



23rd September 2019

MIGS/ADM/T1/PE/SS/PS/2019-0137

Dear Parents/Guardians,

CO-CURRICULAR ACTIVITIES FOR THE ACADEMIC YEAR 2019/2020 FOR SENIOR SCHOOL TERM 1

As we have started the Academic Year 2019/2020, We would like to share with you our plans for the Co-Curricular Activities (CCA) for Term 1 for our Senior School. All students will participate in our compulsory CCA programme on Thursday afternoons. These activities will be conducted in School from 3:00pm to 4:00pm.

Our new students have now been allocated into their Houses, a family group that they belong to until they will leave MIGS. Our students will be required to wear their House T- shirts every Thursdays for CCA.

The school also offers Elective Activities as part of our School Co-Curricular Activities. All the details are specified in the Electives Information Sheets.

CCA at MIGS is nothing less than a training ground for our young people to develop high personal ideals and the skills they will use in their life. It is also a great opportunity to meet and mingle with, and learn from other like-minded people.

Participation in CCA activities is a privilege and it is important that students, parents and interested persons be aware of the following procedures in order to support and promote fair, healthy, enriching and safe Co-Curricular Activities for all our students.

Dismissal Time every Thursday is 4:00 p.m. unless otherwise informed via an email from the School.

CCA SELECTIONS:

1. In Term One, all students will take part in our preparation for our Annual Cross Country Run to be held on Friday 4th Oct, 2019.
2. There will be the Track and Field events practice sessions and Heats in preparation for the MIGS Annual Sports Day, which is to be held on Saturday 14th December.
3. Please mark these two dates in your calendar and make yourself available as we also have races on those days for Parents, Teachers as well as our former students of MIGS. Our children are usually looking forward to these races as it the climax of all races.
4. Our Students will also be taking part in our Internal Inter-House Sports Competition. This is outlined in our calendar of events for Term 1

We hope that this information is clear and helpful to you. Should you still have queries, please do not hesitate to contact the school or your PE Teachers at 03-42521452 during School hours.

INFORMATION LEAFLET FOR CCA FOR SENIOR SCHOOL

Day: Every Thursday

Time: 3:00 pm - 4:00 pm

Attire: House T-shirts & PE shorts/track pants and trainers with white socks

Other items: School caps or any caps and water bottle

Please ensure that your child's name is written on their T-shirts, shorts, caps and water bottles for easier identification purposes.

CALENDER OF EVENTS FOR CCA TERM 1 2019 - 2020

CCA SENIOR SCHOOL

Date	Activities
26 Sept	Indoor CCA Practice
3 Oct	Senior School Camp Briefing
10 Oct	Gymrama Practice from Vendor
17 Oct	Football Inter House
24 Oct	House Meeting/Practice
31 Oct	Netball Inter House
7 Nov	House Meeting/Gymrama Practice
14 Nov	Basketball Inter House
21 Nov	House Meeting/Practice
28 Nov	Senior School Camp
5 Dec	Volleyball Inter House
12 Dec	Sports House meeting

Best regards,



MR CHARLIE SAMUWAI
Head of CCA and PE



MR JOHN PAUL BIRCH
Principal