

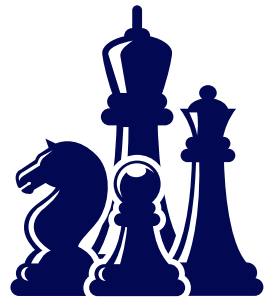


Arcadia British School
Nurture Lifelong Learning

2025 – 2026

SECONDARY ASA PROGRAMME

The After School Activities (ASA) Programme enhances your child's education by offering diverse opportunities beyond the classroom. Through sports, arts, science and community service, students can explore new interests, build skills, and make lasting friendships—supporting their growth into well-rounded, confident individuals.



Welcome to ASA Term 1

Dear Parents and Students,

Welcome to the Term 1 ASA Programme at Arcadia British School! This booklet outlines the exciting extracurricular opportunities available this term, offering students the chance to explore new interests, develop skills and connect with their peers.

The ASA sessions will take place on **Mondays, Tuesdays** or **Wednesdays**, depending on the activity chosen. The clubs will run for 9 weeks throughout Term 1 starting Monday 8th September 3.45 – 4.45. Please see dates below:

- Week beginning 8th September
- Week beginning 15th September
- Week beginning 22nd September
- Week beginning 29th September
- Week beginning 6th October
- Week beginning 20th October
- Week beginning 27th October
- Week beginning 3rd November
- Week beginning 10th November

Sign-up for activities will be through School Cloud, and registration for ASAs will **open on Thursday 28th August** and **close on Thursday 4th September** so please ensure you register promptly to secure your preferred choice. Each student will be allowed to sign up for one ASA each initially and if there are spaces left, we will reopen at a later date. Each activity offers a fantastic opportunity for students to learn, grow and make the most of their time at Arcadia.

Thank you for supporting the ASA Programme and encouraging your child to engage in these enriching experiences. We look forward to seeing our students thrive!

Kindest regards,
Adina Strachan
Head of Student Experience



Arcadia Learning Skills



Sharing ideas clearly, talking in discussions and presenting information in different ways (speaking, writing, visuals).

Working well with others, sharing tasks and supporting each other in group work.



Thinking carefully about information, finding patterns, making connections and coming up with new ideas.

Engaging in creative activities and play to stimulate imagination, relieve stress and enhance overall wellbeing.

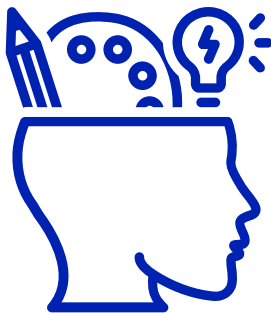


Selection Guide

Explore a variety of activities designed to enrich your child's learning and development. Use this guide alongside the booklet to make informed choices and register via [School Cloud](#). Remember, spaces are limited—register as early as possible!

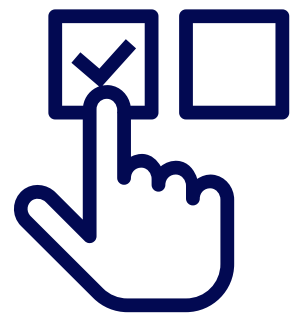
Review your current weekly schedule and identify any existing commitments on Monday, Tuesday or Wednesday. Since each activity is assigned to a specific day, check for potential clashes.

If your child is selected for Performing Arts or Sport, this should take priority.



Each activity is designed to help you **develop certain skills**. Check the skills listed for each activity to see which ones align with your interests and goals.

Log into [School Cloud](#) to sign up for the sessions. Make sure to confirm your selections and check for any updates regarding availability.



Submit your choices early, as spaces in activities are limited and will be allocated on a first-come, first-served basis. Ensure you review all details carefully before confirming your selection.

Important Sign-up Dates:

Open: Thursday 28th August (4pm)

Close: Thursday 4th September (4pm)

Activity Pages

Each activity page provides all the key information you need at a glance, including the day, year group, location, and skills you'll develop. Any updates on activity days, times, or locations will be shared through School Cloud, so please check regularly to ensure you know where and when to arrive at your activities. Use this guide to choose the activities that best suit your schedule, interests, and goals!

Day of the week

This will identify which day the ASAs are running

Year Groups

Not all activities are open to every year group.

MONDAY

YEAR 7 - 13

Activity Title

CLIMBING AT MOUNT ARCADIA

Location

📍 Climbing Wall

Description

This will give you an understanding of the activity

Join us for Climbing Club and reach new heights—literally! Whether you're tackling tricky bouldering problems or testing your strength on routes and overhangs, this is your chance to challenge yourself in a safe, supportive (and fun!) environment. Along the way, you'll build confidence, sharpen techniques, and discover muscles you didn't even know you had. With teamwork, encouragement, and plenty of laughs, you'll soon find that the best view really does come after the hardest climb. So grab your trainers, bring your sense of adventure, and let's scale new heights together!



MR STRACHAN

Lead Teacher(s)

This will let you know who is running the ASA and who to contact should you need more information



Learning Skills

Displays the skills and attributes developed during the session, linked to the 4 Cs of learning.

Need more information?

If you have any questions or need assistance with selecting activities, please do not hesitate to reach out or check School Cloud for the latest updates.

We're here to help you make the most of the ASA Programme!

ARCADIA SPORTS ACADEMIES

BY
INVITATION
ONLY



	FIXTURES	AM CLUBS	PM CLUBS
MONDAY	U19 BASKETBALL	SECONDARY SWIM SQUAD U12, U13, U14 BOYS RUGBY	U12, U13 & U14 GIRLS RUGBY FROM HALF TERM (OPEN TO ALL)
TUESDAY	U12 BOYS & GIRLS FOOTBALL	SECONDARY GIRLS FOOTBALL (OPEN TO ALL) U13 & U15 BOYS VOLLEYBALL	U13 & U14 DEVELOPMENT NETBALL U11 - U14 DEVELOPMENT SWIM
WEDNESDAY		U12 GIRLS NETBALL ATHLETICS (FROM HALF TERM)	U13, U14 & U15 GIRLS SQUAD NETBALL U12, U13 & U14 BOYS RUGBY SKILLS (FROM HALF TERM) U12 DEVELOPMENT NETBALL
THURSDAY	U13/U14 BOYS & GIRLS FOOTBALL U16 BOYS BASKETBALL	SECONDARY SWIM SQUAD U15-U19 BOYS FOOTBALL	
FRIDAY		U12, U13 & U14 BOYS FOOTBALL	

BY
INVITATION
ONLY

Tryouts for sports clubs will take place in the first two weeks of term.

If your child is selected to attend a club, you will receive an email by Friday 5th September.

ARCADIA PERFORMING ARTS ACADEMIES



MONDAY

YR 7-10

SECONDARY MUSICAL THEATRE



Black Box

3.45-5.30pm



TUESDAY

YR 6 - 10

ELITE DANCE ACADEMY



Dance Studio

3.45-4.45pm



WEDNESDAY

YEAR 7-13

ARCADIA SENIOR CHOIR



Music Room 1

3.45-4.45pm

WEDNESDAY

YEAR 4-13

LAMDA



Black Box 1
& Dance Studio

3.45-4.45pm

FRIDAY

YEAR 8 & 9

INTRO TO GCSE DANCE



Dance Studio

11.45-12.45pm

MONDAY

YEAR 7 -13

GYM (HYROX, CROSSFIT, FUNCTIONAL FITNESS)



Build strength, speed and stamina with high-energy circuits and team challenges. Try HYROX-style workouts, and functional moves that boost real-life fitness. Scaled for all levels—track PBs, smash goals and have fun. No experience needed; just trainers, water, and attitude!



MRS ANTONIE

MONDAY

YEAR 7 -13

SOCIAL FOOTBALL



A social football club for students that want to engage in non-competitive football and refine their skills.



MR GRAY

MONDAY

YEAR 7 - 9

LOGIC LEAGUE

 Room 202

Join The Logic League and put your problem-solving skills to the test! From UKMT challenges to Sudoku and KenKen puzzles, you'll take on exciting activities that sharpen your thinking and stretch your logic. With challenges for every ability level, Logic League is the perfect place to enjoy the fun side of problem-solving while building confidence and skills.



MRS ROONEY



MONDAY

YEAR 7 -13

SOCIAL RUGBY

 Location: Pitch

A social rugby club for students that want to engage in non-competitive rugby and refine their skills, strength and conditioning.



MR ROBERSON



MONDAY

YEAR 7 – 13

CLIMBING AT MOUNT ARCADIA

 Climbing Wall

Join us for Climbing Club and reach new heights—literally! Whether you're tackling tricky bouldering problems or testing your strength on routes and overhangs, this is your chance to challenge yourself in a safe, supportive (and fun!) environment. Along the way, you'll build confidence, sharpen techniques, and discover muscles you didn't even know you had. With teamwork, encouragement, and plenty of laughs, you'll soon find that the best view really does come after the hardest climb. So grab your trainers, bring your sense of adventure, and let's scale new heights together!

**MR STRACHAN**

MONDAY

YEAR 7 – 13

CHESS CLUB

 Room 206

Outthink, outplay, checkmate! Learn cool openings and sneaky tactics, crack quick puzzles, and battle friends in fun matches and mini tournaments. Beginners welcome—boards provided, just bring your brain.

**MR GARRY**

MONDAY

YEAR 7 -9

ARABIC DRAMA

 Room 204

Through fun activities in acting, role-play, and performance, students will explore the beauty of the Arabic language and culture in an exciting and interactive way. Students will have the chance to perform at school events and be recognised for their talent and teamwork!



MRS AMIRA AZAB



MONDAY

YEAR 7 - 9

CULTURAL EXCHANGE

 Room 205

Travel the world without leaving school! Join us after school to celebrate traditions, languages, food, and music from around the globe. Each week, students will share and discover different cultures through fun activities, discussions, and events.



MRS HEIDI YOUSSEF



MONDAY

ALL

GOLF

 Montgomerie Golf Club



The Golf ECA is from 4:30 to 6:00 every Monday for Term 1.

1200 AED per term.

Students will enjoy 45 minutes on the driving range, where a professional instructor will be moving between the groups, giving personalised tips and guidance to help improve swing, stance, and overall technique.

From 5:10pm onwards, students will head out onto the stunning par 3 course at The Montgomerie. Each week, tee times will be organised in advance so everyone can make the most of their time on the course.

Parents are kindly asked to collect their son/daughter from *The Montgomerie Golf Course* at 6:00pm.

To round off the term, we will host a celebratory competition on the par 3 course, giving students the chance to showcase the skills they have developed and enjoy some friendly competition with their peers!

Please email Mr Ryan for more information

greg.ryan@arcadia.sch.ae



MR RYAN



MR PUCHALSKI



TUESDAY

YEAR 10-13

LAW@ARCADIA

📍 Room 206

Explore how law shapes everyday life— from digital privacy and consumer rights to contracts, employment, and criminal vs civil law. Each week: bite-size case studies, debates on current issues, mini policy-making and quick “know your rights” guides. Build research, reasoning, and public-speaking skills. No experience needed—just curiosity and a voice.



MR PICKERING



TUESDAY

YEAR 7 - 9

MAKATON SIGNING

📍 Room 205

Makaton is a language programme that uses signs, symbols and speech to support communication. Through fun activities, students will learn everyday signs, build confidence and develop their communication skills.



MRS MITCHELL

TUESDAY

YEAR 7 - 13

DEBATING & MUN

📍 Room 204

Speak up, think fast, change minds. Build sharp cases, master rebuttals/POIs, and switch hats to diplomat—research issues, negotiate alliances, draft resolutions. Boost confidence, enjoy working as part of a team and enhance your global awareness. Beginners welcome—bring opinions and curiosity!



MRS COTTIN

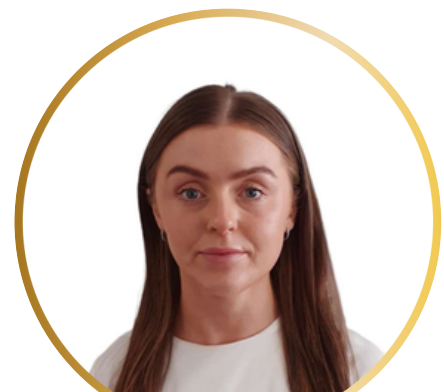
TUESDAY

YEAR 7 - 13

COOKERY FROM SCRATCH

📍 Room 212

"From Scratch" will give students the skills and confidence to make staple ingredients/foods like pastas, soft cheese and mayonnaise by hand. They will be gaining practical skills, independence, and an understanding of food science along the way.



MRS FLYNN

TUESDAY

YEAR 10 - 13

DUKE OF EDINBURGH

 2nd Floor Canteen

Challenge yourself beyond the classroom! Pick your Volunteering, Skill, and Physical goals, train for an expedition, and build resilience, leadership, and teamwork along the way. All levels welcome - we'll help you plan activities, log evidence, and hit your milestones.



MR WINSTONE



MS LUCAS

TUESDAY

YEAR 7 - 11

MANGA

 Room 207

Love anime and manga? Join our Manga Club to explore your favorite series, discover new titles, and connect with fellow fans!

Whether you enjoy reading, drawing, or discussing storylines and characters, this is the perfect place to share your passion and creativity in a fun, relaxed setting.



MRS MOHAMUD



TUESDAY

YEAR 7 – 11



MS ABDO

U15–19 OPEN GIRLS' NETBALL

Rooftop Court

A social netball club for students that want to engage in non-competitive netball and refine their skills.



WEDNESDAY

UP TO YR9

SKI DUBAI

Ski Dubai



Registration Deadline: Friday 29th August 2025 at 5pm. Please complete this form

Start Date: Wednesday 10th September 2025.

Duration: 10 weeks (last session Wednesday 19th November 2025, excluding half-term).

Timings: Every Wednesday, 5:00–6:00pm.

Location: Ski Dubai (students must arrive by 4:30pm). Parents/guardians are responsible for transport.

Cost: **AED 1,550** for 10 sessions (**AED 155** per session). Payment must be made in cash at the School Cashier's Office by Thursday 4th September 2025, 5pm.

Important Notes:

- Places are limited and allocated by Ski Dubai based on age and ski level.
- Registration and payment do not guarantee a place. If your child is not offered a place, you will receive a full refund.

To secure consideration for a place:

1. Register online by Friday 29th August 2025, 5pm.
2. Make full payment in cash by Thursday 4th September 2025, 5pm.

For more information, please contact Mr Puchalski:

rob.puchalski@arcadia.sch.ae



MR PUCHALSKI

WEDNESDAY

YR 7 - 13

QURAN CLUB

📍 2nd Floor Prayer Room

Nurturing the love of the Holy Quran through recitation, Tajweed practice and memorization of selected Surahs. The club also introduces simple explanations of meanings, connecting them to students' daily lives. A positive and inspiring environment that strengthens Islamic values, develops correct recitation skills and encourages healthy competition.



MRS GHAZALA



WEDNESDAY

YEAR 7 - 13

GYM (HYROX, CROSSFIT, FUNCTIONAL FITNESS)

📍 Gym

Build strength, speed and stamina with high-energy circuits and team challenges. Try HYROX-style workouts, and functional moves that boost real-life fitness. Scaled for all levels – track PBs, smash goals and have fun. No experience needed; just trainers, water, and attitude!



MS HARRISON



WEDNESDAY

YR 7 -13

MINDFULNESS & YOGA

📍 Room 205

Join us after school for a calming mindfulness session, where you can slow down, recharge, and reconnect. Each week we'll explore breathwork, guided visualisations, and meditation to ease the mind, along with gentle yoga and stretching to release tension. You'll also enjoy reflective journaling with prompts, gratitude activities, and mindful colouring; simple yet powerful ways to relax, refocus, and boost your wellbeing.



MS SEXTON



WEDNESDAY

YEAR 7 - 9

FABULOUS FASHION

📍 Room 204

Create a moodboard of fresh looks, sketch fashion ideas, design your own brand and make quick accessories. Plan a mini collection with friends, shoot a lookbook and end with a catwalk show. Beginners welcome - supplies provided, just bring your ideas!



MRS STRACHAN





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