

# The International School of Hout Bay Primary School Clubs



## Private Clubs

### Good Food Fun Food (GFFF) Cookery Club

At GFFF, the focus is on encouraging healthy eating habits and giving the children the opportunity to taste, smell and feel fresh produce.



They are all encouraged to taste everything as I do believe that you cannot dislike something until you have experienced its flavour and textures. Some they like, others not .

I feel very strongly about this and just by listening to the children, they also enjoy it and it gives them the opportunity to be adventurous in the kitchen. Spring is a time for new beginnings and there are so many ingredients to play with. With all the wonderful fruits and vegetables we have available to us, we can get so creative

However the subject of cost has come up and because I feel so passionate about teaching these little people, I have decided to reduce the cost of the lessons by 20 %.

I believe by doing this, I am giving all your children the opportunity to discover the joys of food.

Each lesson is packed with chopping, slicing, creaming, whisking and lots more.

With the younger children I always include a fruit break while we are waiting for gourmet treats to bake or cook. The older children have a jam packed lesson producing 3 or more items in less than 2 hours but snack along the way, as they are cutting ingredients and always sit down at the end of the lesson to enjoy their produce and take home the rest.

I look forward to seeing your little ones in my kitchen, having fun .

For a bit more insight into GFFF, please visit my website (a work still in progress ) [www.goodfoodfunfood.co.za](http://www.goodfoodfunfood.co.za) and have a peek.

### Regards Althea Move 'n Groove

Dance, music and role play are sources of much delight for young and old. The Move 'n Groove programme is specifically designed for children between the ages of 3 and 7 years . There is a merging of the performing arts as they do exercises involving, dance, drama and music. Move 'n Groove strives to create opportunities for children to express themselves through the use of their imagination and bodies. Children are encouraged to develop at their own pace, to discover their own talent and reveal their creativity. Encouraged in an atmosphere of music and fun, children improve their listening skills, co-ordination, group co-operation and music appreciation. Through all of this, self esteem and confidence grows in each child. These are the two best gifts we can give to our children when guiding them through life.

### Musical Tuition

Private Music lessons for enthusiastic individuals are offered in the following instruments :  
Recorder, Clarinet  
Piano, Saxophone & Flute



Enjoy group music-making with friends :  
Recorder Ensemble  
Woodwind Chamber Ensemble  
Junior Jazz Band  
Learn to play for your own enjoyment, or set yourself targets and work through the Royal School of Music accredited examinations. Eistedfodds are also encouraged.

Music lessons offered these holidays to those who would like to start straight away !

Please contact Heather Roth should you wish to enlist, so that we may arrange a suitable time for you. 0846843102  
[heatherroth@creativeheadz.co.za](mailto:heatherroth@creativeheadz.co.za)

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# Private Club cont.....

## Classical Guitar



The classical guitar is sometimes called the Spanish guitar or the nylon string guitar.

The traditional classical guitar is an acoustic (non-electric) instrument with six strings. The treble strings are nylon with the remaining 3 bass strings being made of nylon fibre wound with metal thread. In classical guitar these strings are plucked with the fingers and not with a pick.

The classical guitar is well known for its comprehensive right hand technique, which allows the soloist to perform melodic and polyphonic material, in much the same manner as the piano.

Whilst some young children may be physically comfortable on smaller sized guitars, few are mentally ready for the hard work before Grade 3. For more information please visit Nina on website [www.ninaguitar.co.za](http://www.ninaguitar.co.za) and if you have any questions feel free to [email her info@ninaguitar.co.za](mailto:email.her.info@ninaguitar.co.za).

## Digital Photography

Elke Losskarn has been working worldwide as a travel photographer for the past 18 years and to date has illustrated 20 travel books and calendars.

The Digital Photography extra mural will teach young kids from grade 1 to 7 the basics of photography. Each student can bring along their private digital camera or will be provided with a digital compact camera at an extra cost of R 80 per term. The students will be learning by doing, and this fun and interactive course will include:

- overview of photographic principles
- different camera settings and functions
- changing the angle of view-composition
- color and contrast
- light and shadow
- portraits, landscape
- macro photography

Rental for a digital compact camera (Canon Power Shot A540) per term: **R 80 extra**

## Kids Clay



Kids Clay offers children an excellent opportunity to explore their own creativity. Additionally they benefit by listening to instruction, processing information received, both verbally and non verbally and then concentrating while using fine motor skills and hand eye co-ordination.

Kids Clay offers one hour lessons wherein one project is completed each week. The children's glazed work will be returned to them every 3 weeks. The lessons are set out at the beginning of each term which include various techniques: Pinch pots, Coil building (sausages) and slab work (flat pieces of clay).



Once made, each project becomes a valued expression of their work.

Colleen Hully

## Playball



Playball offers 6 different sport and movement programs for boys and girls between the ages of two & eight. All of the programs are taught in a fun-filled, energetic and positive environment and for the last 25 years children from all over the world have enjoyed the positive impact that our programs have had on their lives.

At face value Playball© programs seem to have only two main objectives - improving basic movement skills and refining sport skills and techniques. However the success of this seemingly "sport program" is in actual fact that through competent sports participation, achieved through sound coaching principles, children secure a solid base from which to develop many other and more important aspects of their lives. Our goal is clear. To teach sport properly so that any child who attends any one of our 6 programs will achieve a measure of competence!

## Ballet Bugs



Exclusively for EY's 2 & Yr 1's.

Convenient classes immediately after school  
Held in a professional dance studio setting.

Our unique Ballet Bug Programme will introduce your child to the wonderful world of classic al ballet. From performance to stage, encompassing the Internationally accredited Royal Academy of Dancing Syllabus and including festivals, eisteddfods, progress reports, productions and holiday workshops.

Kate McCallum



**Aspiration – Inspiration – Dedication**