

## GISNY NEWSLETTER Sept. 12, 2018

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### UPDATE FROM THE GREEN SCHOOL TEAM

Please help us become a Zero Waste School by:

- Sending package-free snacks or removing wrappers at home
- Sending natural food
- Using Tupperware and reusable water bottles

Thank you for your support!

The Green School Team

*Bitte helft alle mit, dass wir eine „Zero Waste School“ werden, indem wir*

- *Plastik- und Einwegverpackungen von Pausensnacks zuhause lassen,*
- *natürliche Nahrungsmittel mitbringen,*
- *wiederverwendbare Essensbehälter und nachhaltige Trinkflaschen benutzen.*

*Vielen Dank für die Unterstützung!*

*Das Green School Team*

### **A Message from our New Choir Director**

My name is Evelyn DeGraf and I am delighted to be joining the GISNY community as the new choir director.

I am reaching out because we have made some changes in the after-school choir program (AGs) this year in order to offer a singing opportunity for every grade. Please read the descriptions below and sign up online. There is currently no cap on the number of enrollments, but the first few weeks will serve as a trial period.

I'm looking forward to working with all of you and to continue to develop and grow the choir program.

Many thanks and I hope to make music with you soon!

Evelyn DeGraf



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### **Twinkling Stars (grades 1 - 4)**

#### **Tuesdays, 2:15-3:45PM**

GISNY Lower School students from grades 1-4 will have an opportunity to develop and nurture a love for singing from an early age on. We will learn songs in different languages, and perform in concert and at special school occasions.

### **Troubadix (grades 5 - 8)**

#### **Thursdays, 2:15-3:45PM**

NEW! This year we invite students from grades 5 - 8 to join GISNY's first Middle School choir. We will work on vocal technique, harmonies, and how to sing safely and with joy through the voice change. We will perform choral arrangements in several music styles, from classical repertoire to contemporary songs (musical theatre, jazz, and pop).

### **GISNY Youth and Adult Choir (grades 9 - 12, teachers & parents)**

#### **Tuesdays, 7.30-8.45PM**

The GISNY Youth and Adult choir will prepare and perform a varied repertoire of sacred and secular compositions from around the world. We will focus on vocal technique and choral blend, and also dive into group improvisation. All voice types welcome! Rehearsals will take place in the GISNY auditorium on Tuesday evenings, starting on September 18th.

Please continue to the next page.

## **FITNESS FOR PARENTS: Complete Body-Workout**



Ein ganzheitliches und effektives Workout, welches die Körperhaltung und -wahrnehmung fördert und Rückenproblemen vorbeugt. Das Training beinhaltet funktionale Übungen zur Kräftigung, Koordination und Mobilisation.

A holistic and complete class which promotes good posture and helps prevent back problems. The workout includes exercises for strength, coordination and mobilisation.



**Friday**  
**8.30 – 9.30 am,**  
**GISNY- Gym /Outdoor**

**Free of charge!**

**Anmeldung und weitere Informationen:**

**Anja Jancke-Souhr**

(u.a. Trainer C-Lizenz Breitensport, Fitness & Gesundheit / BTB Berliner Turn- u. Freizeitsport-Bund e.V.)

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