



After School Activities

At ISB we are pleased to offer over the course of a year, a wide range of activities, including ceramics, woodwork, creative art, piano, drum, chess, and literature. In addition to which we also offer a wide range of sporting activities, including swimming, team games, basketball, judo, karate, bat and ball cricket, football, Latin dance, and rock and roll.

The benefits of after school activities are wide and varied, ranging from physical benefits to psychological and social advantages. Research suggests very strongly that encouraging children to engage in after school activities could aid their development. Experts in child development suggest that participation in after school activities on a regular basis is an excellent way of helping children to develop their individual personality and reduce emotional stress. It also enhances and supports social and academic skills, as they are learning with children from different ages and different classes to that which they are in during the regular school day.

The skills and habits which children learn during their school years help to shape the kind of future they will lead as adults. Consequently, after school activities which promote everything from healthy living habits to better social and academic skills should be encouraged. We ask parents to look carefully at the activities which we offer and, for the reasons given above, encourage their children to participate in the activities which appeal to them. Of course, it is equally important that children are not pushed to take an activity in which they have no interest – this would be counter-productive and could detract from their ability to concentrate on formal school work.

Dr Gabriella Schimert, Acting Principal