



# AFTER - SCHOOL WORKSHOPS

## EC 2 / RECEPTION / YEAR 1

Please find below a full schedule of after-school activities (beginning Monday 10<sup>th</sup> of September 2018) for the First Semester. Each workshop has some specific requirements regarding the minimum number of children – see below. The workshops will take place between 16.00 and 17.00, Monday to Thursday. Please note that children need to be picked up no later than 17.30.

Please check the school calendar for additional details on non – school days and early dismissal days by clicking at the link below:

<http://www.veritaschool.ro/school-calendar/>

**Please note the following important aspects related to workshops:**

- The workshops below are valid for ages 2 – 6.

**Children that are 2 years of age are ONLY ELIGIBLE to join the Free Play activity.**

- The price for each activity is different and can be found below in the activity's description.
- The workshops are valid from the 10<sup>th</sup> September 2018 – 15<sup>th</sup> February 2019
- The cost of the workshops is non – refundable and cannot be prorated
- Only 1 (one) change of activities is allowed per child / per semester and no later than the second week. A minimum number of children is required for each club. If this is not met, the workshop will be discontinued.
- Registrations are done on a first come – first served basis until the maximum number of children / group is reached;
- A minimum number of children is required for each activity. If by the 7th September, this minimum number is not met, the after-school activity will be discontinued and/or you will be offered alternative workshops.
- **You will be required to express your 1st and 2nd option for each day in case there will be no more availability on a certain workshop. Please do choose two options for each day.**



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## AIKIDO

This course teaches the basics of Jiu-Jitsu. The children will learn fundamental defense from varying positions along with counters to each of the techniques in an entertaining and enjoyable way. They will also learn how to work together as a team while continuing to develop themselves individually.

Children will be dressed accordingly to this class (sport outfit – long sleeves blouses and long trousers)

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 180 EUR / 1<sup>st</sup> semester ( 300 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 10

## FENCING FOR BEGINNERS

Fencing provides physical and cognitive benefits. Children describe fencing as a physical game of chess, as it requires strategy and quick reflexes. During this class the children will learn self – discipline and gain a sense of accomplishment. The children will also become capable of making complex decisions, analyzing situations, thinking critically and reacting quickly, thus reaching their potential in all areas.

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 200 EUR / 1<sup>st</sup> semester ( 330 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 10

## THEATER - DRAMA & ACTING CLASSES

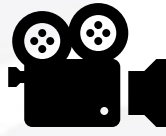
The drama club represents an excellent opportunity for children to build confidence, work on their social skills and enhance their creativity in a fun and exciting way. The techniques used are also focus on speech, movement and expression and are interactive and participative and are proved to boost spontaneity and self- confidence in children.

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 180 EUR / 1<sup>st</sup> semester (300 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 10

## FUN CRAFTS

This is an art course for children, based on creativity exercises, imagination, fun and manually combines play and team work. At the end of each class, we will have our own art objects, with practical functionality, created with our own hands.

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 180 EUR / 1<sup>st</sup> semester (300 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 10



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## ❑ ROBOTICS ACADEMY

Elementary programs of science, design, technology and mathematics for children aged 4 years and above. The activities performed during our LEGO 4+ years workshops offer your children an effective way to assimilate the basic concepts of robotics through science, design, technology and mathematics. LEGO Education 4+ years models are easy to handle and, as the children build and test, they explore the operating principles of familiar objects. Children experience the concepts of force, motion, balance, equilibrium and buoyancy.

Activities blend perfectly with the topic and children's curiosity about the world around them, encouraging them to make observations, predictions and think creatively.

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 265 EUR / 1<sup>st</sup> semester (440 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 12

## ❑ WOW LAB WORKSHOPS

Experiential learning is based on the active involvement of participants who can accumulate new knowledge more easily based on the information received through their own experience. New scientific fields are approached with different methods and various instruments such as mind mapping, using all the senses, multimedia, role plays, experiments, and debates based on different materials, phenomena and enigma. The children's imagination and creativity is fully enhanced.

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 200 EUR / 1<sup>st</sup> semester (330 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 12

## ❑ LEARN WITH MUSIC

Research shows music helps children become better learners, and that even a newborn child emotionally responds to music. Research also shows that there is a link between mathematical abilities in students and their musical awareness. The fun, energetic Learn with Music program is the perfect way to start a child's lifelong educational career and learn English in an enjoyable way!

The most important learning years are from 0 - 6 as the brain forms vital connections. When we are born, we have billions of brain cells. The minute we start receiving stimuli, such as the light our eyes see, the sounds we hear, and what we touch, the brain begins to form connections.

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 200 EUR / 1<sup>st</sup> semester (330 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 10



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## ❑ I WILL KNOW

The program facilitates the achievement and maintenance of a growth mindset that is of an attitude and behaviors that orbit around the idea that each one can become better in an aspect or field by focusing efforts in that direction: winning mentality, growth, improvement, progress, admission and acceptance of the fault, solutions, innovation, strategy, internal motivation, perseverance, valorization of effort, appreciation of the process over the result, control of the outcome through the contribution of the individual.

Here are the modules children will go through in the following 9 months:

- I will know the human body
  - I will know about lifestyles
  - I will know product design
  - I will know biomimetics
  - I will know about past & present cultures
  - I will know about crafts & automation
  - I will know about construction sites
  - I will know my logical brain
  - I will know what communities are
- ❖ Frequency: once a week
  - ❖ Price as a stand-alone club: 330 EUR / 1<sup>st</sup> semester (550 EUR / year)
  - ❖ Minimum number of children per group: 8
  - ❖ Maximum number of children per group: 12

## ❑ CREATIVE CHILDREN DANCE

In each session, we will be focusing on the following structure:

- Getting to know each other movement exercises/games through which we will present ourselves and we will strengthen the cohesion of the group. The children are encouraged to propose and find their own movement starting from different themes (e.g. the movement that characterizes their current state followed by their name, and mirrored by the rest of the group etc). We will explore and play with space, time, rhythm and flow according to Laban and Kestenberg methods;
- Mirroring exercises, when we are going to make the first steps into establishing the empathic connection between ourselves. Mirroring means to participate in the movement experience of the person mirrored. This way we will find more about ourselves and the person in front of us. The mirror neurons will play the most significant part in these exercises, being the ones responding to actions that we observe in others;
- Improvisation and/or small group choreography combining steps from different dance styles and cultures. We will also explore contact improvisation on certain themes;
- The end movement which is going to represent that movement that will close the session and will make the connection between what was felt during the class and the outside world. It will represent the group's signature, and it will be proposed and created by them.



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- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 200 EUR / 1<sup>st</sup> semester (330 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 10

## □ SWIMMING

Swimming is a life skill that children should learn early on. Swimming classes teach them to swim long distances, different strokes and even develop lifesaving skills. The classes take place at Dinu Pescariu Club where the children benefit from professional trainers with a lot of experience in teaching children.

- ❖ Levels: beginner to intermediate
- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 360 EUR /1<sup>st</sup> semester (600 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 12

## □ PUPPETS (NEW)

In this workshop, children will listen to stories in an interactive and creative way: with the help of plush dolls. The class starts with a welcome song, where all children are nominally salute by the teacher. Then, the teacher introduces and interprets the story along with a song and matching the elements of the action.

The children will also watch a short video (5-7 minutes) with the animated story, then create a beautiful art project that will recreate the characters in the story. Time ends with games or dance moments, of course having special materials for these activities. There will especially be role plays, where children will learn to play different roles, present themselves, tell how they feel, and find together different story ends.

Using the techniques of speech and improvisation, children will be able to express themselves freely, understand how to utter words and recreate the story in their own style.

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 200 EUR / 1st semester (330 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 10





## PERSONAL DEVELOPMENT GROUPS - NEW

Personal development represents a way of self-discovery, where you can discover your potential, abilities, but also your limits or areas you can improve. It helps you grow continuously and also to learn how to accept yourself, with your strengths and weaknesses; in personal development groups you can grow the basic abilities for social and emotional success.

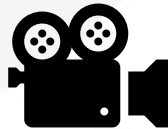
- You will go through a process where you can get to know yourself better;
- You will discover your strengths and areas to improve;
- You will learn how to handle your fears and to use in a constructive way your abilities and skills;
- You will release your stress, worries, anxiety or nervous emotions;
- You will learn about ways to communicate and how to use it in your relationships;
- You will know your learning typology and will stimulate the cognitive processes in order to be able to adapt to your student status;
- You will learn to set objectives and ways to reach it;
- You will learn how to built relationships focused on the following principles: I-I, I- family, I-school, I-friends;
- You will learn how to make decisions and to follow it;

- ❖ Frequency: once a week
- ❖ Price as a stand-alone club: 180 EUR / 1<sup>st</sup> semester (300 EUR / year)
- ❖ Minimum number of children per group: 8
- ❖ Maximum number of children per group: 10

## FREE PLAY

Is an unstructured, voluntary, child-initiated activity that allows children to develop their imaginations while exploring and experiencing the world around them. It is the spontaneous play that comes naturally from children's natural curiosity, love of discovery, and enthusiasm. Children need this this type of play at all ages and the class will be supervised by an adult.

- ❖ Frequency: Monday - Thursday
- ❖ Price as a stand-alone club: 330 EUR / 1<sup>st</sup> semester (550 EUR / year)
- ❖ Minimum number of children per group: 4
- ❖ Maximum number of children per group: 10



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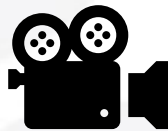
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## PIANO

Learning to play an instrument can help your children to fine-tune their ears and enhance skills needed for education and social interaction. Piano, in particular, is a popular choice for children, due to its simplicity, versatility, and the pure beauty of its sound. Piano is also one of the most enjoyable instruments to play. It can be played softly, loudly, or anywhere in between, and it accommodates a wide range of speeds, emotions, and musical styles. Plus, after a few lessons, when your fingers have gained a degree of limberness, the piano makes it very easy to create playful improvisations and compositions of your own. Playing at home -- for family, friends, pets, or just yourself -- can be just as rewarding 😊

- ❖ Private lessons : - 400 EUR / 1<sup>st</sup> semester (670 EUR / year) – once a week
- 800 EUR / 1<sup>st</sup> semester (1340 EUR / year) – twice a week



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