



21st January 2020

MIGS/ADM/PE/SS/2020-0183

INFORMATION LEAFLET FOR CCA FOR YEARS 7 - 11 STUDENTS TERMS 2 AND 3 CCA – CLUBS / SPORTS

Day: Every Thursday

Time: 3:00 pm - 4:00 pm

Attire: House T-shirts and Blue PE shorts and Trainers/School shoes and white socks

Other items: School caps (can be purchased at MIGS Bookshop) and a water bottle.

Dear Parents and Guardians;

We have endeavored to provide a variety of clubs for our students to choose from. All of these clubs are conducted by MIGS teachers with no fees levied to our students, these clubs remain free of charge.

Clubs will provide an opportunity for our children to participate and interact with peers as well as learning new skills in a supervised setting. Some clubs like singing, or learning to play an instrument focuses on a specific area, thus allowing members to develop their own personal skills and interests. Some students may prefer to work with others to gain a variety of skills through interaction in group activities or community based service activities.

A few reminders regarding our CCA Clubs:

- CCA remains a compulsory activity and all students are to be present during CCA in their chosen activity/club.
- Attendance will be closely monitored at every session.
- It is the expectation that once a club or activity has been chosen, each student participates in that activity for one term.
- To maintain our House competitions and collaborations House activities will also take place throughout the term during CCA on a rotational basis.

Please find the list of clubs and activities below and the teachers in charge:

No	Clubs	Teachers in Charge
1	Art Therapy	Mr Nicholai
2	Traditional Games	Mr Abas & Mr Ali
3	Chess	Mr Martin Collard & Mr. Shahul
4	Movie/Film Critique	Ms Chin Siew Khim
5	Fitness	Ms Wang Ran & Ms Manohari
6	Sewing	Ms Dayana
7	MIGS Music	Mr VJ
8	Mock/Model United Nation	Datin Christie
9	Duke of Edinburgh Award Scheme	Mr. Megat
10	Board Games	Mr. Bradfield

Please also find a brief description of the club/activity below.

CLUBS	DESCRIPTION OF OUR CLUBS
Art Therapy	An opportunity to experience this form of expressive therapy that uses the creative and artistic processes to improve a person's physical, mental, and emotional well-being. The students will closely work with a nearby school called Tasputra Perkim (Multiracial day-care training centre for special needs children). The students who visited the school last year in 2019 have shown great interest in assisting these special needs children.
Traditional Games	In this club the students will be able learn some Traditional games from other countries as well as Malaysian games. These games are usually played during leisure hours in those days before the introduction of modern games.
Chess	Learning to play chess helps to develop thinking skills, enhances mental prowess and can directly contribute to academic performance and make people smarter in a variety of ways. Learning to play chess will dramatically improve their ability to think rationally and develop patience and thoughtfulness.
Movie Critiques	The club members will be taught and learn how to review a movie. The verdict is often summarised with a form of rating. An important task for these reviews is to inform readers on whether or not they would want to see the movie. Local actors will be invited to brief the club members on their roles in the industry. Learning to make a movie will be an option towards the end.
Fitness	Everyone continues to be concerned about their fitness. In this club learners will look at ways to improve their physical fitness using limited resources, items they may have at home or in their environment. This club will encourage students to pursue a more active lifestyle to promote a healthy living.
Sewing	Sewing is an important Life Skill that enhances self-confidence through skill building. Sewing helps our learners develop fine motor skills, improves their focus and concentration. Through sewing our learners will be taught the importance of patience and self-control. The learners will also learn sewing techniques like threading a needle, sewing fabrics together using different kinds of stitching.
MIGS Music	Our MIGS music club provides every member with the opportunity to learn and develop a deeper understanding of music through performances, listening and musical appreciation activities, as well as playing instruments and singing.
Mock/Model United Nations	Our learners will be given an opportunity to discuss and learn the roles of the United Nations. They will also discuss different kinds of world wide issues such as conflict resolution, famine, climate change, natural disasters, the plight of refugees and many other topics. Students will also research how the United nations find solutions to these worldwide catastrophes. The club will also provide a broader opportunity to increase their knowledge and understanding of the world around them.
Duke of Edinburgh Award Scheme	A well documented British programme that is a non-competitive, internationally recognized, and designed to encourage young people to develop positive skills and lifestyle habits. The Award is about personal challenge and development and is adaptable according to each participant's interests and abilities. Our learners will also pursue some of these activities during their leisure hours.
Board Games	Playing board games stimulates areas of the brain that are responsible for memory formation and complex thought processes for all ages. By engaging in games such as scrabble and monopoly we will assist in practising essential cognitive skills, such as decision making, higher level strategic thinking, problem solving, spelling and increasing student vocabulary.

In addition to the aforementioned clubs for CCA we will also have some sports competitions organised for students by our PE Department. The competition will be between classes or Houses or Continents or countries of their passports, with the aim to mix our students in friendly challenges.

Senior School Term 2 CCA Calendar

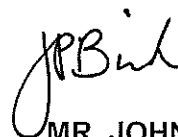
No	Months	Dates	Activities
1	January	23 rd	Year 7-9 Clubs (Counselling workshop for Year 10) -
2	January	30 th	Year 7,8,10 Clubs(Counselling workshop for Year 9)
3	February	6 th	Year 7, 9, 10 Clubs (Counselling workshop for Year 8)
4	February	13 th	Year 8, 9,10 Sports (Counselling workshop for Year 7)
5	February	20 th	Clubs
6	February	27 th	Clubs
7	March	5 th	Clubs
8	March	12 th	Sports
9	March	19 th	Clubs
10	March	26 th	Clubs

For more information regarding our CCA Activities, please do not hesitate to contact Mr Charlie during school hours or on his H/P 0146348531.

Thank you.



MR CHARLIE SAMUWAI
Head of PE and CCA.



MR. JOHN BIRCH
Principal.

YEAR 7 - 11 EA SELECTION FORM

TERM 2 - ACADEMIC YEAR 2019-2020

To be handed to the Mr. Charlie

NAME:

CLASS.....

CODE	ACTIVITY	VENUE	DAY	FEES (RM)	CHOICE
SS10	TAEKWONDO	MIGS HALL	WEDNESDAY	RM 380/-	
SS12	GAMELAN	GAMELAN ROOM	WEDNESDAY	RM 230	
SS14	BASKETBALL	BASKETBALL COURT	WEDNESDAY	RM 230	
SS15	SWIMMING	KDE POOL	FRIDAY	RM 450/-	
SS16	SATURDAY BASKETBALL	MIGS COURT	SATURDAY	RM 300/-	

PLEASE INDICATE FOUR (4) CHOICES IN ORDER OF PREFERENCE. (RANKING IT BY NUMBER)
IF YOUR 1ST CHOICE HAS BEEN FILLED, WE WILL CONSIDER YOUR 2ND, 3RD AND 4TH CHOICES.

FOR PARENT:

I HAVE MADE THE CHOICES TOGETHER WITH MY CHILD AND WILL ENSURE THAT HE/SHE ATTENDS THE EA ACCORDED TO HIM/HER.	
Name of Parent/Guardian:	HP No.
Signature of Parent/Guardian:	Date:

FOR PE CORDINATOR APPROVAL:

KINDLY BEEN INFORMED YOUR CHILD HAS BEEN ACCEPTED TO THE FOLLOWING EA:				
	1ST CHOICE	2ND CHOICE	3RD CHOICE	4TH CHOICE
CODE				
Signature of the Coordinator:				
Date:				

NOTES

1. All student need to get **APPROVAL** from Mr. Charlie before they can proceed with the payment
2. All EA fees need to be paid to **ACCOUNTS DEPT**
3. Changes of EA is **NOT** allowed during the term.
4. There will be **NO** reimbursement for any session missed by the student.