



INTERNATIONAL SCHOOL OF RIGA

We are a respectful, learning-focused community where each student is inspired to achieve his or her potential and to become an ethical, confident and internationally-minded citizen of tomorrow.

After School Activities Program First Trimester

Sign up will be from September 6 - September 10

Program will begin on September 13th

Maple offerings will be offered in addition to the EDP

Monday	Tuesday	Wednesday	Thursday	Friday
Fun Math	Fun Latvian			

Fun Math- The children will learn Math through songs, games and other engaging activities

Fun Latvian- For native speakers and the children who want to learn a bit of Latvian through singing games, hands-on projects and seasonal activities.

Linden offerings will be offered in addition to the EDP

Monday	Tuesday	Wednesday	Thursday	Friday
Creative Play				

Creative Play - Support of child's social emotional development through play, stories, music and art activities

KG offerings will be offered in addition to the EDP

Monday	Tuesday	Wednesday	Thursday	Friday
LEGO Building				

LEGO Building- Students will use their imagination and lego blocks to build.



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Grade 1 offerings will be offered in addition to the EDP

Monday	Tuesday	Wednesday	Thursday	Friday
Paper Art	Interactive Story Time		Computer Club	Football

Paper Art- Fold, cut, shape, and create!

Interactive Story Time- We will read stories, act them out and create story related artwork.

Computer Club- Students will practice and learn new computer skills such as typing, working on Seesaw, Google Slides, and more in the computer club.

Football- Our ISR G1, G2, G3 (combined) football team will meet every Friday in order to prepare for matches with other schools.

Grade 2 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
Exploring Art	Building Club		Story Time Computer Support Meditation & Yoga	Mandalas & Mindfulness Football

Exploring Art- Experiment with a variety of art materials to create 2D and 3D artwork

Building Club- Be creative with blocks, Lego and other items.

Computer Support- Students will have the opportunity to build on their computer skills through various programs and tasks.

Meditation & Yoga- Fun yoga, breathing exercises and meditation to help students understand and live through their emotions and relax from their busy day.

Story Time- We will read stories, act them out and create story related artwork.

Mandalas & Mindfulness - Students will have the opportunity to wind down and engage in various mindfulness activities such as drawing mandalas and mindful meditations.

Football- Our ISR G1, G2, G3 (combined) football team will meet every Friday in order to prepare for matches with other schools.



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Grade 3 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
Creative Storytime	Crochet Music		Jewelry Club Recycling Club	Math Games Football

Creative Storytime- Learning to love stories, reading, retelling, acting out stories, building stories from props and dramatizing and more fun activities with literature.

Crochet- Learn how to crochet or improve your skills. We will start with the basic chain stitch and move towards being able to complete a small project.

Jewelry Club- Create your own original bracelets, earrings, necklaces and many more using proper jewelry making tools and materials.

Recycling Club- Help ISR reduce, reuse, and recycle. Students will prepare recycling boxes for all classrooms, make educational videos on what can be recycled, empty recycling, and create and share creative ways to share the importance of recycling.

Math Games- Students will be encouraged to explore number combinations, place values, patterns, and other important mathematical concepts through various math games.

Music- We will develop creative thinking, self-confidence, and the ability to work together as a team through music, singing, playing musical games, and musical instruments. Students engaged in musical training develop the areas of the brain related to language and reasoning.

Football- Our ISR G1, G2, G3 (combined) football team will meet every Friday in order to prepare for matches with other schools.

Grade 4 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
Little Judo	Sewing a toy Board Games		Healthy & Fit Computers	

Little Judo- Judo is more than a “martial art,” it is a martial way. It helps the students to develop physically, emotionally, and spiritually by teaching respect and honor. Cost of 50€.

Sewing a toy- Students sew small soft toys out of fleece. They follow patterns and use real sewing needles. Students develop fine motor skills as they cut fabric and learn stitches of different complexity. Patience is necessary!

Board Games- Playing different board games is an easy way to encourage healthy brain development, boost student language skills, and enhance social skills.

Healthy & Fit- Students will have a great chance to learn more about a healthy lifestyle - daily routines that help us stay healthy and also try out different types of workouts eg. CrossFit, Tabata, Zumba.

Computer Club- In computer club, students will be able to practice and learn new computer skills such as typing, Google Slides, creating a Google Site, and more.



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Grade 5 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
Video & Movie Making	Healthy & Fit		Sew a toy	Public Speaking

Video & Movie Making- Students will practice the creative process of planning, making and editing videos using a variety of applications.

Healthy & Fit- Students will have a great chance to learn more about a healthy lifestyle - daily routines that help us stay healthy and also try out different types of workouts eg. CrossFit, Tabata, Zumba.

Sew a Toy- Students sew small soft toys out of fleece. They follow patterns and use real sewing needles. Students develop fine motor skills as they cut fabric and learn stitches of different complexity. Patience is necessary!

Public Speaking- Students will have a chance to practice public speaking and presentations skills. Learn more about public speaking - its tips and tricks. Create their own speeches and present them.

Grade 6 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
Speech & Debate Football		Jewelry Making Sports at V9	Football	6-12 Tournament

Speech & Debate- Students will learn and practice different speech and debate styles, focusing on MEP, MUN and US debate forms.

Football- Our ISR Middle School football team will meet every Monday and Thursday in order to prepare for matches with other schools.

Jewelry Making- Students will learn different ways to make bracelets with beads and different kinds of strings. It's a fun, creative and relaxing activity after a long school day.

Sports at V9- Want to shoot hoops, play table tennis, or try out beach volleyball? Stay afterschool on Wednesday to have some fun while getting some fresh air and exercise too. All skill levels and all grades are welcome.

6-12 Tournament- Every week there will be a tournament set up where students can compete and have fun. Each week will showcase a different game or sport.



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Grade 7 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
Speech & Debate Football Student mini rock band		Sports at V9 LEGO Robotics	Illust. Animation Football	6-12 Tournament

Speech & Debate- Students will learn and practice different speech and debate styles, focusing on MEP, MUN and US debate forms.

Football- Our ISR Middle School football team will meet every Monday and Thursday in order to prepare for matches with other schools.

Student mini rock band- Come to the music class with your instrument or learn new skills. The teacher will help learn piano and ukulele. Chosen by students, several songs will be practiced.

Sports at V9- Want to shoot hoops, play table tennis, or try out beach volleyball? Stay afterschool on Wednesday to have some fun while getting some fresh air and exercise too. All skill levels and all grades are welcome.

LEGO Robotics- Any interest in coding? Curiosity will almost certainly be sparked once you get the chance to build and program a robot.

Illustrated animation- Students will practice the creative process of planning the storyline, making slides of illustrations and by the end will create a short animated story. 2 android tablets are also available for this activity.

6-12 Tournament- Every week there will be a tournament set up where students compete and have fun. Each week will showcase a different game or sport.

Grade 8 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
Speech & Debate Art Journaling Football		Sports at V9	Card Games Football	6-12 Tournament

Speech & Debate- Students will learn and practice different speech and debate styles, focusing on MEP, MUN and US debate forms.

Art journaling- Art journaling is like Art therapy. Each week students will be able to use art stencils, stamps, paints, mixed media supplies, etc. to create meaningful artistic expressions.

Football- Our ISR Middle School football team will meet every Monday and Thursday and prepare for matches with other schools.

Sports at V9- Want to shoot hoops, play table tennis, or try out beach volleyball? Stay afterschool on Wednesday to have some fun while getting some fresh air and exercise too. All skill levels and all grades are welcome.

Card Games- Hearts! Spades! War! Go Fish! Rummy! Crazy 8's! You name it, we play it!

6-12 Tournament- Every week there will be a tournament set up where students can compete and have fun. Each week will showcase a different game.



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Grade 9 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
eSports	Drama Club	Football Sports at V9	Speech & Debate Photography	Football 6-12 Tournament

Description of Grade 9 activities:

eSports- Looking to improve your game and find a community of gamers at ISR? This year we are hoping to put together school teams and build towards an in-house competition. Games will be dependent on interest and ALL skill levels are welcome! Have any questions? Come chat with Ms. F.

Drama Club- Drama Club is for those students that want to participate on or offstage in all things relating to ISR performances. We will train in our improv skills, do school and community-wide performances, and take field trips (as covid allows us to). No experience or skills required.

Football- Our ISR High School football team will meet every Wednesday and Friday in order to prepare for matches with other schools.

Sports at V9- Want to shoot hoops, play table tennis, or try out beach volleyball? Stay afterschool on Wednesday to have some fun while getting some fresh air and exercise too. All skill levels and all grades are welcome.

Speech & Debate- Students will learn and practice different speech and debate styles, focusing on MEP, MUN and US debate forms.

Photography- Photo shoots will be done and shared to look at photo techniques. Phone cameras are fine, but digital cameras can be used as well.

6-12 Tournament- Every week there will be a tournament set up where students can compete and have fun. Each week will showcase a different game.



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Grade 10 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
eSports	Drama Club	Football Sports at V9 DECA	Speech & Debate	Football 6-12 Tournament

Description of Grade 10 activities:

eSports- Looking to improve your game and find a community of gamers at ISR? This year we are hoping to put together school teams and build towards an in-house competition. Games will be dependent on interest and ALL skill levels are welcome! Have any questions? Come chat with Ms. F.

Drama Club- Drama Club is for those students that want to participate on or offstage in all things relating to ISR performances. We will train in our improv skills, do school and community-wide performances, and take field trips (as covid allows us to). No experience or skills required.

Football- Our ISR High School football team will meet every Wednesday and Friday in order to prepare for matches with other schools.

Sports at V9- Want to shoot hoops, play table tennis, or try out beach volleyball? Stay afterschool on Wednesday to have some fun while getting some fresh air and exercise too. All skill levels and all grades are welcome.

DECA- ISR runs the Finance Careers Cluster of DECA. From September to December, students will compete in an international stock market exchange competition. Grade 12 students that completed their Hedge Fund Manager CAS experience will serve as the core student leadership team. All students will be eligible to receive a professional certificate in Corporate Finance after completing a 100-question Finance Cluster Exam and a virtual Financial Consulting Event.

Speech & Debate- Students will learn and practice different speech and debate styles, focusing on MEP, MUN and US debate forms.

6-12 Tournament- Every week there will be a tournament set up where students can compete and have fun. Each week will showcase a different game.



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Grade 11 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
eSports Book Club/Knit French	Drama Club	Football TV Broadcasting Sports at V9 DECA	Speech & Debate	Football 6-12 Tournament

Description of Grade 11 activities:

eSports- Looking to improve your game and find a community of gamers at ISR? This year we are hoping to put together school teams and build towards an in-house competition. Games will be dependent on interest and ALL skill levels are welcome! Have any questions? Come chat with Ms. F

Drama Club- Drama Club is for those students that want to participate on or offstage in all things relating to ISR performances. We will train in our improv skills, do school and community-wide performances, and take field trips (as covid allows us to). No experience or skills required.

Football- Our ISR High School football team will meet every Wednesday and Friday in order to prepare for matches with other schools.

TV Broadcasting- You will have the opportunity to explore the process of producing a TV show. You will experiment with different production roles, plan and create the content. All the necessary equipment will be provided.

Sports at V9- Want to shoot hoops, play table tennis, or try out beach volleyball? Stay afterschool on Wednesday to have some fun while getting some fresh air and exercise too. All skill levels and all grades are welcome.

DECA- ISR runs the Finance Careers Cluster of DECA. From September to December, students will compete in an international stock market exchange competition. Grade 12 students that completed their Hedge Fund Manager CAS experience will serve as the core student leadership team. All students will be eligible to receive a professional certificate in Corporate Finance after completing a 100-question Finance Cluster Exam and a virtual Financial Consulting Event.

Speech & Debate- Students will learn and practice different speech and debate styles, focusing on MEP, MUN and US debate forms.

6-12 Tournament- Every week there will be a tournament set up where students can compete and have fun. Each week will showcase a different game.

Book Club/Knit- Relaxing time to read for fun and maybe to knit too! Time to chill but you can also improve your English skills.

French- Activities for students taking the French ab initio course to improve their communication skill in the target language. Fourth block missing from our timetable.



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Grade 12 offerings

Monday	Tuesday	Wednesday	Thursday	Friday
eSports	Drama Club	Music Composition Sports at V9 DECA Football	Speech & Debate	Football 6-12 Tournament

Description of Grade 12 activities:

eSports- Looking to improve your game and find a community of gamers at ISR? This year we are hoping to put together school teams and build towards an in-house competition. Games will be dependent on interest and ALL skill levels are welcome! Have any questions? Come chat with Ms. F.

Drama Club- Drama Club is for those students that want to participate on or offstage in all things relating to ISR performances. We will train in our improv skills, do school and community-wide performances, and take field trips (as covid allows us to). No experience or skills required.

Football- Our ISR High School football team will meet every Wednesday and Friday in order to prepare for matches with other schools.

Music Composition- Grade 12 students will be creating their music compositions by using different music writing programs.

Sports at V9- Want to shoot hoops, play table tennis, or try out beach volleyball? Stay afterschool on Wednesday to have some fun while getting some fresh air and exercise too. All skill levels and all grades are welcome.

DECA- ISR runs the Finance Careers Cluster of DECA. From September to December, students will compete in an international stock market exchange competition. Grade 12 students that completed their Hedge Fund Manager CAS experience will serve as the core student leadership team. All students will be eligible to receive a professional certificate in Corporate Finance after completing a 100-question Finance Cluster Exam and a virtual Financial Consulting Event.

Speech & Debate- Students will learn and practice different speech and debate styles, focusing on MEP, MUN and US debate forms.

6-12 Tournament- Every week there will be a tournament set up where students can compete and have fun. Each week will showcase a different game or sport.