

Co-curricular Activities Guide













Autumn Term 2023-2024

What are CCAs



At Malvern College Egypt, a student's education is not limited to the academic curriculum. Out of class, the College has much to offer, and there are many opportunities to try new things.

During the autumn term we are proud to be able to offer a range of previously offered and new activities to students as part of the CCA programme, a number of which are off-site and are the first to be used by any school in Egypt. We are particularly proud to be associated with the Cairo Pickleball Academy and Nathaly Sabalza, an internationally award winning aerial artist and instructor.

At Malvern College Egypt the co-curriculum is an important part of a holistic curriculum that provides a transformational learning environment for the whole student

The principles underlying the co-curriculum:

- 1. To encourage a balance between creativity, action and service.
- 2. To encourage pupils to engage in new experiences and develop new skillsets.
- 3. To promote health and well-being.
- 4. To enable pupils to develop transferable skills and the Malvern Qualities.

The CCA programme is optional for students, therefore if a student decides not to participate in a CCA they will need to be collected from College by parents at the end of the school day at 3.00pm. College transport is only provided at the end of CCA provision at 4.15pm (For off-site CCA provision transport is provided to the off-site venue. It will be the parents' responsibility to collect their child from the venue at 16:15 at the end of the CCA provision).

We encourage sixth form students to participate, however the College would also be interested if they would like to support a CCA alongside a teacher.



The timing of CCAs:

At Malvern College Egypt we offer CCA s to students on:

- Wednesday afternoon
- From 15:15 to 16:15.

PROCEDURES FOR CCAs

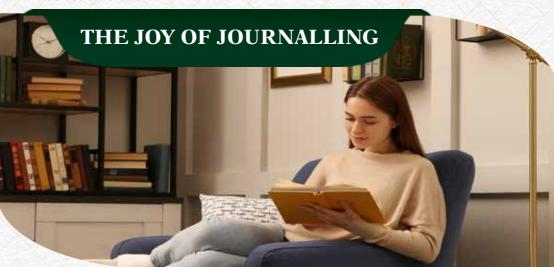
Students and parents

- 1. Students and parents are provided with a link to an online booklet explaining the activities on offer.
- 2. An assembly is given to students about the activities on offer..
- 3. Students and parents choose an activity if they wish to participate CCAs for students are voluntary.
- 4. Places are allocated on a first come first served basis. This will be confirmed by the Co-Curricular Activities Office.

Transport Arrangements and Collections

Transport on a CCA day (Wednesday) will only be provided from school at 16:15. If a student is not participating in a CCA, then it is the responsibility of the parents to arrange collection from school at the end of the school day at 15:00.

Students participating in an off-site CCA will use school provided transportation. This will leave the College at 15:05 to go to the venue. It is expected that parents will then collect their child from the off-site venue at 16:15. We ask parents to avoid being late; considerate of the coaches and instructors who may have other commitments after the college's CCA session has come to an end.

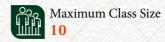


Welcome to the wonderful world of journalling. Here, you'll embark on a journey of self-expression, creativity and personal wellbeing as we explore the art of journalling together. Whether you're a seasoned writer or completely new to this form of self-discovery, our journaling activities are designed to inspire, reflect and connect with your inner thoughts and emotions. Get ready to unlock the power of words and unleash your imagination as we dive into the world of journalling adventures.









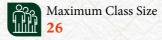


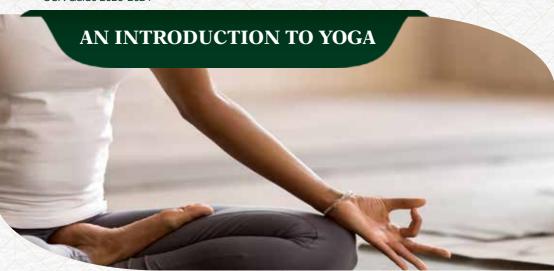
Join us for action-packed activities with various athletic team games! From Tunnel Ball and Arch Ball to Ducking Down Bull Dogs and Bean Bag Relay, we have an exhilarating lineup of activities in store for you. Get ready to unleash your energy and have a blast with Active Athletes. Don't forget to wear your PE Kit to school, as it is a must for participating in these exciting activities!



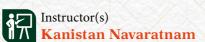








Discover the world of Yoga, perfect for those who are eager to explore its wonders or simply have a budding interest in this practice. Our Yoga classes are thoughtfully designed to enhance both flexibility and strength, making them suitable for everyone, from beginners to experienced enthusiasts. Join us on this journey of self-discovery and wellness as we delve into the art of Yoga, where you'll find not only physical benefits but also mental and spiritual harmony too!

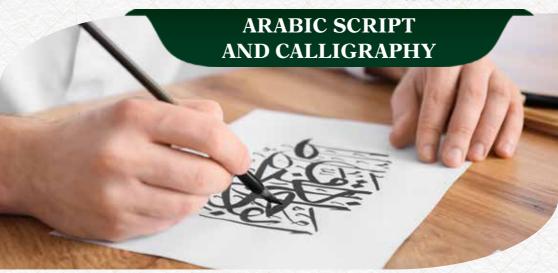






Year Group(s)





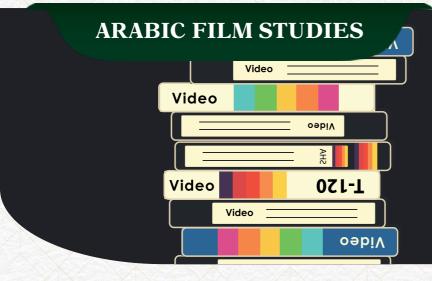
Delve into the captivating world of Arabic script and calligraphy. Here, we will explore the profound meanings and intricate artistry behind Arabic script and calligraphy. Whether you're passionate about language, culture, or simply curious about the beauty of this ancient art form, these sessions promise to unveil the rich history and significance of Arabic script. Join us as we embark on a journey of artistic expression and cultural discovery through the elegance of calligraphy.











Welcome to the fascinating world of 'Arabic Film Studies', where we dive into the mesmerising realm of Arabic cinema! In this extracurricular activity, we will explore the art, culture and storytelling found in Arabic films. Whether you're a film enthusiast or just eager to explore diverse narratives, these sessions will immerse you in the beauty of Arabic cinema. Join us on this cinematic journey as we unravel the tales, themes and artistic brilliance showcased in Arabic films from across the region.











Join us for an extraordinary extracurricular adventure where we have the privilege of learning from the remarkable Nathaly Sabalza. As a highly qualified and globally acclaimed Aerial Artist, Nathaly has earned numerous accolades and titles, including a gold medal at the prestigious South American Championships in 2016 and her most recent triumph at the Turin Pole Championships in 2022. Get ready to be inspired and guided by a true champion in the world of aerial arts, as we embark on a thrilling journey of skill, creativity and breathtaking performances.



Instructor(s)
Nathaly Sabalza



Location

Aerial Grace Studio in Maadi.



Venue

https://maps.app.goo.gl/ NwLFyfcu8R4HrLETA



Year Group(s)

Yr 8 to Yr 10



Maximum Class Size

10

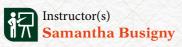


Cost

2,500 L.E

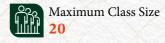


Come and enjoy a creative journey as we delve into the world of renowned artists and their celebrated masterpieces. In these sessions, we'll not only admire the works of Monet, Dali, Klimt and Van Gogh but also try our hand at using their techniques to craft our own artistic wonders. Get ready to be inspired by these iconic creators and unlock your inner artist while learning from the great masters.











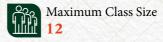


Welcome to 'Crafts and Creations', where the world of imagination knows no bounds! Get ready to unleash your artistic flair and craft your way through a world of creativity. From making projects to imaginative crafts, these sessions are your canvas to explore and express your unique ideas. Join us for a delightful journey of crafting and camaraderie, where every creation is a masterpiece waiting to happen.













Embark on an exciting linguistic journey with German for beginners! Whether you're new to the German language or simply curious to explore a new language, these sessions are the perfect place to start. Discover the beauty of German culture, vocabulary and conversation, as we dive into the fundamentals of this rich and vibrant language. Get ready to open doors to new connections and experiences in a fun and interactive environment. Join us and take your first steps toward becoming a German speaker!











Welcome to Indonesian for beginners! If you've ever been curious about the enchanting Indonesian language and culture, this is the perfect place to start your journey. In these sessions, you'll explore the basics of Indonesian, from greetings to everyday conversation. Dive into a world of rich traditions and vibrant expressions as you learn to communicate in this fascinating language. Whether you're planning a trip, eager to connect with Indonesian culture, or simply looking for a new linguistic adventure, join us as we embark on this exciting language-learning experience!











Model United Nations is an academic simulation of the United Nations where students play the role of delegates from different countries and attempt to solve real world issues with the policies and perspectives of their assigned country. For example, a student may be assigned the United Kingdom and will have to solve global topics such as nuclear non-proliferation or climate change from the policies and perspectives of the United Kingdom.







Year Group(s)
Yr 9 and Yr 13



Maximum Class Size

12

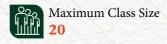


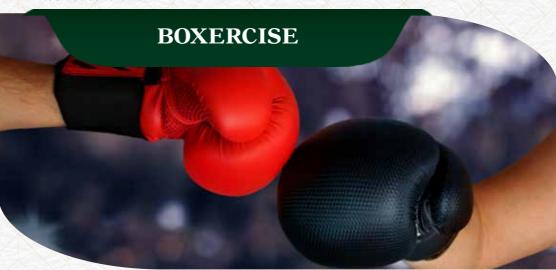
Welcome to the realm of tabletop adventures in our exciting exploration of board games! Here, you will have the chance to discover and learn new games, delve into rulebooks, and experience the thrills of strategy and competition. These sessions emphasise sportsmanship and collaboration, encouraging you to support one another and accept that sometimes there can only be one winner.









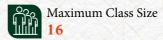


Are you ready to rumble with the Headmaster? Boxercise is a dynamic workout that combines boxing with cardio, offering a fun way to get fit, reduce stress and learn some boxing skills. It is an effective fitness regime that helps you achieve your goals. Beyond physical benefits, Boxercise also serves as a great stress-reliever, allowing you to release tension in an invigorating way. Get ready to challenge yourself, have a blast, and leave each session feeling stronger and disciplined! You will need to bring a PE kit and water bottle for these sessions.









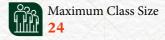


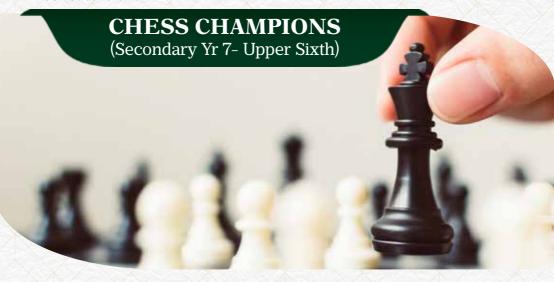
Are you ready to step into the world of competitive chess? Join us for the Primary Chess League, an exciting club designed for those with prior chess experience. If you're passionate about the game and eager to challenge your strategic skills, this is the perfect opportunity to showcase your talent and engage in thrilling chess battles with fellow enthusiasts to be a grandmaster!











Are you ready to step into the world of competitive chess? Join us for the Secondary Chess League, an exciting club designed for those with prior chess experience. If you're passionate about the game and eager to challenge your strategic skills, this is the perfect opportunity to showcase your talent and engage in thrilling chess battles with fellow enthusiasts to be a grandmaster!







Year Group(s)
Yr 7 to Yr 13



Maximum Class Size

18

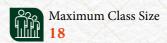


Get ready for an exciting adventure as we delve into the fascinating world of Chinese culture! As China's influence expands globally, this activity is your chance to explore the incredible values and traditions associated with this vibrant culture. From language and arts to cooking and traditional games, we'll bring the East closer to the West, allowing you to discover the wonders of China in a fun and interactive way. Join us on this cultural journey filled with learning and unforgettable experiences!









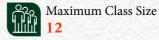


Welcome to the world of clay modelling, where your imagination takes shape! Join us for these creative sessions where you'll explore the art of transforming ordinary clay into intricate sculptures and artworks. Throughout the journey, you will acquire valuable techniques and skills, including the use of specialised tools. Whether you're an experienced artist or simply looking to ignite your creative spark, this is the ideal space to unleash your imagination. Join us on this captivating adventure and uncover the magic of moulding and sculpting clay into magnificent and one-of-a-kind creations!





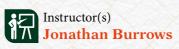






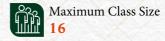


Welcome to the construction club, where young builders embark on exciting adventures through the world of creativity and construction! If you love building and creating, this is the perfect club for you. Join us for hours of fun as we explore the limitless possibilities of construction toys. From building towering structures to crafting your own models using various construction toys, our club is a place where budding architects can let their imaginations run wild. Get ready to build, design, and have a blast!











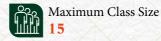
Welcome to the Diploma of French Language (DEFL) course, tailored for young learners eager to dive into the world of French language and culture! This course is a fantastic gateway to French, emphasising fundamental vocabulary, grammar, and communication skills. Join us for an exciting journey where students not only enhance their language abilities but also discover the vibrant tapestry of French culture.







Year Group(s)
Yr 4 to Yr 6





If you're a fan of Disney classics and love to sing along to your favourite songs, this is the perfect club for you. Join us for hours of melodious fun as we gather to sing some of the most beloved Disney songs. Whether you're a budding vocalist or just want to enjoy the music, our club promises a memorable and enchanting experience for all. Let's embark on a musical adventure through the enchanting world of Disney together!











This is your gateway to honing practical drama skills! Whether you're considering a future role in one of our school drama productions or simply eager to explore the world of theatre, this workshop is the ideal place to develop your dramatic talents. Join us for hands-on experiences that will not only enhance your skills but also ignite your passion for the performing arts. It's time to step into the spotlight and embrace the magic of the stage!









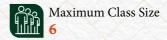


Embark on an epic journey into the world of imagination and adventure with the Dungeons and Dragons Board Game! If you've ever dreamt of becoming a heroic adventurer, facing mythical creatures, and solving intricate puzzles, this is your chance. Join us for thrilling sessions filled with storytelling, strategy and endless possibilities. Whether you're a seasoned adventurer or brand new to the game, we welcome all who seek excitement and camaraderie in the realm of Dungeons and Dragons. Ready to roll the dice and begin your quest?









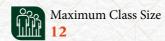


Welcome to the Eco-Club, your gateway to a greener future! In these sessions you will discover how you can become environmentally conscious both at school and at home. Together, we'll delve into important topics such as recycling and the impacts of global warming on our precious planet, animals and weather systems. Join us on a journey of learning, action and advocacy as we strive to make a positive difference for our environment. Let's come together to embrace sustainable practices and protect our beautiful planet Earth!



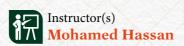






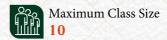


Welcome to "Morality in Motion: Films with a Message," where we explore the power of storytelling through cinema! In this captivating club, we delve into a world of thought-provoking films that carry meaningful messages. Join us for cinematic adventures that spark discussions, inspire change, and leave a lasting impact. Whether you're a movie buff or simply curious about the stories that shape our world, this club promises an engaging journey of exploration and enlightenment. Get ready to be moved, inspired and entertained by the magic of film!



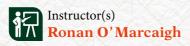








Join us for an enriching musical journey through folk song and era defining music! If you want to add a musical twist to the end of your school day, this is the perfect activity for you. Led by Mr. O Marcaigh, you will be transported back to the vibrant musical era of the 1960s to the 1980s, featuring iconic folk songs by legends like Bob Dylan, The Beatles and Cat Stevens. Through joyful singing and instruction, you'll not only boost your confidence and self-esteem but also enhance your skills in drama, English, PSHE and of course, music. Get ready to embrace the power of music and let your creativity soar!









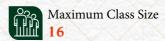


Welcome to the world of green thumbs and vibrant blooms! If you're passionate about plants, flowers and getting your hands dirty, this is the perfect club for you. Join us as we dig, plant and nurture our way through the wonders of gardening. Whether you're a seasoned gardener or just starting out, our club offers a blooming good time for all. Get ready to cultivate your love for nature and watch your garden dreams grow!













Get ready to hit the court and unleash your basketball skills in our Girls' Basketball club! If you're passionate about the game and eager to learn, this is the perfect opportunity to join a supportive and empowering community of female athletes. From dribbling to shooting hoops, we'll work on mastering the fundamentals of basketball while fostering teamwork and fair play. Join us for a thrilling experience where you can showcase your talents and have a ball on the court!









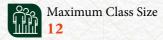


Welcome to the Dance Club, where we groove, twirl and express ourselves through the art of dance! Whether you're a seasoned dancer or just want to move to the beat, this is the perfect club for you. Join us as we explore various dance styles, from hip-hop to ballet, and let our bodies become instruments of creativity. Get ready to dance your heart out, make new friends and ignite the dance floor, with your passion and rhythm!











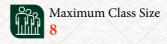
Elevate your golf game with top-notch coaching at the JW Driving Range. Our expert instructors are here to help you refine your skills and take your golfing prowess to new heights. Whether you're a beginner looking to get started or a seasoned golfer aiming for improvement, our range is the ideal place to enhance your game. Join us and tee off on a journey to golfing excellence!



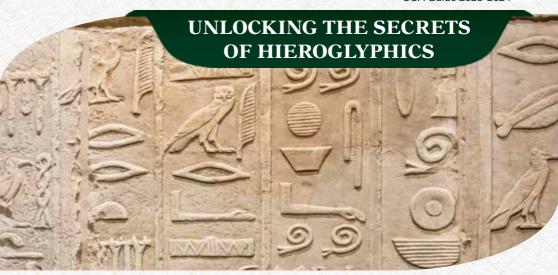




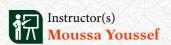








We will embark on a thrilling journey through the fascinating world of ancient Egyptian writing. If you've ever been curious about deciphering the mysterious hieroglyphs and exploring the stories they tell, this is the perfect club for you. Join us as we decode the language of the pharaohs, unveil the secrets of ancient texts, and connect with one of history's most captivating civilisations. Get ready to unravel the mysteries and step back in time with us!











Welcome aboard where we set sail on a nautical adventure of knowledge and exploration! If you've ever dreamt of mastering the art of sailing, this is the perfect club to embark on your journey. Join us as we delve into the theoretical aspects of sailing, from understanding wind patterns to navigating the open waters. Whether you're a future sailor or simply curious about the world of sailing, our club promises an engaging experience where you'll learn the ropes of this timeless and captivating sport. Get ready to chart a course to new horizons!

Learn the theory behind sailing a keal boat. Students have first refusal to take part in a two day practical introduction on board a sail boat at the Red Sea (the date to be confirmed). Students must be 16 years of age in order to choose this activity.

"The intention is that participants on this CCA will have first refusal to take part in a two day practical sailing trip on a keelboat at the Red Sea"

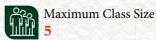






Year Group(s)

Must be 16 years old.





If you have a passion for accessories and a desire to craft your own unique jewellery, this is the perfect club for you. Join us as we explore the art of jewellery making, from selecting materials to designing and crafting your very own pieces. Whether you're a budding artisan or simply looking for a creative outlet, our club offers a sparkling opportunity to express your style and create wearable works of art. Get ready to sparkle and shine as you embark on a glittering journey of jewellery creation with us!





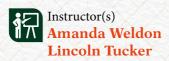






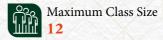


Get ready to turn trash into treasure with our junk band! If you've ever wondered about the creative potential of everyday items, these are the perfect sessions for you. Join us as we transform ordinary objects into musical instruments, creating a unique and harmonious experience. Whether you're a seasoned musician or simply eager to explore the world of sound, our club promises a rhythmic adventure filled with innovation and eco-friendly fun. Let's make some music and show that creativity knows no bounds!



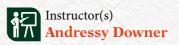






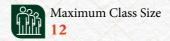


Where the rhythm moves your feet and the music sets your soul free! If you love to dance or just want to let loose on the dance floor, this is the CCA for you. Join us as we groove to the hottest beats and learn fun choreography from a variety of dance styles. Whether you're a dance enthusiast or a newcomer to the world of movement, 'Just Dance' offers an electrifying space to express yourself, get active and have fun. Get ready to dance your heart out and make unforgettable memories on the dance floor!









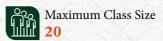


Discover the joy of singing your favourite songs and building confidence through karaoke. This exhilarating activity not only lets you shine as a performer but also enhances your literacy skills as you follow lyrics, improve pronunciation and connect with the power of storytelling through music. Whether you're an aspiring singer or just love a good tune, this is a musical adventure where you can express yourself and become a karaoke superstar!











Join us for a thrilling pickleball experience led by one of Egypt's top coaches at the Cairo Pickleball Academy! Pickleball is a dynamic sport that blends tennis, badminton and ping-pong using a paddle and perforated plastic ball. These sessions are suitable for players of all abilities. With straightforward rules, it is an excellent sport for those looking to dive into racquet sports and have a ball!













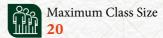


You will embark on a creative and calming journey through the world of mandalas. If you seek relaxation and self-expression, this is the perfect club for you. Join us as we explore the intricate art of mandala colouring, allowing your inner artist to flourish. Through the therapeutic act of colouring, you'll find serenity and mindfulness while crafting your own mandala masterpieces. Whether you're an experienced artist or just looking for a peaceful escape, this club promises a meditative and artistic adventure. Let's create beautiful mandalas and find tranquillity together!











Welcome to the Meditation Club, where tranquillity meets self-discovery! If you're seeking inner peace, stress relief, and a path to mindfulness, this is the perfect club for you. Join us as we explore various meditation techniques, from guided mindfulness to deep relaxation practices. Whether you're experienced or a newcomer interested in the benefits of meditation, our club provides a tranquil haven where you can discover equilibrium, clarity and an enhanced sense of well-being. Get ready to embark on a peaceful journey within and discover the transformative power of meditation!

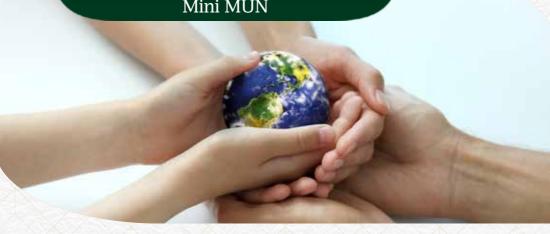








MINI-MODEL UNITED NATIONS Mini MUN

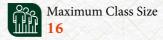


Welcome to the exciting world of Mini-Model United Nations! You will have the opportunity to dive deep into current global affairs, exploring and discussing critical issues that shape our world. Not only will you engage in lively debates and refine your public speaking skills, but you'll also cultivate a sense of critical thinking. Join us in this enriching experience where you'll become a diplomatin-training, fostering your understanding of international relations and developing the skills to tackle complex global challenges. It is your chance to make your voice heard and be part of a community passionate about creating positive change on the world stage!











Join us in the vibrant world of self-expression as we transform your own photograph into a stunning, colourful self-portrait, inspired by the iconic style of Andy Warhol. Using posterization techniques, you'll create a captivating artwork that captures your unique personality and artistic flair. Dive into the realm of Pop Art and let your creativity shine as you embark on this exciting artistic journey!









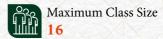


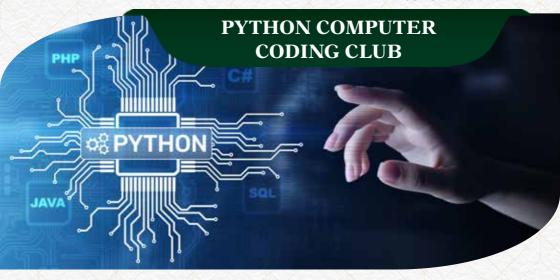
Step into the captivating world of Puzzle Club, where we're on a mission to unravel the mysteries of mind-bending challenges. Throughout our exciting journey, we'll dive deep into a rich assortment of brain-teasers, including the ever-popular word searches and crosswords, as well as a fascinating array of other word puzzles that will put your cognitive skills to the test. Get ready to exercise your brain, expand your vocabulary, and unleash your problem-solving prowess in a fun and engaging atmosphere where every puzzle leads to a new adventure!









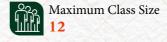


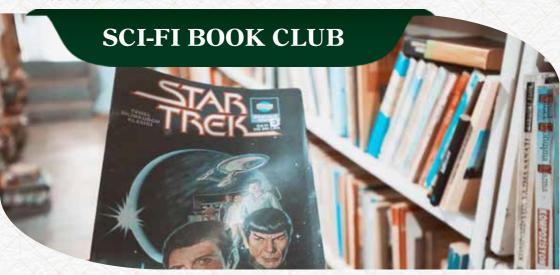
Are you planning on a career as an engineer in the future? Almost everything an engineer designs now integrates electronics or computer software. This is an opportunity to learn the fundamentals of software coding. It is based around using Python, a computing language that enables students to write bespoke computer software. This session will support students to either start learning how to write computer code or to improve their existing skills.



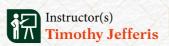






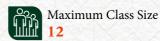


Welcome to the Sci-Fi Book Club, where we embark on thrilling journeys to distant galaxies, alternate realities, and futuristic landscapes through the power of literature. If you're a fan of mindbending tales, imaginative technology and exploring the boundless possibilities of science fiction, this is the perfect club for you. Join us as we dive into the pages of classic and contemporary sci-fi novels, discuss intriguing concepts, and share our passion for the genre. Whether you're an avid reader or just curious about the wonders of science fiction, our club promises a captivating exploration of the cosmos and beyond. Get ready to boldly go where no reader has gone before!









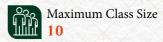


Join us for an exciting journey into Spirited Arts 2024, an annual competition that celebrates young artists and writers exploring spirituality and faith through their creative talents. Hosted by NATRE, a UK-based organisation, this global competition invites children to unleash their imagination and express their thoughts on a specific question or theme. Through various art forms such as painting, drawing, sketching and poetry, you'll have the opportunity to share your unique perspective and be part of an international creative community. It's your chance to let your creativity shine and connect with young minds from around the world and win one of five prizes per category (Amazon vouchers), plus global recognition. Mrs Boyle has had several winners in the past.











Welcome to the exciting world of STEAM (Science, Technology, Engineering, Art and Mathematics), where we blend the realms of science, technology, engineering, art, and mathematics to spark your creativity and innovation! In this club, you'll embark on a hands-on journey of discovery, where you'll harness your ingenuity to create working models of cars, boats and rockets, using a wide array of recyclable and repurposed materials. Get ready to delve into the principles of design, engineering and problem-solving as you turn everyday objects into functional marvels. It's an opportunity to unleash your inner inventor, explore the fascinating world of STEAM, and bring your imaginative ideas to life!







Year Group(s)
Yr 3 to Yr 6



Maximum Class Size



Cost 375 L.F

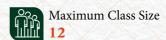


Welcome to the world of Table Tennis, where lightning-fast rallies and precision shots take centre stage! Whether you're a seasoned player or just curious about this dynamic sport, our club offers an opportunity to enhance your skills, challenge your reflexes, and enjoy the thrill of the game. Join us for friendly matches, expert coaching and a chance to become a true table tennis enthusiast. Get ready to paddle your way to success and have a smashing good time!









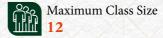


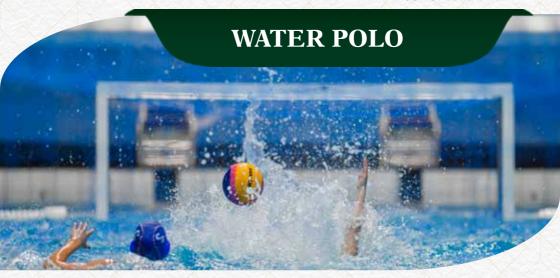
Welcome to the world of 'Unmatched', a thrilling tabletop game that invites two to four players to engage in skirmish-style battles using miniatures and cards. In this exciting club, you'll discover a diverse cast of playable characters drawn from mythology and pop culture, including iconic figures like Robin Hood, Bigfoot, Sinbad, Bruce Lee, Sherlock Holmes, Dracula and many more. No prior knowledge of the game is required, as we provide all the necessary equipment. Join us for epic battles, strategic showdowns and a chance to immerse yourself in the world of Unmatched!









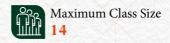


Dive into the exhilarating world of water polo right in our school's swimming pool! Join us as we teach you the ins and outs of the game, from understanding the rules to practising your skills in Malvern's 25-metre swimming pool, all under the watchful eye of a certified lifeguard. Whether you're a complete beginner or looking to refine your water polo abilities, this club offers a splashing good time!



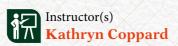








This is where we provide you with a nurturing space to unwind and reconnect after a bustling day at school. Our focus is on nurturing your overall wellbeing through a variety of activities, including yoga, calming breathing techniques, massage, mindful colouring and crafting stress relievers. Join us as we prioritise your mental and emotional health, offering tools and techniques to promote relaxation and mindfulness. It is a wonderful opportunity to find balance and inner peace in a supportive and caring environment.



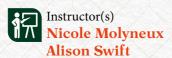






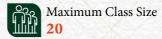


Join us for an exciting culinary adventure! Each week, you will embark on a journey to develop your fine motor skills by exploring the art of chopping, cutting, kneading, mixing, pouring and whisking. Our young chefs will have the opportunity to use various kitchen tools, follow diverse recipes, and collaborate with their peers in a safe and joyful environment. With a different recipe to explore each week; get ready to whip up some delicious creations and savour the flavours of fun!













Are you ready to embark on a captivating journey of mindfulness, flexibility, and pure fun? Welcome to our Young Yoga Club, where we'll dive into the enchanting world of yoga! Yoga is a practice that blends gentle movements, soothing breathing exercises and serene meditation. It is like a mystical adventure for your body, mind and spirit! Through yoga, we'll discover how to stretch and strengthen our bodies, just like agile little superheroes. We'll also unlock the secrets of inner peace and serenity, equipping us to stay calm and focused even in the midst of our busiest moments. During our sessions, prepare to explore playful yoga poses inspired by animals, nature, and everyday objects, all with the guidance of Cosmic Kids! You will master the art of balancing like flamingos, stretching like trees, and roaring like lions! Plus, we will practise special breathing techniques that can boost our energy or bring relaxation when needed. Wear your PE kit for this activity.









Malvern College Egypt - CCA Disclaimer

We are delighted that your child is participating in the after-school Co-curricular activity (CCA) offered by Malvern College Egypt. We believe that such activities will enrich your child's educational experience and personal growth. However, it is essential to ensure the safety and well-being of all participants. To this end, you are required to provide your consent to the following disclaimer, which outlines the terms and conditions for participation:

- 1. Assumption of Risk: I understand that participation in the CCA involves inherent risks, including but not limited to physical injury, accidents, or unforeseen events. I acknowledge that these risks exist and agree that my child will participate in the CCA willingly.
- **2. Emergency Medical Treatment:** In the event of an accident or injury during the CCA, I authorise school staff or designated medical personnel to provide necessary medical treatment and transportation for my child. I also understand that I will be responsible for any associated medical expenses.
- 3. Release of Liability: I release the school, its employees, agents, volunteers, and any affiliated organisations from any liability, claims, or demands for personal injury, property damage, or any other loss that may occur during my child's participation in the CCA, regardless of how such injury, damage, or loss occurs.
- **4. Insurance Coverage:** I acknowledge that it is my responsibility to ensure that my child has appropriate health and accident insurance coverage during their participation in the CCA.
- **5. Behaviour and Conduct:** I understand that my child is expected to adhere to the rules and guidelines established by the school and the CCA organizers. Failure to do so may result in their removal from the activity.
- **6. Photography and Publicity:** I grant the school permission to use photographs, videos, or other media featuring my child for promotional or educational purposes related to the CCA, without compensation or prior notice.
- **7. Transportation:** If transportation is provided as part of the CCA, I acknowledge that my child will be subject to the rules and regulations of the transportation provider. I understand and agree to the required collection arrangements.

Co-curricular Activities Guide



