

# Second Semester 2023 - 2024

## Middle School - 6<sup>th</sup> to 8<sup>th</sup> grades Afterschool Activities

Welcome to Uruguayan American School Afterschool Activities and Athletics!

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activities that take place off campus.

### Communications

We will send all ASA communications via [nbruni@uas.edu.uy](mailto:nbruni@uas.edu.uy). For any doubts, questions, or concerns, you can always contact me at [nbruni@uas.edu.uy](mailto:nbruni@uas.edu.uy)

### Registration Process

Online Registration will take place during the following days/times:

Friday, February 2nd to Thursday 8th

Online Registration

SA

## After-school Activity Procedures

After school, students will move to their classroom/location where they will find their activity leader.

Activity leaders will take attendance and inform the Activities Office/Activities Coordinator.

Punctuality is very important to respect the coach/instructor's work and the rest of the teammates/participants. Late arrivals have to be exceptions. A student consistently arriving late to the activity could cause suspension.

If for some extenuating circumstances, parents are late picking up their child, he/she will wait at the Reception or the main entrance.

If you know your child will not take part in their regularly scheduled activity on any day (e.g., doctor's appointment), please inform this at [nbruni@uas.edu.uy](mailto:nbruni@uas.edu.uy) and [hsoler@uas.edu.uy](mailto:hsoler@uas.edu.uy) before noon.

Disruption: no students can stay inside the building after 6, A



## Activities Description

BOYS & GIRLS SOCCER (Soccer Field) – Diego Varela, Sebastián Collazo, Diego Gutiérrez, Lucía Álvarez, all of them certified soccer coaches. The teams will prepare for the **! RRq d UPU d WYOR URQ Na) ° ' ; S V Z ! N F x Q Q a x Ú U a** Lincoln School from Buenos Aires, Argentina, and the International School of Curitiba from Brazil will be part of the event as well. Coaches will shar



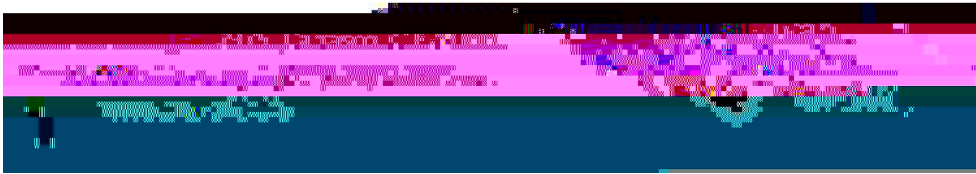
**TENNIS TEAM- Santiago Carballal (Scuola Club – Acosta y Lara 7318).** Classes will go from 09.00 to 10.00. This is a competitive team, therefore, students attending need to show a minimum level to be part of it. We are looking for players to travel in April to Buenos Aires, Argentina, to play in the SAAC Tennis Tournament.

Cost: 6800 pesos for the semester. Please contact Santiago to arrange the payment ([santi479@gmail.com](mailto:santi479@gmail.com) or 098 507057). We need a minimum of 6 students to open the group  
**MAXIMUM CAPACITY PER CLASS:** 12 students on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

**GYMNASTICS - Florencia Ferrer (Escuela de Desarrollo Gimnástico EDG - Beranger 6596).**

Ferrer, a former UAS PE teacher, and coach is the director of EDG, an institution specialized in gymnastics at all levels and ages, with 18 years of experience. The school has one of the best facilities in the country, with all four events of women’s gymnastics: vault, bars, beam, and floor, adding parallel bars, rings, and pommel horse for boys. She has a powerful teaching method and a focus on safety. All coaches specialize in both gymnastics and educational areas. They achieve a pleasant and fun environment while developing strength, flexibility, coordination, posture, elegance, etc., through the teaching of specific techniques in a correct and safe way. We will organize classes separating the groups by age and level, with a teacher in charge of each one, in order to meet the needs of each individual.

You can learn more about EDG’s work and facilities on their Instagram: @edgimnastico or Facebook: “**EDG Escuela de Desarrollo Gimnástico**”.



We will approach all these aspects from zero, so students will not need any previous knowledge. The only requirement is a basic knowledge of an instrument or singing (one note, a couple of chords, or a simple rhythm on a percussion instrument). Each session will be 1 hour and 45 minutes (from 3.45 to 5.30) and we need a minimum number of 4 students to open the group. COST: 7.300 pesos for the semester. For payment please contact Bernardo (099 278 221 or [bgr.musica@gmail.com](mailto:bgr.musica@gmail.com))

#### **UAS Environmental Club – Chris Wilkinson & Tavis Davidson (Room S202).**

The UAS Environmental Club is a member of Jane Goodall's Roots & Shoots education program for young people that is flourishing in nearly 100 countries around the world. Our club will be about making positive change happen, for our communities, for animals, and for the environment. We will foster a fun, flexible, and supportive cultural environment where young people come together to share ideas and inspiration, implement successful community service projects, and take part in special events and international campaigns. We will continue to meet once a week to plan projects both at the school and in the greater community. Together we can! Together we will!

**YOGA – Montserrat Albín.** Yoga is an ancient methodical practice of self-knowledge for self-improvement at various levels. The early practice of the techniques, through a playful-experiential method, will provide the students with integration and balance. Hence, they can develop the skill and power of awareness. The aim is to connect and align the mind, heart, and hands. A key goal is to cultivate personal codes of conduct and to notice one's relationship with the environment. Develop and promote positive thinking and correct body-mind posture. Develop breathing awareness and respiratory management to calm, revitalize, or balance. Experience pause, silence, and relaxation. Focus attention to better concentration, develop cognitive functions, and grow the power of awareness.

Cost: 7000 pesos for the semester (includes yoga mat for NEW STUDENTS). To arrange payment, please contact Montserrat ([montserratalbin@gmail.com](mailto:montserratalbin@gmail.com) or 098 863748). We need a minimum number of 5 students to open the group. **MAXIMUM CAPACITY PER CLASS: 12 STUDENTS** on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

**WeCode - Computer Science & Robotics - Will work in the Computer Lab.** The UAS has partnered with WeCode to offer an exciting afterschool course on coding, robotics, and computational thinking for our students. Through this course, students will have the opportunity to learn how to create digital animations, code their own video games, and build electronic and robotics projects, such as an electric guitar that makes sounds and lights when played. These skills are not only highly valuable in today's tech-driven world, but they also foster creativity, problem-solving, and critical thinking skills. By participating in this course, our students will gain a competitive edge in their future academic and professional pursuits, while also having fun and engaging with their peers in a hands-on and interactive way.



Learn more here: [wecode.edu.uy/uas](http://wecode.edu.uy/uas)

Cost: 14,000 pesos per semester. We need a minimum of 6 students to open a group. Maximum capacity: 10 students. To arrange payment please WeCode at [pagos@wecode.edu.uy](mailto:pagos@wecode.edu.uy) or 093 780 720.

**DRAMA CLUB - Haydn Williams (Auditorium).** Drama Club is back for a new semester. We invite all aspiring actors and theatergoers to come along and enjoy the experience of putting on a play. We will start with a few weeks of fun activities working on acting techniques before commencing rehearsals for another full-scale production which will be performed to a live audience in May.

**GASTRONOMY WORKSHOP FOR YOUNG CHEFS - Martin Castelli and Pablo Silveira, from Clementina (Cafeteria).** It's always a good plan to cook recipes with your family. This is an opportunity for students to learn the basic techniques and recipes that they like the most. With this workshop, we can make that family plan even more entertaining and tasty. In addition, students will be doing a formative activity, they will learn about gastronomy and we will teach them the importance of good eating and nutrition habits. The students will also learn new recipes and techniques that will encourage them to continue exploring and delving into tur

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