

First Semester, 2023-2024 ECC and Elementary School Afterschool Activities

Welcome to the Uruguayan American School Afterschool Activities and Athletics!

We designed this handbook to give families and students helpful insight into the UAS After-School Activities Program (ASA), procedures, and policies offered for the 2023-2024 school year. The ASA Program offers a cross-section of experiences for your child to learn new skills and socialize while developing a sense of teamwork within a supportive environment. Each activity presents age-appropriate opportunities for children to explore personal interests. Please let us know if you have any suggestions or ideas to make your child's time at the ASA Program a positive and rewarding experience.

Nicolás Bruni

Athletics and Activities Director

Guidelines and Important Information

Timing

- Afterschool Activities will begin on Monday, August 14^{th,} and will end on Friday, December 8th.
- Afterschool Activities for ECH and Elementary School run from 3:30 to 4:40 pm.
- For activities held off campus (Swimming, Dance, Tennis, Gymnastics), activities end some minutes later, at 4:50, 5:00, or 5:10 pm (check each activity description).

During activities

- All students must bring their own water bottles.
- Students must wear the proper clothing (no jeans, skirts, flip-flops, crocs, etc).

Dismissal

- Late Bus service is available. Please contact Eduardo (099 664 581) for the Carrasco bus or Jorge (099 663 701) for the Pocitos bus to arrange transportation.
- For ECC students, parents may pick up their child at the front entrance. For Elementary students, parents will wait inside the car at the parking lot and the student will be accompanied by a coach or the Athletic Director (AD).
- It is the parent's responsibility to pick up their children at the designated time for activities that take place off campus (Swimming, Dance, Tennis, Gymnastics).





Communications

• We will send all ASA communications via the *UAS App*. For any doubts, questions, or concerns, you can always contact me at nbruni@uas.edu.uy

Registration Process

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

Friday, August 4th to Friday, August 11th	Online Registration Registration opens at 4:00 PM (August 4) Registration closes at 1:00 PM (August 11)
Friday, August 11th	Activity Confirmations Notification to Parents through UAS App by 6:00 PM

- Registration will be done through a Google Form (links available after the weekly grid of activities)
- For activities with a maximum capacity of participants, sign-ups will be made on a "first come, first served" basis. Once we reach the maximum capacity and we receive new sign-ups, we will notify parents that students will remain on a waiting list.
- Some activities need a minimum of participants to proceed. If your student's selected activity should not reach the minimum requirement and is canceled, we will notify you as soon as possible.

Activity Fees and Payments

- If your daughter or son wants to participate in Soccer, Basketball, Volleyball, and/or Gross Motor Skills, these activities don't require a fee payment.
- For the rest of the activities, the activity fee will be due directly to the outside organization/instructor leading and organizing the activity. The instructor will share the payment details.
- Parents must make payments in full *before the fourth activity session*.
- We can consider the first classes as tryouts, and we are happy to help if the student
 wants to change the selected activity. That said, as changes in the lists create
 different disruptions, after week 4 of the program, changes cannot be guaranteed.
 The change will have to be asked to the Athletic and Activities Director via email and
 will be approved or not depending on the number of students on each activity.



After-school Activity Procedures

- After school, teachers from each classroom will take students to the Cafeteria where they
 will meet their activity leader. Students will then move to their classroom/location with
 their activity leader.
- We will give a master list to each homeroom teacher, to ensure that students are heading in the right direction. Activity leaders will take attendance and inform the Activities Office/Activities Coordinator.
- We ask that parents also review the Afterschool Activity schedule with their child to help them feel secure about their week ahead.
- If for some extenuating circumstances, parents are late picking up their child, he/she will wait at the Reception or at 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 and hsoler@uas.edu.uy before noon.
- *Non-canceling policy*: our goal is to have as many practices and activities as we can. With that in mind, we try not to cancel any activity. For example, on rainy days, soccer practices will be held inside. Also, on early dismissal days for students, unless we communicate otherwise, the activities will run normally.



Weekly Grid

Early Childhood

	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery	Singing World	Swimming	Plastic Arts Gross Motor Skills	Swimming	Yoga
Pre K	Singing World Soccer	Swimming	Plastic Arts Gross Motor Skills	Swimming	Karate Yoga
Kinder	Singing World Soccer	Swimming Chess	Gymnastics Plastic Arts	Swimming Dance	Karate Yoga Gymnastics

Elementary

	Monday	Tuesday	Wednesday	Thursday	Friday
1st & 2nd	Karate Plastic Arts	Swimming Chess WeCode	Soccer Gymnastics	Swimming Dance Pastry Workshop	Basketball Yoga Gymnastics
3rd to 5th	Swimming Volleyball Plastic Arts	Soccer Chess Dance	Swimming Gymnastics Karate	Basketball Pastry Workshop WeCode	Tennis Gymnastics Yoga Soccer

To sign up for activities,	Early Childhood (Nursery, PK, and Kinder) Sign-up Form
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please fill out the form by August 11th, 1:00 PM

Elementary (1st to 5th) Sign up Form

Nursery Student Activities
PK Student Activities
Kinder Student Activities
1st and 2nd grade Student Activities
3rd, 4th and 5th grade Student Activities

Nursery Student Activities								
ACTIVITY	GRADES	TEACHER and/or ORGANIZATION	MON	TUE	WED	THU	FRI	
Singing World	N to K	Florencia Dieste	Х					
Swimming	N to 2nd	Elena Bauer		X		Х		
Plastic Arts	N to K	Laura Moras			Х			
Gross Motor Skills	N and PK	Nichole Figarola			Х			
<u>Yoga</u>	N to 5th	Monserrat Albin					Х	

PK Student Activities								
ACTIVITY	GRADES	TEACHER and/or ORGANIZATION	MON	TUE	WED	THU	FRI	
Singing World	N to K	Florencia Dieste	Х					
Soccer	PK and K	Nichole Figarola and Florencia de Maio	×					
Swimming	N to 2nd	Elena Bauer		X		Х		
Plastic Arts	N to K	Laura Moras			Х			
<u>Karate</u>	PK and K	Juan Diego Martínez					Х	
Gross Motor Skills	N and PK	Nichole Figarola			Х			
<u>Yoga</u>	N to 5th	Monserrat Albin					X	



K Student A	K Student Activities							
ACTIVITY	GRADES	TEACHER and/or ORGANIZATION	MON	TUE	WED	THU	FRI	
Singing World	N to K	Florencia Dieste	Х					
Soccer	PK and K	Nichole Figarola and Florencia de Maio	×					
Chess Club	K to 5th	Eduardo Salchi		Х				
Swimming	N to 2nd	Elena Bauer		Х		X		
<u>Gymnastics</u>	K to 5th	EDG			Х		Х	
Plastic Arts	N to K	Laura Moras			Х			
<u>Dance</u>	K to 2nd	Mariana García				X		
<u>Karate</u>	PK and K	Juan Diego Martínez					X	
<u>Yoga</u>	N to 5th	Monserrat Albin					Х	

1st and 2nd Student Activities								
ACTIVITY	GRADES	TEACHER and/or ORGANIZATION	MON	TUE	WED	THU	FRI	
<u>Karate</u>	1st and 2nd	Juan Diego Martínez	×					
Plastic Arts	1st to 5th	Laura Moras	Х					
Chess Club	K to 5th	Eduardo Salchi		X				
Swimming	N to 2nd	Elena Bauer		X		Х		
<u>WeCode</u>	1st and 2nd	WeCode		Х				
Soccer	1st and 2nd	UAS Soccer Coaches			X			
<u>Gymnastics</u>	K to 5th	EDG			X		Х	
<u>Dance</u>	K to 2nd	Mariana García				Х		
Pastry Workshop	1st to 5th	Clementina				Х		



Basketball	1st and 2nd	Florencia Somma and Sabina Bello			Х
Yoga	N to 5th	Monserrat Albin			X

3rd to 5tl	3rd to 5th Student Activities								
ACTIVITY	GRADES	TEACHER and/or ORGANIZATION	MON	TUE	WED	THU	FRI		
Swimming	3rd to 5th	Gustavo Gorriarán	X		X				
Volleyball	3rd to 5th	UAS coaches: Sebstián Antelo and Rocio Rivas	×						
Plastic Arts	1st to 5th	Laura Moras	X						
Soccer	3rd to 5th	UAS Soccer Coaches		Х			Х		
Chess Club	K to 5th	Eduardo Salchi		Х					
<u>Dance</u>	3rd to 5th	Mariana García X							
<u>Gymnastics</u>	K to 5th	EDG			X		X		
<u>Karate</u>	3rd to 5th	Juan Diego Martínez			X				
Basketball	3rd to 5th	UAS Coaches: Jeff Granger, Florencia Somma				X			
Pastry Workshop	1st to 5th	Clementina				×			
<u>WeCode</u>	3rd to 5th	WeCode				×			
<u>Yoga</u>	N to 5th	Monserrat Albin		_			Х		
<u>Tennis</u>	3rd to 5th	Scuola Club					Х		



Activity Description

BOYS & GIRLS SOCCER (Soccer Field) – Diego Varela, Juan Manuel Gómez, Diego Gutiérrez, Lucía Álvarez. They will run practices co-ed with full drills, scrimmages, and intramural games. Grades 1st to 5th play in a League called FIFES. The games are scheduled on Saturday mornings, between 09:00 am and noon. We usually get confirmation of each week's game on Wednesday and we communicate it via UAS App.

Important: Soccer uniforms, which are mandatory for games, are available at Cecilia Chiarino's store (www.mcchuniformes.com).

Tentative games schedule:

August:	September:	October:	November:	December:
19	2, 9, 16, 30	7, 14, 21, 28	4, 11, 18	2

BASKETBALL

(1st and 2nd) - Florencia Somma and Sabina Bello. Florencia and Sabina are both professional basketball players and have played many times for the Uruguayan national team. They have been coaching for many years as well. Practices will run co-ed, focused on basic skills and the discovery of the fundamental dynamics of the sport.

(3rd to 5th) – Jeff Granger & Florencia Somma. Coach Granger is a former, well-recognized basketball player, PE teacher, and coach, that has been working at UAS since 2001, with great success in interscholastic competitions. Coach Florencia is a professional basketball player who has played many times for the Uruguayan national team; she has been coaching for many years as well.

Practices will run co-ed, focused on skills and scrimmages. This is a great opportunity for students to work on their basic skills, gain experience, and for the bigger ones, be better prepared for future competencies at the Middle and High School levels.

SWIMMING - (Complejo Deportivo Naval: Lido 1676)

Nursery to 2nd Grades – Elena Bauer (Tuesday & Thursday) Students will take the bus from UAS to the Complejo Naval, and parents will pick up their child there at 5:10 PM on Tuesday and at 5 PM on Thursday. Students may swim on Tuesdays only, or on Tuesdays and Thursdays.

<u>Cost</u>: Tuesday: 13.950 pesos for the semester. Tuesday and Thursday: 19.950 pesos for the semester. Please contact Elena to arrange payment (<u>escuelitadenatacion@gmail.com</u> or 096200240)

3rd to 5th Grades – Gustavo Gorriarán (Monday & Wednesday) Students will take the bus from UAS to the Complejo Naval, and parents will pick up their child there at 5:10 PM. Students may swim once or twice a week.



<u>Cost</u>: Once a week: 13.950 pesos for the semester. Twice a week: 19.950 pesos for the semester. Please deposit the fee in any of the UAS accounts (information at the end of this document) and inform the Finance Office once paid.

VOLLEYBALL_- Sebastian Antelo and Rocio Rivas. Coach Antelo has been coaching volleyball at different levels since 2016, and is actually the Head Coach at "Nacional". Ms. Rocio, who is joining us this semester has worked as a Volleyball Head Coach in Costa Rica and Austria. Practices will run co-ed, focused on skill learning and mini-games. This is an excellent opportunity for students to learn the basic skills for this sport, and, for the bigger ones, be better prepared for future competencies at Middle and High School levels.

KARATE – Juan Diego Martínez (Auditorium). Karate is not a violent exchange, as portrayed in films – but rather a method based on the quest for peace and tranquility, which aims at achieving self-control. It is especially recommended to increase self-esteem and concentration and decrease violence and aggression.

Cost: 160 dollars per semester, for payment contact Mr. Martínez at juandiego.uy+UAS@gmail.com or 099 479 498. We need a minimum number of 6 students to open each group.

MAXIMUM CAPACITY PER CLASS: 15 students on a first-come, first-served basis. We will place students exceeding this number on a waiting list.

DANCE CLUB - Mariana García (Mariana García Dance Studio, Yamandú Rodríguez 1320).

Students will learn different rhythms: pop music, latin rhythms, as well as others that marked an era and style, such as Charleston and Rock & Roll. Classes have a dual purpose: students can dance to the music they listen to nowadays, but also to other music that the course will introduce to them. At the semester's end, the group may present several choreographies based on the work done during the course. Students will ride a school bus to the studio. Parents will pick them up at the Studio at 4:50 PM.

<u>Cost</u>: 4500 pesos for the semester. To arrange payment, please contact Mariana at <u>marianayestrella@hotmail.com</u> or 095 799020. We need a minimum of 4 students to open the group.

PLASTIC ARTS WORKSHOP – Laura Moras. Plastic Arts are about expression, joy, pleasure, and communication. Through creation, children transmit their inner world and how the surrounding environment affects them. In this Workshop, we experiment with diverse techniques of the Plastic Language: painting, Indian ink, drawing, collage, model making, construction, clay, ceramics, and much more. The educational method and materials vary according to the student's age group. Thus, we offer younger kids a freer, more playful approach, whereas we introduce older students to more technical aspects, always stimulating the student's creativity and personality. This method builds self-confidence and sensitivity, stimulating the children's interest in art and group work. Laura is a well-recognized Uruguayan artist and teacher. Check her work on Instagram @atelierlauramoras

<u>Cost:</u> 9800 pesos for the semester. Please contact Laura to arrange payment



(<u>lumoras@adinet.com.uy</u> or 098 371251). We need a minimum number of 4 students to open the groups. MAXIMUM CAPACITY PER CLASS: 12 students on a first-come, first-served basis.

CHESS – Eduardo Salchi (Cafeteria). *A game of skill and strategy.* Chess brings students together, teaches how to win and lose, helps children realize the consequences of their actions, can help them focus, and develops creativity among other benefits. Eduardo is a very experienced instructor who has been working with the school for several years.

Cost: 4500 pesos for the full semester. Please contact Eduardo to arrange payment (jugandoajedrez@gmail.com or 096 306388). We need a minimum number of 8 students to open the group.

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

Ferrer, a former UAS PE teacher and coach, is the director of EDG, an institution specializing 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".

Students will ride a school bus to EDG and parents will pick them up at EDG at 5:10 PM.

This semester the group will participate in at least 2 interscholastic events.

<u>Cost</u>: One class a week, \$7900 per semester. Two classes a week, \$12600 per semester. To arrange payment, please contact Florencia at edgimnastico@gmail.com or 099 698992. We need a minimum number of 8 students to open the group.

YOGA FOR CHILDREN - 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 children 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.

<u>Cost</u>: 7000 pesos for the semester (includes yoga mat for NEW STUDENTS). To arrange payment, please contact Montserrat (<u>montserratalbin@gmail.com</u> 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.



PASTRY WITH LOVE - Laura Barboza and Josseline Loriente from Clementina (Cafeteria).

Pastry classes are designed to learn while having fun. Playing will be part of the experience, along with learning values and good habits. The students will work as a team, with responsibility and care towards their own work and others. We will promote empathy, knowing how to listen to and respect others' ideas to get better results. We will encourage work by taking care of hygiene as a key principle. They will work with basic, simple tools according to their possibilities, complying with basic safety standards.

At the beginning of the semester, we will give each student their own apron, hat, and towel. Each child will have their own folder of recipes, where week by week they will receive the printed material worked in class, in English and Spanish. After class, students will take the food each one prepared to share and enjoy with the family.

<u>Cost:</u> 14,000 pesos per semester. We need a minimum of 4 students to open a group. Maximum capacity: 10 students (1st & 2nd) and 13 students (3rd to 5th). To arrange payment please contact Laura Barboza (091 457 234 - <u>lauritabarboza28@gmail.com</u>) or Josseline Loriente (097 232 453).

WeCode - Computer Science & Robotics. (1st to 5th grades) - 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

<u>Cost:</u> 13,500 pesos per semester. We need a minimum of 6 students to open a group. Maximum capacity: 10 students. To arrange payment please WeCode at <u>pagos@wecode.edu.uy</u> or 093 780 720.

Singing World - Florencia Dieste - (Nursery, PK, Kinder - 1st/2nd): Florencia Dieste is a former UAS teacher, who has been working as an English teacher of toddlers and preschoolers for about 15 years, something she enjoys doing every day. In 2020 she started an educational project named "SingingWorld" to teach English to children using her own songs, rhymes, and games. She creates melodies and lyrics that are easy to learn for children and songs that involve repetitive rhythm and language patterns they can follow at their own pace. Hand and body movement are also a crucial component of "Singing World", providing the younger ones

with an opportunity for hands-on and body experimentation as part of their learning process. They learn by doing, participating according to their abilities, likes, and preferences, with joy. Besides moving and dancing, there is also a main activity specially designed for the day, such as arts and crafts, reading, instrument playing, and much more. You can check Florencia's Instagram account for more information: @singingworlduy



Cost: \$8,200 per student for the whole semester. We need a minimum of 3 kids to open a group. Maximum capacity: 10 students. To arrange payment please contact Florencia at florencia.dieste@gmail.com or 099 132 445.

Gross Motor Skills - Rocio Rivas - (Nursery and PK): Ms. Rivas is an experienced educator in the field of physical education. She has vast experience working in international schools in Costa Rica and Austria. She will be also working as a Volleyball coach at UAS.

This activity is a space in which children are encouraged to participate in organized activities and engage in play that involves the practice of certain basic locomotor skills. The young students will learn how to control and coordinate their body movements through games and recreation, and therefore, in general, improve aspects of their motor development, such as body awareness, balance, and strength. We will be enjoying this time in the Nursery classroom and in the ECH playground when possible. The group is limited to 10 students on a first-come-first-served basis and has no cost.

NEW! **TENNIS SCHOOL- Santiago Carballal (Scuola Club – Acosta y Lara 7318).** Students will ride a school bus to the Scuola Club and parents will pick them up at the academy at 4:50 PM. If you don't have a racket, we will lend you one!

<u>Cost</u>: 6800 pesos for the semester. Please contact Santiago to arrange the payment (<u>santi479@gmail.com</u> 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.



UAS BANK ACCOUNTS

When crediting the school's account, identify the name of the student or students for whom the payment applies. After you make the payment, please send a copy of the bank receipt by email to Natalia Calvo: ncalvo@uas.edu.uy. For international wire transfers include USD 50 for bank charges.

BANCO ITAÚ

Carrasco Branch / Sucursal Carrasco: Gabriel Otero 6402-Montevideo, Uruguay

U.S. dollar account No. / No Cuenta dólares estadounidenses: 1.713.858

Uruguayan pesos account No./Nº Cuenta pesos uruguayos: 3.419.055

International wire transfer (U.S. dollars) / Transferencia bancaria internacional (dólares estadounidenses):

Intermediary Bank /Banco Intermediario: JP Morgan Chase Bank N.A. (New York)

Swift Code: CHASUS33 - ABA: 021000021

Beneficiary Bank / Banco Beneficiario: Banco Itau Uruguay S.A. - Swift Code: ITAUUYMM

Holder / Titular: Uruguayan American School - U.S. dollar account No. / Cuenta dólares estadounidenses Nº: 1.713.858

BANCO SANTANDER

Branch 73 (Carrasco) / Sucursal 73 (Carrasco): Arocena 1577-Montevideo, Uruguay

U.S. dollar & Uruguayan pesos account No. / Nocuenta dólares estadounidenses y pesos uruguayos: 1.200.615

International wire transfer (U.S. dollars) / Transferencia bancaria internacional (dólares estadounidenses):

Intermediary Bank / Banco Intermediario: Wells Fargo - Swift Code: PNBPUS3NNYC - ABA: 26005092

Beneficiary Bank / Banco Beneficiario: Banco Santander Uruguay-Montevideo Sucursal 73 / Av. Arocena 1577 - Swift

Code: BSCHUYMM

Holder / Titular: Uruguayan American School - Account No. / Cuenta No: 1.200.615

BANCO BBVA URUGUAY S.A.

Carrasco Branch / Sucursal Carrasco: Arocena 1675-Montevideo, Uruguay

U.S. dollar & Uruguayan pesos account No. /Nocuenta dólares estadounidenses y pesos uruguayos: 7.933.622

International wire transfer (U.S. dollars) / Transferencia bancaria internacional (dólares estadounidenses):

Intermediary Bank / Banco Intermediario: 1. BBVA New York — USA - Swift Code: BBVAUS33

2. Wachovia Bank Philadelphia - USA - Swift Code: PNBPUS33PHL

Beneficiary Bank/Banco Beneficiario: Banco Bilbao Vizcaya Argentaria SA- Montevideo-Uy - Swift Code: BBVAUYMM

Holder / Titular: Uruguayan American School - Account No. / Cuenta No: 7933622