



IST After School Activities

School Year 2023/2024



Dear Parents & Students,

We would like to take this opportunity to introduce you to the extensive **After School Program** that will start in September 2023 and will end in June 2024.

After School Activities can be a great opportunity for students to grow and develop and we encourage all our students to involve themselves in activities outside the regular classroom.

The activities are sponsored by the school and are offered, when possible, on school premises. **They run from 3:45 until 4:45 PM on their scheduled days.**

On this catalogue you will find a description of the activities offered within the After School program. **Should you have any query do not hesitate to contact the After school Activities Coordinator: m.fistetto@isturin.it**

We hope you will take advantage of the wide range of Activities offered at IST!



Schedules, fees & sign-in

For the first semester Activities will start on **September 18th** and will finish on **January 26th**. Second semester activities will start on **January 30th** and end by **June 14th**.

Activities can be tried only during the first week.

[To sign up complete the online form.](#)

Please be reminded that enrolment in an activity can only be guaranteed if the form is received on time, which is by **September 15th.**

On-Campus Activities Schedule

AFTER SCHOOL ACTIVITIES ON CAMPUS

ACTIVITY	LEADER	GRADES	SCHEDULE	COST PER SEMESTER (on avg 16 lessons)	MIN/MAX NUMBER OF PARTICIPANTS
Coming to Cèilidh	IST - Elaine Walker	G5-G7	Mondays	€200	6-16
School of Rock Band Project	IST - Francesco Testa	G6-G12	Mondays	€250	4-6
IST Voices	Francesca Lanza	G1-G5	Mondays	€200	10-20
That's SEW Cool!	IST - Clarissa Ghelli	K-G5	Mondays	€220	5-7
Own Game Studio Club	School of Gaming	G3-G9	Mondays	€250	10-20
Track and Field	Novatletica	G2-G5	Mondays	€220	8-15
Basketball Junior (Boys and Girls)	Torino Teen Basketball	G2-G5	Tuesdays	€200	8-20
Kids Black Belt	Luca Gandino	G2-G12	Tuesdays	€220	6-20
Soccer Junior (Boys and Girls)	Sport Magic Box	G1-G2	Tuesdays	€200	10-15
Eco Drama Club	IST - Caroline Parrett	G3-G5	Tuesdays	€200	6-15
Fencing	Accademia Scherma Augusta Taurinorum	G1-G5	Tuesdays	€260 + €50 (kit)	10-15
Get Crafty (Knitting)	IST - Mrs Pravin	G4-G12	Tuesdays	€200	8-15
The Synergistic Garden Club	I Soffioni	G3-G12	Wednesdays	€200	5-15
Latin ab initio	IST – Mrs Cinzia Buono	G7-G11	Wednesdays	€220	5-7
IST Orchestra (selected students only)*	TBC	G2-G12	Thursday	€250	10-30
Junior Orchestra	TBC	G1-G9	Thursdays	€220	10-30
Playdance!	Luca Porta	N-K	Thursdays	€200	8-15
Chess	Società Scacchistica Torinese	G2-G8	Thursdays	€200	12-16
Soccer Junior (Boys and Girls)	Sport Magic Box	G3-G5	Thursdays	€200	10-15
Soccer Junior (Boys and Girls)	Sport Magic Box	PreK-K	Thursdays	€200	10-15
Lego Innovations	Bricks4Kids	G1-G6	Thursdays	€260	10-15
Aikido and Self-Defense	Gil Soncin	G2-G8	Thursdays	€220	10-16

* The "IST Orchestra" is offered to selected students that already have gained experience playing in an orchestra. Emails will be sent to the parents of the students selected.

Please note that all music activities will only start in October. Register your child to state your interest and we will send you updates.

TBC (TO BE CONFIRMED)

Optional Extended Day Supervision - Home Club

IST After school optional extended day (Home Club) will run every day from 3:30 pm to 4:45 pm. Please note that there is a minimum number of students that need to be enrolled for each day for the service to be activated.

Multiple days can be chosen also non consecutively.

Home Club by grade (Nursery to Grade 1)(Grade 2 to Grade 5)					
OPTION	1 Day	2 Days	3 Days	4 Days	5 Days
COST PER SEMESTER	€100	€200	€300	€400	€500

Off-Campus Activities

While most of the activities are offered in school, some activities are held off-campus. The school provides transportation to the various clubs while parents are requested to pick up their children at the end of the activity at the location (more information in the activities' description)

ALL PRICES INCLUDE TRANSPORTATION TO THE ACTIVITY VENUE

ACTIVITY	LOCATION	GRADES	SCHEDULE	COST PER SEMESTER (on avg 16 lessons)	MIN/MAX NUMBER OF PARTICIPANTS
Swimming (divided by level)	Ronchi Verdi (Turin)	ALL	<u>Tuesdays</u>	€350	10-30
Swimming (divided by level)	Club 77 (Pecetto)	ALL	Mondays or Wednesdays (once a week)	€350	10-30
Introduction to Tennis	Club 77 (Pecetto)	N-G1	Wednesdays	€400	5-10
Tennis, (Beginners)	Club 77 (Pecetto)	G2-G8	Mondays or Wednesdays (once a week)	€420	5-10
Tennis (Intermediate)	Club 77 (Pecetto)	G4-G12	Mondays or Wednesdays (once a week)	€460	5-10
Swimming (divided by level)	Club 77 (Pecetto)	ALL	Mondays and Wednesdays (twice a week)	€500	10-30
Tennis (Intermediate)	Club 77 (Pecetto)	G4-G12	Mondays and Wednesdays (twice a week)	€830	5-10
Paddle (Beginners)(TBC)	A.P.D. Pecetto	K-G4	Thursday	€250	4-6
Paddle (Intermediate)(TBC)	A.P.D. Pecetto	G5-G11	Tuesday	€320	3-4

TBC (TO BE CONFIRMED)

Additional information | IMPORTANT!

There is a minimum number of participants defined for each activity, which must be met for the activity to begin. Should an activity not meet the quorum at registration deadline you will be informed and given time to choose another available activity. Some activities have only limited spaces therefore registration will be accepted on a first come, first served basis.

Please note that once students have committed to an activity they are expected to attend all sessions. No refunds will be given if a student leaves during the program or is absent at any time.



IMPORTANT for all students enrolling to sport activities, the school needs to receive a valid MEDICAL CERTIFICATE FOR NON AGONISTIC SPORTS.
This certificate can only be issued by a Sport Physician. Ask your GP for more information.

Club 77 in Pecetto has an internal Sport Physician that offers such a service, visit them or contact them for more information:

<https://www.sportvillageclub77.it/wp/>

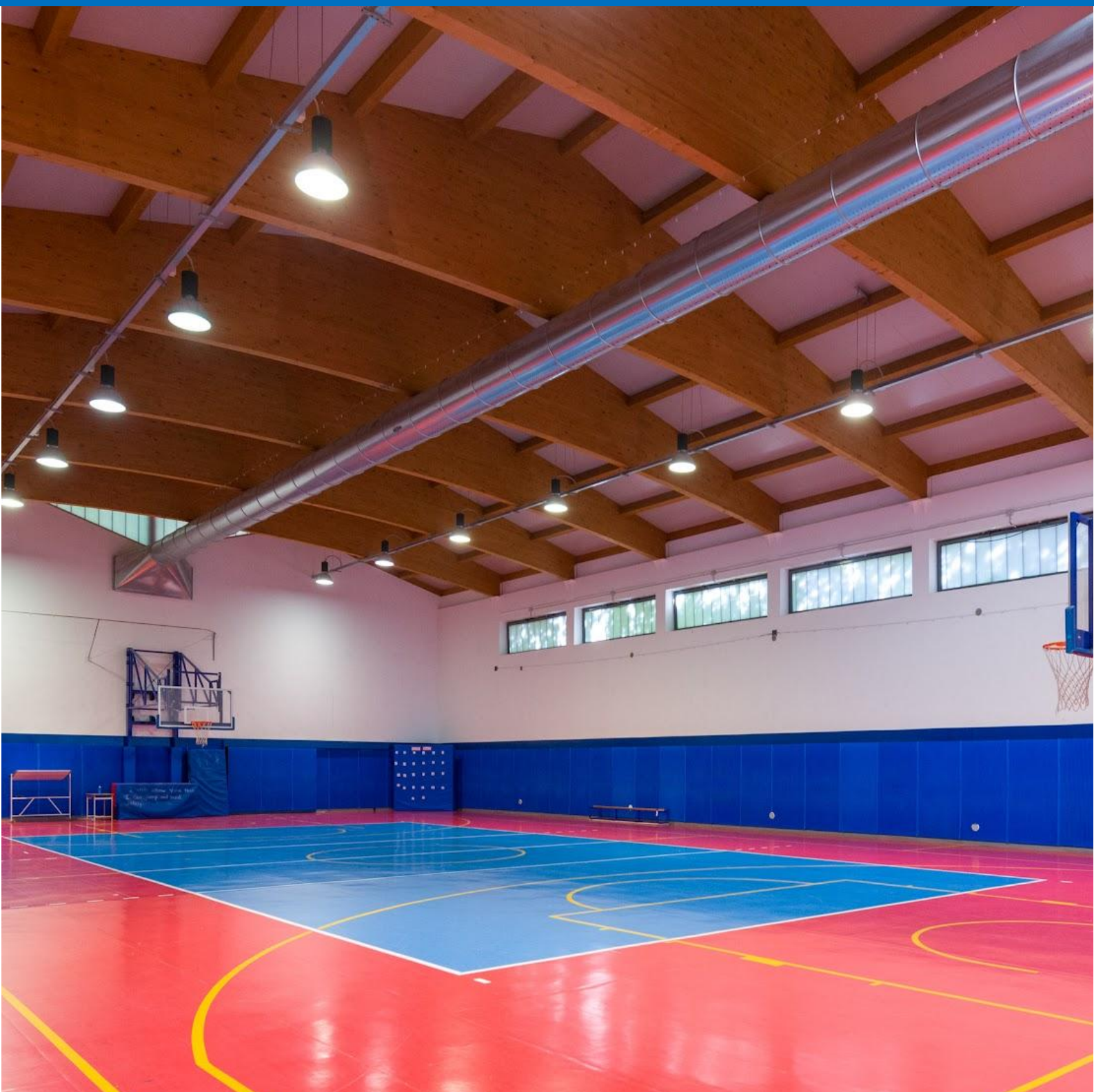
This certificate is only necessary for students that are 6 years old or older.

Absences from After School Activities and Late bus service

All occasional changes or absences regarding activities should be communicated to info@isturin.it no later than 1pm of the same day.

Please inform IST if you will need 5pm transportation arrangements.

!! Please be reminded that this is just for administrative purposes. You must always inform the BENESE bus company directly for any bus requests and any eventual bus changes to your daily service!!



AFTER SCHOOL ACTIVITIES DESCRIPTION

Primary & Secondary

Swimming & Tennis at Club 77 Pecetto

Five minutes away from the school campus, the Club 77 offers swimming and tennis classes differentiated by ages and skills. Programs are available once or twice a week.

The program includes bus transportation from the school and assistance. Parents are requested to collect their children at the Club at the end of the activity (Strada Chieri 34, 100120 Pecetto Torinese, <http://www.sportvillageclub77.com/index.php>)

All lessons start at 4pm. Swimming lessons last 50 minutes. All tennis lessons last 1 hour. Students signing up for intermediate lessons attend also athletic preparation, 1 extra hour (before or after the tennis lesson)

Be reminded that Club 77 requests all parents to submit **subscription forms and a valid medical certificate** for their children to attend the activities. Please ask the staff at the Club about these forms. There is an **authorized sports doctor that can issue medical certificates** at the club.

Note that during the month of January the Swimming Pool will close for maintenance. In those weeks the students will participate in complementary activities organized in the Club's gym.



Swimming at Ronchiverdi

Between Moncalieri and downtown Turin, the Ronchiverdi Health & Sport Club offers swimming classes differentiated by ages and skills.

The program includes bus transportation from the school and assistance. Parents are requested to collect their children at the Club at the end of the activity (C.so Moncalieri 466/16, 10133 Torino, <http://www.ronchiverdi.it/>)

Swimming lessons start at 16:20 and finish at 17:00.

Please note that this year the swimming course at Ronchi Verdi is on Tuesday and not Monday as it used to be.



NEW

Paddle at A.P.D. Pecetto

On the Turin hill, in the town of Pecetto, the Associazione Pecetto Calcio has just renovated most of its sporting facilities. Amongst these two courts for playing Paddle, a fun and fast paced game adapted from Tennis.

The program includes bus transportation from the school. All lessons start at 3:45 pm. Beginners last for 1 hour while intermediate lesson for 1 hour and a half.

Parents are requested to collect their children at the location of the activity (Strada Busello 4, 10020 Pecetto Torinese) at 5:00 pm



Chess | Logically

The Chess Society of Turin is well established and in 2010 celebrated 100 years of activity in the city. Along with the Department of Educational Resources it actively promotes the teaching of chess in primary schools.

The IST course will focus on chess as an activity that promotes intellectual competition and effectively contributes to the character development of its participants.

The course is open to those who already know and play chess as well as to those new to the game and will be conducted by an instructor certified by the Italian Chess Federation/CONI.

The lessons will be divided into three parts: initial learning theory, assisted games and independent games content.

IMPORTANT: Students that have attended the IST chess club in **previous years** are encouraged to renew their subscription and be part of the **IST chess team** that will compete against other schools. It is the chess instructors' prerogative to decide whether the students are ready to attend the competition.



Eco Drama Club



At **Eco Drama Club** we will explore how drama can help us inspire people to take positive, practical action to protect the natural environment and live more sustainably.

Participants will be encouraged to develop a range of skills related to traditional drama clubs, such as:

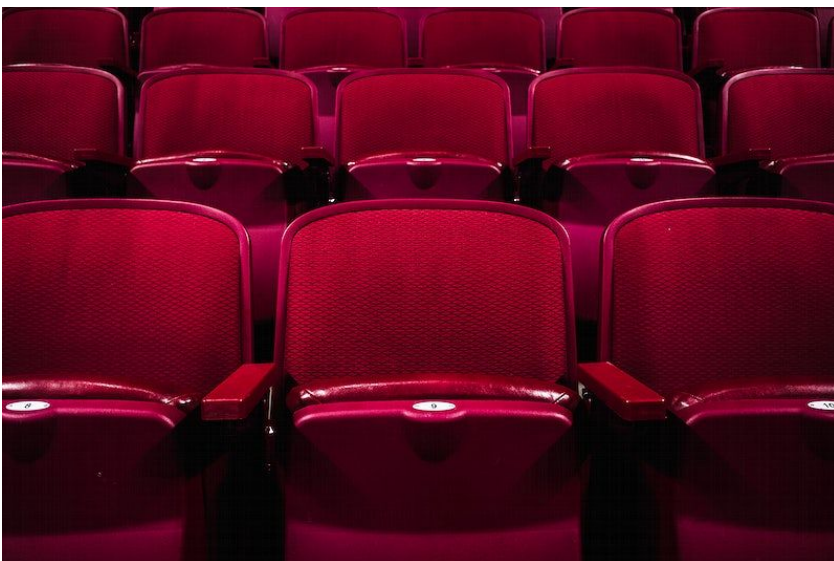
- Communication and language skills-(pronunciation, intonation, fluency, facial expressions and gestures)
- Concentration
- Collaboration/Team building
- Creative thinking

They will experience a variety of dramatic forms:

- Improvisation, role play, following scripted drama, use of puppets

PLUS they will be applying ideas from their class work on the issue of sustainability to create entertaining and inspiring skits to share with our school community.

In a nutshell: Eco drama club is a chance for students to engage in socially important activities whilst having fun and being creative.



Orchestras

Group lessons for young musicians that want to learn how to play a string instrument or improve their musical skills.

The activities offered are as follows:

Junior Orchestra: for beginning students or those that have already had experience playing a string instrument

IST Orchestra: for **selected students** that have already perfected their musical skills with a string instrument.

Orchestras will perform **concerts** during both school and non-school events. The students that have been selected by the teacher to attend the IST orchestra will receive an email at the beginning of the year requesting to confirm their desire to participate in the activity.

Please note that all music activities will only start in October, please register your child to state your interest and we will send updates



IST Voices



This program aims to cultivate musical expression, foster teamwork, and instill a deep appreciation for the power of **collective singing**.

Through this initiative, students will experience a transformative musical experience. The choir will not only develop their vocal skills but also nurture qualities such as collaboration, self-confidence, and a profound understanding of the beauty of musical expression.

As students blend their voices and perform a variety of choral pieces, they will experience the joy of creating music that resonates emotionally and spiritually. IST voices aims at fostering unity, where diverse voices come together in perfect harmony.

By embracing the art of choral singing, students will not only refine their vocal talents but also find a medium for personal growth, artistic exploration, and camaraderie that extends beyond the classroom

Please note that all music activities will only start in October, please register your child to state your interest and we will send updates



School of Rock Band Project

School of Rock Band Project is a multi-instrumental musical laboratory, open for students of Grades 6-12. Basic knowledge of the instrument is required. The following instruments will be used: guitar, bass, drums, piano, and vocals. Students will explore new techniques and will boost their skills by way of playing modern as well as classic rock songs of their choice. The course will culminate into a live rock music show at the end of the school year, in which students will perform the songs they will have learned throughout the year, thus showcasing their newly acquired skills and gaining confidence to perform in public.

Please note that all music activities will only start in October, please register your child to state your interest and we will send updates



Coming to the Cèilidh!

Scottish Country Dancing



Come to the Cèilidh and learn the traditional Scottish dances. Find out about square and set dancing and how to do a "jig" and a "reel". Learn about the different dance formations, such as the "pousette" and the "figure of eight". Learn to do the important steps - the "skip change" and the "pas-de-basque". And all the time you can appreciate authentic Scottish music and get lots of exercise! By the end of this course you will be ready for your first cèilidh!



Aikido and Self-Defense

Aikido (also called the art of Samurai) is a Japanese martial-art founded and developed during the early 20th century by Morihei Ueshiba Master. He studied the most important martial-arts of that period and elaborated the techniques he thought were best to get a balanced method of defense; his aim wasn't only self-defense but also to get what he called the "correct victory". A correct victory for him was facing a dangerous situation with a 2-level-reaction:

- Trying to keep peace
- Using fighting-techniques without hurting the opponent in order to persuade him to not carry on with his attack.

As students progress they will also receive colored belts. Students also have the chance to buy the Aikido kimono through the instructor.



Own Game Studio Club

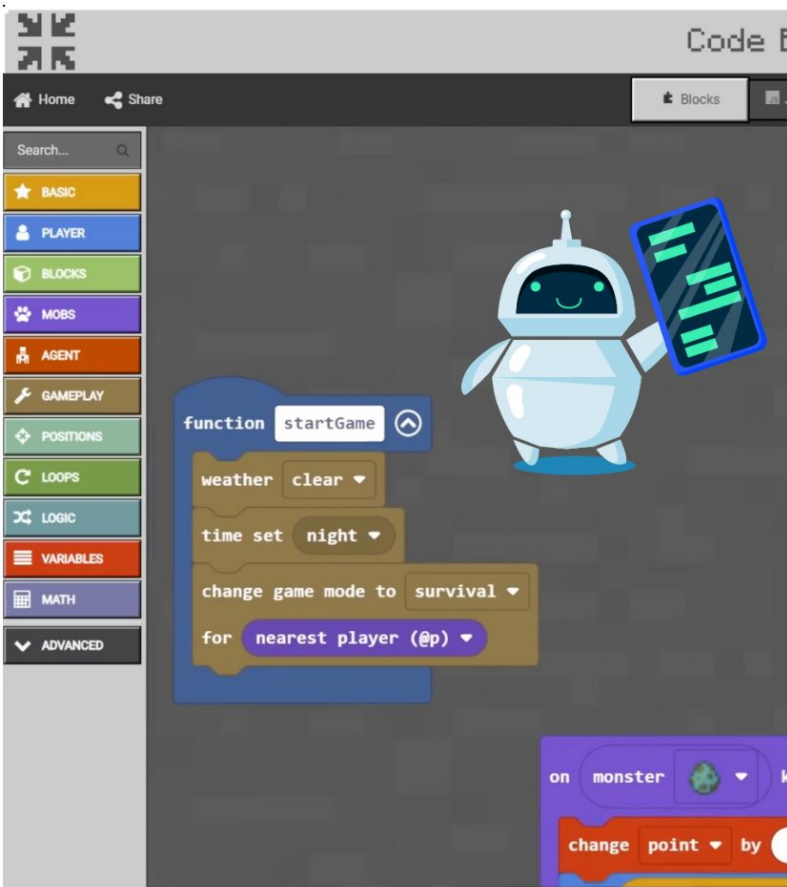


School of Gaming's "Own Game Studio" Club of Coding and Game Design is a thrilling opportunity for young enthusiasts to dive into the world of coding and game development. This club offers a unique blend of technical skills, human-centric values and hands-on experience, equipping children with essential programming, planning, graphic design, and project management skills.

Participants engage in various stages of game development, including brainstorming ideas, coding mechanics, designing captivating visuals, conducting rigorous testing, and even exploring the nuances of game marketing. With a strong emphasis on teamwork and collaboration, each member of the club has their own specific responsibilities within the Game Studio, fostering a sense of ownership and accountability.

The club's end goal is to have participants create their own game, guiding children to transform their ideas into a tangible gaming experience. By collaborating and leveraging their skills, participants gain invaluable insights into game development. The "Own Game Studio" Club empowers young minds to unleash imagination and create extraordinary games that captivate players worldwide.

Students will need to bring their own device (the one used in class) in order to attend this activity.



OWN GAME STUDIO



Team Sports for boys & girls Primary School

Team sports (**Soccer and Basketball**) are a great opportunity for students who want to play a sport with their school mates without joining a professional league. The instructors will teach the basic skills and rules of the games.

The soccer activity is divided in three age groups:

- one for Pre-Kindergarten to Kindergarten students
- one for Grade 1 and 2 students
- one for Grade 3 to 5 students.

Soccer coaches are all qualified instructors from Sport Magic Box who also work for the Juventus Junior teams.

The Basketball activity is addressed to students in grade 2 to 5 and is led by coaches from TORINO TEEN BASKETBALL

Grade 3 to 5 Football will also have the option to play for the Mediterranean Cup for primary in the weekend beginning 4th to 7th November, while Basketball students will have options to attend local friendly matches during the year



Track and Field for Primary School

This program allows the children to be introduced to the many disciplines of track and field developing their own body awareness and creating healthy habits for later in life. Moreover track and field provides a safe environment to learn and improve a wide range of motor skills. Not only the body is trained, but also the mind and the character: the learning of the essential elements of this discipline and participation to fun games will provide personal motivation to improve and compete as well as fostering the team spirit of the participants.



Fencing

Fencing can be really fun and exciting: you must try it to believe it! Be it an individual or team effort winning a fencing bout can be very rewarding.

Fencing however is different from ALL other sports: find out why! Use your technique or play smart to surprise your opponent! Moreover fencing is a sport for all, boys and girls: everyone has their own little foil! Tall or short, left- or right-handed; under the mask there are no differences, the possibilities are the same for everyone!

All lessons will be accompanied by a warm-up and "fencing games": activities that, thanks to their playful aspect, will exercise motor skills which are particularly significant in fencing, such as the ability to anticipate or control a movement.

The course facilitator is Amedeo Giani, FIS Level II Technician, Master's Degree in Sports Science.

Depending on the number of participants, other qualified instructors will be involved in order to better follow the entire group. After the first trial lesson, each participant will be given a personal kit at the time of registration: plastic mask and foil (foam rubber tip).

Last lessons will be dedicated to "IST Games": friendly individual and team competitions with prizes and gadgets to all participants!



Kids Black Belt



Unlocking Resilience and Critical Thinking: The Kids Black Belt Methodology

Empower your child with more than just self-defense techniques – embrace the Kids Black Belt Methodology to cultivate skills that extend far beyond the realm of physical confrontation. Our innovative approach not only equips your child to handle bullying with confidence but also primes them for a future of complex problem-solving and personal growth.

Gone are the days of advocating for violence as a response to bullying. Our program, rooted in the Kids Black Belt Methodology, emphasizes verbal assertiveness and leverage-based control holds, fostering an environment that tackles aggression through intelligence, not force. By replacing strikes with strategic techniques, we guide your child to neutralize threats without perpetuating violence.

As your child progresses through our program, they will absorb not only self-defense tactics but also 32 martial arts principles. These principles transcend age and physicality, serving as cornerstones for effective communication, critical thinking, and emotional intelligence. From perseverance to adaptability, these principles are life skills that prepare your child to navigate challenges and opportunities well beyond their youth.

The Kids Black Belt Methodology doesn't just curb bullying; it paves the way for holistic growth. By mastering the art of assertive communication through our "Verbal Jiu-Jitsu" training, your child learns to manage verbal harassment while developing confidence and a commanding presence. These skills lay the foundation for future leadership and effective conflict resolution.

We understand that preparing your child for a rapidly changing world means arming them with skills that endure. Our methodology seamlessly integrates self-defense, character-building, and problem-solving into a comprehensive package that enriches their personal and academic pursuits. Moreover, our approach encourages them to internalize the five "Rules of Engagement," ensuring they make thoughtful decisions when utilizing their skills.

Join us in fostering a generation of empowered individuals who carry the Kids Black Belt Methodology into adulthood, equipped not just to defend themselves but also to excel in any arena they choose. Prepare your child for a lifetime of challenges and successes with the skills and principles that transcend boundaries and age limits.

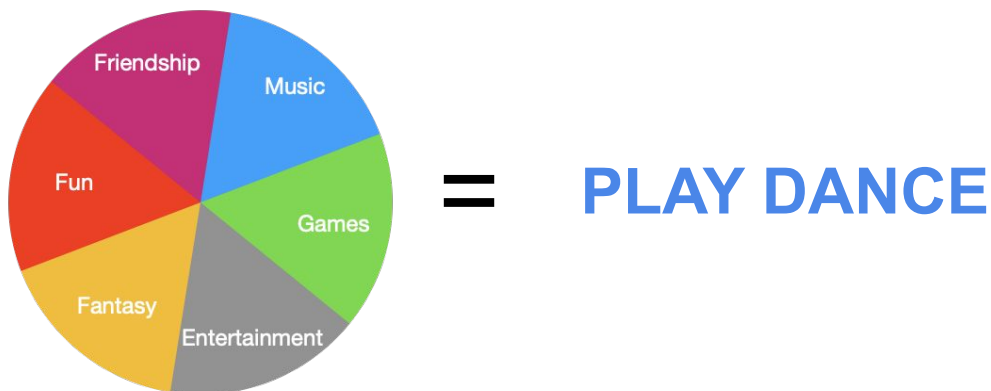


Play Dance!

This project is led by Instagram and Tik Tok celebrity Tel J (Luca Porta). The activity aims at achieving functional, cognitive and relational objectives in a fun and socializing context.

The lessons will be carried out with the fusion of dance and play. During the class, students will get to know better this beautiful art and, above all, will be free to express their creativity and inner emotionality through body language guided by music.

In summary, the essential ingredients for this recipe are:



The Synergistic Garden club



Are you interested on nature and biodiversity?

Do you want to learn how to produce your organic food by cultivating your own vegetable garden?

We will discover the importance of biodiversity for the environment and the synergy between different variety of vegetables and flowers.

Starting from seeds we will have the occasion to discover the whole cycle of cultivation, the vegetables of each season and we will harvest the vegetables grown together.

You will have the occasion to learn the importance and value of cooperation, the patience and the respect of nature.

Our project in developed based on the following items (depending on season).

- Sinergic vegetables garden with flowers.
- Bugs hotel and pollinators.
- Construction of artificial nest for bird.
- Construction of winter feeder for bird.
- The wildlife of the pond.
- The path of the seeds.

Check the social page of the instructors
facebook: [I soffioni agricoltura biologica](#)
instagram: [i_soffioni_agricoltura_bio](#)



That's SEW Cool!

Are you a designer who loves inventing new ways of making things? Join us in an adventure into all things sewing! ***That's Sew Cool!*** is designed for young artists (boys & girls!) who want to learn or already love to sew.

In this course we will master the basics of threading, stitching, buttons, trim, fabrics and patterns and bring our projects to life. Learn to create your very own stuffies, pouches, totes, ugly dolls, super-hero cuffs, wearables, and much more!

Sewing is a brilliant way for children to be creative, improve their hand-eye coordination and fine motor skills, and most importantly, have fun!



Get crafty! Whatcha Knittin' Bout?

Earth without art is just “eh”

Story weavers! Winter is coming!

A Knitting and Crochet Club. All experience levels are Welcome.

Do you want to craft?

Do you want to learn how to knit and Crochet?

Do you want to create products to sell during the Christmas Winter market? Or just make gifts for the festive season! Do you want to recycle materials and create art?

Get creative! Come on Tuesdays after school to make your project while socializing. Last year students worked on the Yusuf blacked project and sent their knitted/crochet squares to Lampedusa. If you are in to serve the community then this is the place for you!

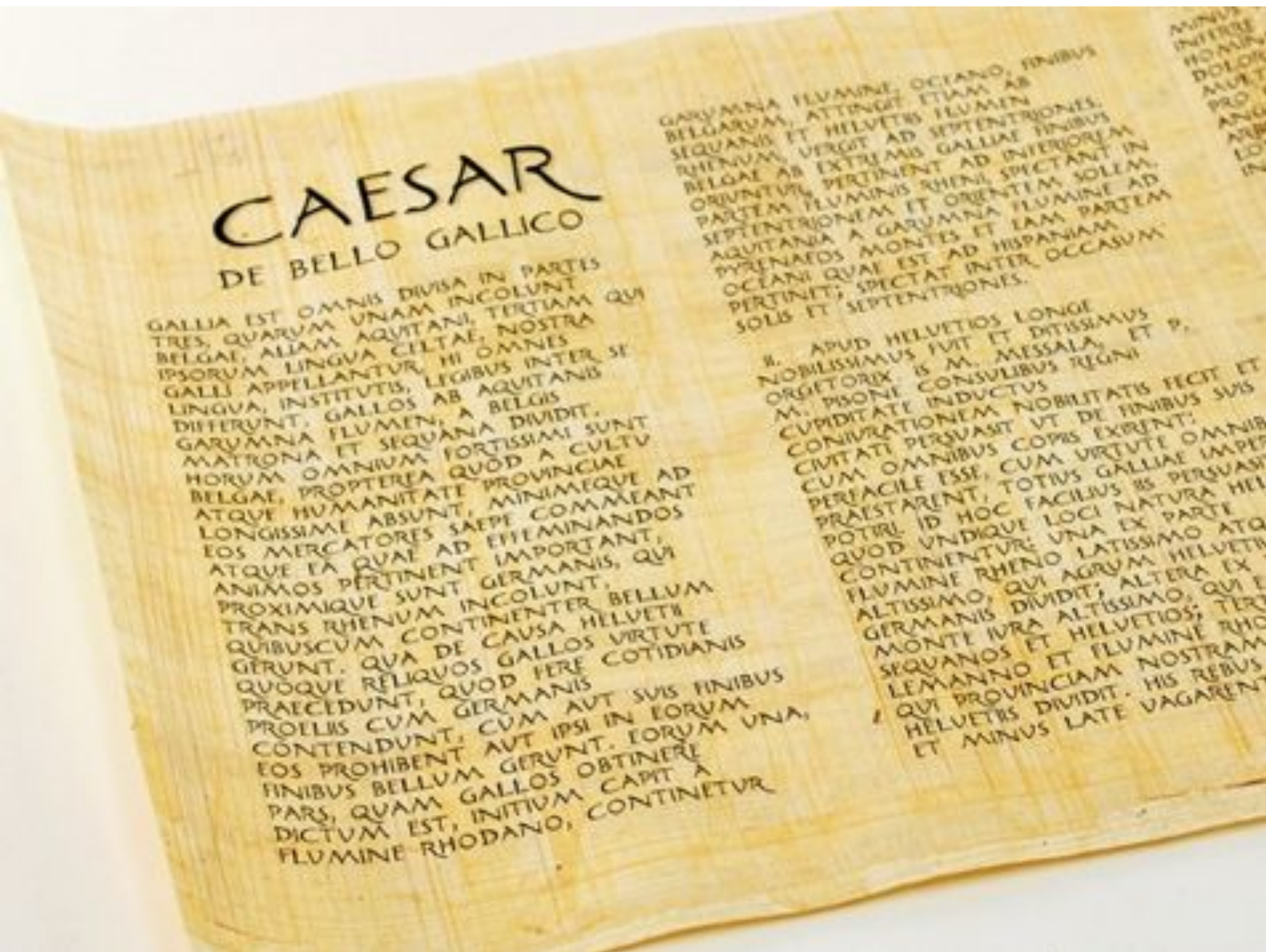
If you are into fashion, art, or craft this is the place for you. Create necklaces, hair bands, scarfs or just experiment.



NEW

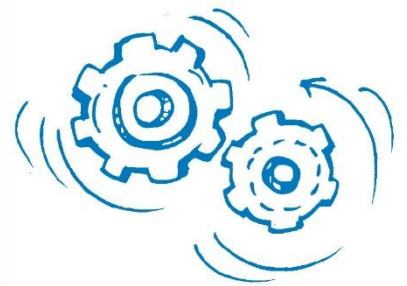
Latin (ab initio)

The course, taught in Italian, aims to provide the basic grammar of the Latin language guiding students to simple translations. All lessons are taught by veteran IST teacher Mrs Cinzia Buono, and run weekly upon appointment with the teacher.





LEGO® Innovations



- Journey with Legos through innovation: we discover the evolution of technology by introducing computational thinking with Legos. The students will make models of typewriters, PCs, and robots, deepening what the milestones of this development were.
- Code with Lego: introduction to coding with 1x1 bricks. Thanks to the innovative method developed by Bricks 4 Kidz Italia for teaching mathematics and coding, children will learn practically and intuitively what a code is.
- Coding with Scratch: kids will learn how to program and build amazing video games with the use of Scratch.
- Coding with EV Mindstorms: the program developed by MIT of Boston for Lego, recently integrated with the Scratch coding program, will allow children to build fully functional robots with Lego technical pieces and to program them to make them exhibit behaviours.

Home Club - Extended day for Early Childhood and Elementary Students

The extended day program aims at providing prolonged supervision after the school day. Students (divided into two age groups) will engage in relaxed games and activities. Elementary students can also use this time do their homework (**volunteering CAS students will provide support on selected days**).

Age groups: Nursery to Kindergarten and Grade 1 to Grade 5.

Monday through Friday, single or multiple days options.

