in Dance Education as part of their studies.

The curriculum at Incite Motion includes Royal Academy of Dance classical ballet, ISTD modern theatre, lyrical jazz, contemporary, Pilates, Spanish, repertoire and hip-hop. Various Workshops take place throughout the year in various dance education related topics such as safe dance, dance notation, nutrition and dance appreciation. Guest teachers are invited to hold master classes in various dance disciplines, as well as teachers' courses. International examinations in classical ballet, modern and Spanish are held annually. Examinations in contemporary dance are also to be introduced. INCITE MOTION is also an Approved ISTD Teacher Training Centre.

Our staff are qualified dance teachers in their respective genres and have the necessary dance teaching qualifications, dance knowledge, dance experience and passion to be able to develop the ethos of INCITE MOTION. All our staff carries out continuous professional development on a yearly basis and is encouraged to further their dance teaching qualifications in order to provide our students with the best dance training possible.



Nutty Scientists

A wacky way to make science stick.

We bring to San Anton, 20 years of experience working with children using a unique, award-winning methodology



How kids learn

KIDS LEARN BY DOING

"I hear and I forget. I see and I remember. I do and I understand" - Confucius.

We use interactive, hands-on methods to teach a variety of scientific concepts.

What we teach

Think S.T.E.A.M.

We teach in the form of workshops related to science, incorporating aspects of technology, engineering, art and mathematics (STEAM)

Why we're different

A world VIEW

No one else in the world teaches quite like we do. Our programs draw from the expertise of renowned scientists from all corners of the globe.



Our Programs:

Themes:

Science - Robotics - Health & Nutrition
Environment - Technology & Engineering
Preschool Programs - Prevention Programs



This year join us at San Anton for a wonderful Science Adventure! Nutty Scientists offers entertaining and wacky, hands-on educational activities led by professional staff. Learn about Physics, Chemistry, Biology, Engineering, Forensic Science, Earth Science, Astronomy, Zoology, Psychology and much more while having fun. Sessions are as follows:

Term 1: 10 sessions on Thursday from 3.00-4.00 @ €125

5th, 12th, 19th, 26th October; 9th, 16th, 23rd, 30th November; 7th, 14th December

or

You may opt to book for the 3 terms for 31 sessions at a discounted price of €350

Term 2: 11th, 18th, 25th January; 1st, 8th, 15th, 22nd, 29th February; 7th, 14th, 21st March

Term 3: 11th, 18th, 25th April; 2nd, 9th, 16th, 23rd, 30th May; 6th, 13th June

<https://www.nuttyscientists.mt/e-registration/> or email info@nuttyscientists.mt to register



Awarded Curriculum

Open to grade 4 - grade 7 students



robocoach brings science, technology, engineering, arts and math topics to kids through a fun, challenging and hands-on approach.

Our range of computational thinking courses for kids vary from basic principles in logic and programming to more challenging, problem-solving sessions within the highly engaging world of robotics.

All our courses/workshops provide learners with the opportunity to think logically and critically to build, programme, and overcome STEAM based challenges, whilst making friends and developing communication skills.

Our courses expose students to various robotic gadgets, including but not limited to, Be Crea Scottie Go!, Sphero, Matatlab, Engino, Kano, robo wunderkind and VEX Robotics, depending on specific course being followed.

During our courses, students will follow a varied programme that will not overlap one year to another as the course will change on a yearly basis to adapt to the students entrusted.

Robo Explorers

Students will step into the world of robotics and computational thinking through fun and interactive activities. Through this course, students will learn the basic concepts of programming and will start to understand that coding can provide solutions.

They will use easy to assemble models, compatible programs and applications to engage in different challenges to find solutions to tasks presented. Motivating every individual along the way.

Course Details

Fee: €120 price per term



GRADE GROUPS

2 & 3 & 4



FREQUENCY

Once Weekly



TIME

15:00 to 16:00



COURSE DAY

Friday

Robo Developers

Experimenting through robotics and computational thinking, students will approach several fun and challenging tasks. During this course they will breakdown problems and tasks into simpler understandable solutions.

Using different robots, models and devices they will create a program to perform an action. They will experiment, investigate and discover the scientific notion therefore stimulating their curiosity further.

Course Details

Fee: £120 per term



GRADE GROUPS

5 & 6 & 7



FREQUENCY

Once Weekly



TIME

15:00 to 16:00



COURSE DAY

Tuesday

Robo Innovators

This course will allow students the time to experiment, investigate and discover the logical concepts of robotics and computational thinking.

They are at an age where they can face programmatic thinking techniques, problem solving solutions and embrace leadership skills while they design, construct and operate different robots, models and devices. Each concept is taught through fun and interactive activities.

Course Details

Fee: £120 per term



GRADE GROUPS

8 & 9 & 10



FREQUENCY

Once Weekly



TIME

15:00 to 16:00



COURSE DAY

Thursday

To apply or renew visit:

<https://robobook.robocoach.com.mt/>

Guidelines to renew courses for returning customers visit:

<https://bit.ly/3NeI7vG>

Guidelines to create a new account as a new applicant visit:

<https://bit.ly/3SiFfyH>



Performing Arts Schools


**BE
GOOD
AT
BEING
YOURSELF**




Unlock your child's potential with
Stagecoach Performing Arts

Singing, dancing and acting classes for
4 - 18 year olds, where students learn
to embrace life with creativity and courage

Find out more today:

 stagecoach.com.mt

 malta@stagecoach.com.mt

 21419306 / 79445030



Creative Courage For Life*

San Anton School

every Friday after school
6th October - 15th December

Age 4-6 years 3.00-4.30pm Age 6-15 years 3.15-6.15pm

Enrol online at stagecoach.com.mt/malta or

call **21419306** or **79445030**

or message us on our Facebook page

SAN ANTON SCHOOL - CGY

E-mail: chunggymnastics@gmail.com

Orchidea, Dahlet il-Gibjun, Naxxar; Mob No: (+356) 79213813

VAT No.: MT26400603



CHUN GYMNASTICS INFORMATION FORM - AUTUMN TERM

"A GREAT OPPORTUNITY TO EXPLORE THE EXCITING WORLD OF GYMNASTICS"

Chun Gymnastics (CGY) is a community which allows you to develop and emphasize motor skills that support fitness and physical development.


We believe that gymnastics is for everyone - from beginners to competitive gymnastics - we welcome all levels :)

DAY	MONDAY, FRIDAY and SATURDAYS
PLACE	SCHOOL GYM
TERM DATES	Monday 4th October till Saturday 9th December.

For more details, please contact us at **chunggymnastics@gmail.com**.

FOLLOW US ON

 www.chunggymnasticsmalta.com

 @chun.gymnastics8

 Chun Gymnastics



After-School Art Classes

San Anton School

Grade 2, 3 & 4

Tuesdays

3.00pm – 4.00pm

For more details contact

9989 1791

simonestilontabone@gmail.com