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**ADVANCE NOTICE**  
**After School Activities Europa School UK**  
**Spring Term 2019**

Dear Parents,

Alongside the ASA-programme for the Spring Term 2019 we would like to draw your attention to several new courses which we have arranged for the pupils.

**Mindfulness / Secondary 3 – 5 / Tuesdays, 4.00 – 5.00 p.m.**

The objective of Mindfulness is about learning to manage one's life in a calmer and more effective manner and to help fulfil one's potential. It improves memory, concentration and focus and deals with stress and anxiety skilfully. Through practices, greater self-confidence and self-awareness are also developed. There will be 10 sessions, starting on Tuesday, 8<sup>th</sup> January, 2019.

The workshops will take place at the Drama Studio from 4.00 – 5.00 p.m. At the helm will be Florence Benfeghoul, a qualified Mindfulness Coach and also a parent. Cost per term: £75

**Duke of Edinburgh / Bronze / Secondary 3 only / Mondays, 4.00 – 5.00 p.m.**

The DofE mission is “to inspire and support young people in their self-development and to recognise their achievements.” We are delighted to be in a position to introduce the Duke of Edinburgh scheme to the Europa School thanks to the school's in-house qualified staff, Sue Gibbons and Georgie Neville. An informative meeting with parents has already taken place. Those eligible to take part will receive a separate detailed letter about the scheme. The deadline for enrolment is 8<sup>th</sup> December, 2018. The first training/preparation session will be on Monday, 14<sup>th</sup> January, 2019 from 4.00 – 5.00 p.m. in Room 10. Cost per term: £65

**Spanish / Secondary 1 – 5 / Mondays, 4.00 – 5.00 p.m.**

Sara Ferri-Moncho, a teacher at the Europa School, has offered to run this brand-new activity. The course will be tailor-made to the requirements of the pupils that apply. There will be 12 sessions, starting on Monday, 7<sup>th</sup> January, 2019 in Room 105 (Brunel). Cost per term: £75

**Rugby / Secondary 1 – 4 / Wednesdays, 1.30 – 3.30 p.m.**

While this activity is not brand-new, the Coach, however is: For next term we have joined forces with the company JSC Rugby, whose Director is the County Coach James Clark. James lives and breathes Rugby, which he describes as a very special sport. His aim is to develop not only core skills but also core values such as teamwork, respect, enjoyment, discipline and sportsmanship. James believes that these values and lessons learnt through training are highly transferable to the classroom and can positively impact many students. Whether you are totally new to Rugby or have played for years, whether you are male or female, large or small, fast or slow, JCS Rugby aims to deliver active and purposeful sessions. Why not have a go? There will be 12 two-hour sessions, starting on Wednesday, 9<sup>th</sup> January, 2019 and they will take place on site (big Sports Field). Cost per term: £75.

**Fabrics Workshop / Primary 4 – 6 / Thursdays, 3.45 – 4.45 p.m.**

Inga Helmecke, a primary teacher at the Europa School, will be in charge of this activity which will undoubtedly appeal to all pupils with artistic/practical inclinations. There will be 12 sessions, starting on Thursday, 10<sup>th</sup> January, 2019 in Room 190 (Hostel Block). Cost per term: £75

All other courses from the Autumn Term will carry over – either slightly extended as in the case of **Arabic** on Thursdays, now being available up to Secondary year 4 or changed from Mondays to Thursdays as in the case of **Badminton Ladder** for Secondary 1 – 7.

Where there are places available they will be open for enrolment via the parent portal:  
<https://mis.europaschooluk.org>.

For more details on the above or any other query you may have in relation to After School Activities please contact [activities@europaschool.uk](mailto:activities@europaschool.uk)

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After School Activities  
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