

INTERNATIONAL SCHOOL OF HOUT BAY



**COMMUNITY IN ACTION
(CIA)
2011**

BACKGROUND

The International School of Hout Bay endeavours to offer a world class education, which by definition implies that we educate the 'whole child'. This means that what our students do outside the class is just as important as what they do within the four walls of a classroom. The Community In Action (CIA) programme aims to offer a variety of options which allows our students to experience sports, cultural, community service and outdoor education as an extension of their education at ISHB. It is our hope that each student at ISHB is exposed to a well balanced programme which incorporates a range of activities. This information brochure contains the various activities provided.

THE 'FOUR PILLARS' OF CIA

The CIA programme includes 4 pillars/categories of activities which are underpinned in the school and IB philosophies namely;

- **SPORTS** (exploring a student's physical needs),
- **CULTURE** (exploring a student's creative needs),
- **COMMUNITY SERVICE** (exploring a student's social commitment of caring towards others and their community) and
- **OUTDOOR EDUCATION** (exposing a student to challenging new activities and risk-taking ventures which may develop into life-long participating activities). In each of these pillars the important skills of team work, sportsmanship, caring for one's community and exploring and appreciating unknown possibilities, are evident.

LESS IS MORE

Having offered a wider range of activities in the past, we have decided to concentrate on fewer activities in order to strengthen our ability to be competitive and be able to field fuller teams/groups. This in turn will ensure much needed sustainability and continuity in each of the activities. Logistics, student numbers, student age ranges and facilities available have also played a part in determining what activities are included in the CIA. Much thought and planning has gone into producing this programme and we are committed to making 2011 a more successful year for our after-school activities. Please consult the attached 2011 programme for the various options available for selection.

TRANSPORT

Where applicable, students are bussed to venues from which parents can collect their children at the designated times. The school makes use of a company called SUPERBUS who provide qualified drivers with roadworthy vehicles to ensure the continuing safety of our students. SUPERBUS are also contracted to many other Cape Town schools and have a proven and well-earned track record. The buses depart from ISHB between 2:45pm - 3:00pm and usually only complete a ONE WAY TRIP. Parents will be required to collect their children after all activities that are scheduled off campus. However, please note that ISHB takes responsibility for transporting students to and from all **AWAY** matches as per the sporting matches scheduled each term.

UNIFORMS

ISHB students are required to wear the appropriate and regulation uniforms. These can be purchased from the school shop and include the:

- White IES golf shirt for practices
- Blue IES golf shirt for matches
- Blue IES PE shorts
- Blue/White ISHB school socks (for appropriate sports)
- IES school tracksuit, which must be worn when traveling to matches

COSTS AND PAYMENTS

Certain activities are 'paid activities'. This is due to the school hiring outside specialists to run certain activities and programmes. Generally payments for 'off campus' activities, such as surfing or scuba diving, for example, are paid directly to the service provider while payments for 'on campus' activities, such as art club or hip hop are paid via EFT or cheque to the school. Please consult the schedule for more specific details regarding which activities require payment. Payments must be made at the beginning of each term and **BEFORE** any student can be admitted into an activity. Please consider your choices very carefully as you select your activities for the year as refunds cannot be made once a student has signed up for an activity.

REQUIREMENTS

It is compulsory that all students at ISHB participate in the CIA programme. Each student is **expected** to fulfill the following minimum requirements:

- students are to be involved in at least **ONE** activity per term
- over the course of the year (4 terms), students must have participated in one activity from **EACH** of the 4 categories (Sport, Culture, Community Service and Outdoor education)

Students **may only be** excused from the school's CIA programme if:

- They can demonstrate that they are participating in one of the 4 categories in their individual capacity (example, horse riding, synchronised swimming, specific community service projects, etc). However, in order to be excused from the ISHB programme, students must apply for exemption in writing from the Director of Student Affairs and must follow the correct procedure for ensuring these activities are signed off by their outside supervisors
- They are writing final exams during a specific term, e.g, IGCSE and IB students
- Only a valid Medical certificate excuses them from participating in a physical activity

BEHAVIOUR

Students are required at all times to behave in a manner befitting ISHB. No bad or rude behaviour will be tolerated and students will be held accountable for their actions. Please note that we expect our students to show the following values:

- Respect for their coaches/supervisors, team mates, opposition, and our school name
- Good sportsmanship on and off the field, whether we win or lose
- Good manners towards the coaches/supervisors by greeting and thanking them for their time
- Being punctual
- Dressing appropriately

ABSENTEES

Should a student be absent from a particular activity, a written note must be sent to the coach/supervisor either the day before or on the day in question. No absentee notes will be accepted after the fact. Students are reminded that they accept full responsibility for ensuring that this note reaches the coach/supervisor in question. Should a student fail to follow the correct procedure then, as a consequence, a detention will be issued for the following Friday afternoon.

CIA LOG BOOK

Each student will receive a CIA logbook which must be looked after for the duration of the year. It is the responsibility of the student to ensure that the following expectations are met:

- Completing and filling in the appropriate columns and blocks
- Ensuring that your coach/supervisor signs each session
- Completing the CIA reflection block at the end of each term

At the end of the year all students will have to submit their completed logbook to the Director of Student Affairs for perusal and final signature.

CIA SESSIONS

The following dates are scheduled for CIA each term:

TERM	CIA COMMENCES	CIA ENDS	NO. OF WEEKS
1	Monday 31 January	Thursday 18 March	7
2	Monday 18 April	Thursday 2 June	6
3	Monday 25 July	Thursday 22 September	9
4	Monday 17 October	Thursday 10 November	5

SIGN UP SHEET

Upon reviewing the options available, please spend some time with your child discussing all the variables (time management, outside activities, other commitments, etc) and complete the sign up sheet. Please return it to your class tutor by **MONDAY 24 JANUARY 2011** and do not include payments - a separate invoice will be sent out during the week.