September 2025

2025/26

VivaHUB

By IPS Cascais

IPS Cascais
BRITISH INTERNATIONAL SCHOOL
PORTUGAL

VivaHUB

After-school activities at IPS Cascais

Once school ends at 4pm, VivaHUB begins!

Sign up now to one of the many activities that are on offer this term. Clubs vary from term to term, but fear not, a number of much loved classics have returned for another year.

Have a browse of this activity booklet for more details, and information on how to sign up can be found towards the end.

Hopefully there is a hobby or two for all.

2025 / 26 Update

Our clubs now run on a termly basis, and pupils will be asked to re-enrol at the start of each new term. This approach allows us to refresh the programme and provide more opportunities for pupils to try a wider variety of activities throughout the year.

At the same time, we know that clubs are most rewarding when children stick with them for a period of time. Just as in previous years, we encourage pupils to commit to their chosen club for at least one full term. This helps them to settle in, build their skills, and gain the most enjoyment from the experience.

We hope this balance will give children both the chance to explore new interests and the consistency needed to grow in a chosen activity.

After-school Supervision

Please Note:

If not participating in an after-school activity, children should be collected promptly when the school day ends at 16:00.

From 16:15, any child that has not been collected will be taken to After-school Supervision. If for any reason you cannot collect your child at 16:00, they will be safely supervised by a member of staff until you arrive.

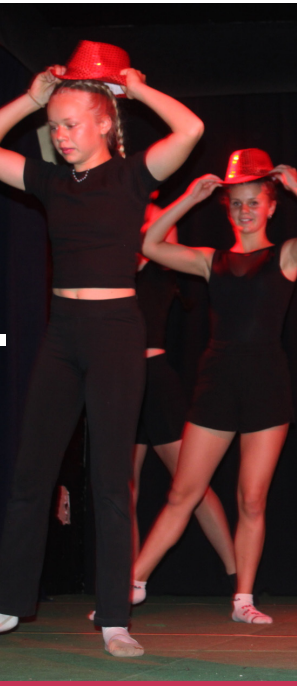
Please be aware that there is a cost for this service.

Your child will automatically join After-school Supervision if you have not arrived by 16:15 and charges depend on when you sign your children out of supervision.

See below for the rates:

Collection time:	Price to Pay:
16:15 - 16:30	5 €
16:30 - 17:00	10 €
Every 15 minutes after 17:00	15 €

It is helpful to inform the school if you are delayed or if there has been an emergency so that we can remain informed.



ArtisticHUB

For performer potential

CreativeHUB

For creative potential

CulturalHUB

For cultural potential

InnovationHUB

For innovative potential

WellbeingHUB

For athletic potential

ArtisticHUB

For performer potential

Express yourself fearlessly as you dance, sing, and create, discovering the power of your unique voice and finding joy in artistic self-expression.

Cantar Comigo!

Cantar Comigo is a Portuguese language and music club, designed for children who are non-native speakers.

Through singing, movement, and interactive games, the club aims to provide fun and engaging exposure to Portuguese in a way that supports both language acquisition and confidence building.

Ms. Maggie Barros

Fridays 16:15 - 17:00

Nursery to Year 2

€ 150 per term

Circus Club

Welcome to the circus! A magical world that has something for everyone.

Throughout this club, we will immerse ourselves in the circus universe to learn various techniques such as juggling, balancing, aerials, and much more. Amandine and Joana have worked with clowns, acrobats, jugglers, unicyclists, magicians, strong men and women, trapeze artists; if you have an area of particular interest - let them know.

The circus will be in town for 1 term only and at the end of the course, we will aim to perform a final show.

We promote a space of equality, sharing, and trust among everyone. So don't be shy, sign up today!

For a taste, have a look at the following website.
https://www.circovagamundo.pt/escola-circo

Amandine Longrays & Joana Brandao

Thursdays 16:15 - 17:00

Year 5 to Year 10

€ 180 per term

Dance Club

In Dance club we will explore diverse dance styles, keeping each session exciting and dynamic.

Pupils will build strength, boost flexibility, and master advanced techniques to enhance their movement and performance. We'll also focus on perfecting posture, promoting fitness and overall well-being. Watch your confidence soar as you grow into a stronger, more skilled dancer.

Leanne Crossland, our music and dance specialist, will be leading this activity and can't wait to see you there!

Ms. Leanne Crossland

Tuesdays 16:15 - 17:00

Nursery to Year 3

€150 per term

Fairy Tales & Performance

This club focuses on storytelling, creativity, and language development. Using well-known stories and props, we will explore vocabulary, sequencing, expression and comprehension in an immersive and playful way.

Each story will be repeated over two weeks to support deeper engagement and understanding.

Ms. Maggie Barros

Mondays 16:15 - 17:00

Nursery to Year 2

€150 per term

IPS Choir

If you enjoy singing and performing, then this is definitely the club for you.

Licia is a qualified music teacher that can't wait to meet all our talented musicians.

In Choir, children come together to enjoy the joy of singing as a group. They'll learn fun songs, explore rhythm and melody, and discover how their voices sound when blended with others. It's a lively, supportive space that builds confidence, teamwork, and a love of music.

Ms. Licia van Wijngaarden

Tuesdays 16:15 - 17:00
(Year 3 to 4)

Wednesdays 16:15 - 17:00
(Year 5 to 7)

Year 3 to Year 7

€150 per term

Performance & Entertainment

This club gives pupils the chance to explore the world of performing through dance, drama, oracy, and pop culture. From acting out scenes to choreographing routines and presenting with confidence, children will learn how to express themselves creatively with their favourite teacher, Ms. Doherty.

Build skills in: Confidence & communication through speaking and performing in front of others; Creativity & self-expression by exploring dance, drama, and music; Presentation & performance skills that help them engage and entertain an audience.

A lively and varied club, it is the perfect space for pupils to shine, develop their talents, and enjoy popular culture together.

Ms. Maeve Doherty

Tuesdays 16:15 - 17:00

Year 6 to Year 10

€150 per term

Performing Arts

Our Performing Arts Club is the perfect way for younger pupils to step into the world of performance.

Each session begins with lively warm-up games that spark imagination and build confidence, before moving on to simple scripts, movement, and song. Children will get the chance to explore characters, act out scenes, and discover the fun of working together on stage.

This club is ideal for pupils who love telling stories, enjoy a bit of drama, or just want to build confidence in a fun and supportive setting. It's all about creativity, teamwork, and discovering the joy of performing.

Ms. Amy Rafferty

Thursdays 16:15 - 17:00

Year 3 to Year 6

€150 per term

Power of Pronunciation

What is the Power of Pronunciation? Join this club to find out.

This is a fun and practical weekly program that helps pupils sharpen their pronunciation, rhythm, and clarity in English so they can speak with more confidence and ease in any setting.

Built on solid and tested methods, this program uses fun pronunciation drills, rhythm practice, and speaking challenges to help students sound more natural and confident.

Alan makes pronunciation fun and easy while supporting fluency and ultimately success in school.

Mr. Alan Woolf

Tuesdays 16:15 - 17:00

Year 3 to Year 5

€150 per term

Sing-Along Club

Dive into this vibrant group where music, singing, and movement come alive.

You'll discover new songs, jam on instruments, and build confidence through playful learning. If you can walk, you can dance; if you can talk, you can sing!

Let's create unforgettable moments together. 1, 2, 3... Come along and sing with me.

Ms. Leanne Crossland

Thursdays 16:15 - 17:00

Nursery to Year 1

€150 per term

CreativeHUB

For creative potential

Unleash your imagination and let your creativity soar as you bring your ideas to life, express yourself freely, and discover the artist within.

Arts and Crafts

Join our Arts and Crafts Club, where kids will explore a variety of art media and techniques, including painting, drawing, printing, modelling, and sculpture.

Each week, children will dive into exciting themed or open-ended projects that encourage creativity and self-expression. With a mix of guided activities and the freedom to explore their own ideas, participants will develop new skills, experiment with different materials, and bring their imaginations to life.

Ms. Annick Gruslin

Thursdays 16:15 - 17:00

Year 1 to Year 6

€150 per term

Carpentry Club

Grab your goggles and get building in our hands-on Carpentry Club for Years 4 to 6.

Each week, children will learn basic woodworking skills as they create fun projects using real tools in a safe and supportive environment.

You can find out more about the club by watching this introductory video from head carpenter Ela.
https://www.youtube.com/watch?v=d3cDii48nsc

Ms. Ela Mazmanoglu

Tuesdays 16:15 - 17:00

Year 4 to Year 6

€170 per term

Crochet Club

Join Crochet Club and create all sorts of wonderful items.

From bobble hats and blankets, to creating animals and little toys - this is a wonderful club to join for a relaxing afternoon mastering a creative craft.

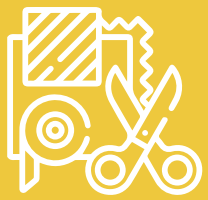
We hope to see you there.

Ms. Maggie Barros

Wednesdays 16:15 - 17:00

Year 3 to Year 10

€150 per term



Little Artists

Our Little Artists will get the chance to explore colours, textures, and materials - focusing on a famous artist each week.

They will experiment with all sorts of mediums from paints, pencils, pastels, to chalk. By discovering new ways to express themselves, who knows, we may be setting these children on the path to be the next Picasso.

Sign up for a playful space that encourages imagination and creativity based on well known styles.

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Ms. Lorraine Babbs

Tuesdays 16:15 - 17:00

Nursery & Reception

€150 per term

Little Carpenters

In Little Carpenters, young builders in Years 1 and 2 will dive into the world of woodwork through fun, hands-on activities.

They will use simple tools to make their own creations, building skills and a love of crafting along the way.

You can find out more about the club by watching this introductory video from head carpenter Ela.
https://www.youtube.com/watch?v=d3cDii48nsc

Ms. Ela Mazmanoglu

Fridays 16:15 - 17:00

Year 1 & Year 2

€170 per term

Mandala Club

In our Mandala Club, children get the chance to slow down and express themselves through the art of mandala making.

Using colors, patterns, and shapes, they can get creative while also finding a sense of calm and focus. It's a peaceful space where we will bring together imagination and mindfulness to produce a wonderful piece of art.

Ms. Annick Gruslin

Fridays 16:15 - 17:00

Year 1 to Year 6

€150 per term

Scrap 4 Fun

Scrapbooking, once a hugely popular way to preserve memories, has certainly evolved but hasn't entirely become a thing of the past. While the rise of digital photography and online sharing platforms has shifted how people document their lives, many still appreciate the tactile, creative nature of scrapbooking.

Make cards, calendars, invitations and other projects to take home for special occasions.

Use craft tools, stickers, washi tape, ribbons, patterned papers, cutters, stamps and stencils to create a special book that will turn crafts into delightful memories.

Ms. Annick Gruslin

Wednesdays 16:15 - 17:00

Year 2 to Year 6

€150 per term

Tile Painting

Pupils will enjoy learning the Portuguese tradition of tile painting in specific styles to create their very own works of art.

Tiles can be combined into larger projects and some of the creations we have seen over previous years have been absolutely incredible. From hot plates, magnets, decorations, mugs and trays; the list goes on!

Pupils will be able to take their creations home once they have been finished off and fired in the kiln. The projects are perfect little gifts for all sorts of family and friends.

Ms. Heide Cruz

Tuesdays 16:15 - 17:00

Year 4 to Year 10

€180 per term

Woodcrafting

Get stuck into real craftsmanship in our Woodcrafting Club for Years 7 to 9.

Students will develop their skills using tools and techniques to design and build their own creative projects, gaining confidence, precision, and a deeper understanding of working with wood.

Ms. Ela Mazmanoglu

Wednesdays 16:15 - 17:00

Year 7 to Year 10

€170 per term

CulturalHUB

For cultural potential

Embark on a journey of cultural exploration where you'll embrace diverse cultures, languages, and stories, gaining a deeper understanding of the world around you.

Chinese Club

Are you interested in learning Chinese? Perhaps you already know a bit of the language and want to practise your skills? Well, this is the club for you!

Come and join Yanjun on Thursday for some lessons in Chinese. Yanjun used to be a university lecturer in Beijing; after moving to Portugal with her family, she cannot wait to get back into teaching.

Ms. Yanjun Huang

Thursdays 16:15 - 17:00

Year 4 to Year 8

€150 per term

Cooking Club

Join our fun and exciting Cooking Club for kids in Reception to Year 3.

Each week, we'll make simple yet delicious recipes that are easy to follow and perfect for little chefs. From fruity snacks to yummy treats, your child will have a blast learning basic kitchen skills in a safe and fun environment. They'll also get to taste their own creations and take some home to share.

Sign up today for a culinary adventure that builds confidence, creativity, and a love for cooking!

Ms. Tracey Vaz

Tuesdays or Wednesdays
16:15 - 17:00

Reception to Year 3

Apron

€150 per term

Dutch Language Club (Beginners)

Join our Dutch Language Club and start learning the basics of Dutch in a fun and supportive setting. Whether you are a complete beginner, a non-native speaker, or a low-level Dutch or Flemish speaker looking to build confidence, this club is for you.

Over the course of the term, we will explore everyday vocabulary, simple grammar, and useful phrases to help you get started with the language.

You may even get to try a delicious stroopwafel or two!

Mr. Nick Westbroek

Wednesdays 16:15 - 17:00

Year 2 to Year 6

€150 per term

English Talk & Play

Join us for English Talk & Play where children will practise speaking English through interactive games, role-play, and creative challenges.

From acting out stories to word games, each session is designed to boost confidence, communication skills, and creativity. Perfect for beginners.

This is a playful way to improve English whilst making new friends along the way.

Ms. Lorraine Babbs

Mondays 16:15 - 17:00

Nursery to Year 2

€150 per term

Italian Cooking Club

Do you enjoy Italian food? Want to know about theingredients you find in this cuisine? Want to impressfamily and friends by knowing how to make it? If you answered YES to all of those questions then this isthe club for you.

Join our Italian Cooking Club and discover the flavours of Italy from the school lunchroom. Pupils will learn to create delicious dishes, all while exploring the basics of cooking in a fun, hands-onenvironment.

Each session will focus on a simple recipe that youcan recreate anywhere. Perfect for young chefs of all skill levels.

Ms. Laura Daddi

Thursdays 16:15 - 17:00

Year 4 to Year 6

Apron

€170 per term

Magic Club with Alan Kadabra

A great introduction to the world of magic with professional magician, Alan Kadabra.

Pupils will receive the materials needed for the "Trick of the Day" and will not only learn how to perform the trick, they will also learn how to make it from scratch! All tricks are DIY - do-it-yourself - and pupils are encouraged to personalise as much as possible in order to create their very own storylines to go with each trick.

Magic club is a perfect introduction to an amazing new skill and art form that encourages collaboration, communication, and creativity, builds self-esteem and confidence, improves hand-eye coordination, and allows pupils to grow with peer feedback.
All tricks are kept by their makers and at the end of the term parents will be dazzled by a special performance. We hope to see you there!

Mr. Alan Woolf

Thursdays 16:15 - 17:00

Year 3 to Year 5

€150 per term

Portuguese Club

This is the perfect club for those looking to develop their confidence and understanding of the Portuguese language.

Through traditional games and activities, pupils will get an appreciation for the culture and hopefully a deeper connection with the country they are living in.

Come and be immersed in a Portuguese speaking environment such that we are improving our skills one session at a time. We hope to see your child having the confidence to approach situations in Portuguese and on a path to fluency.

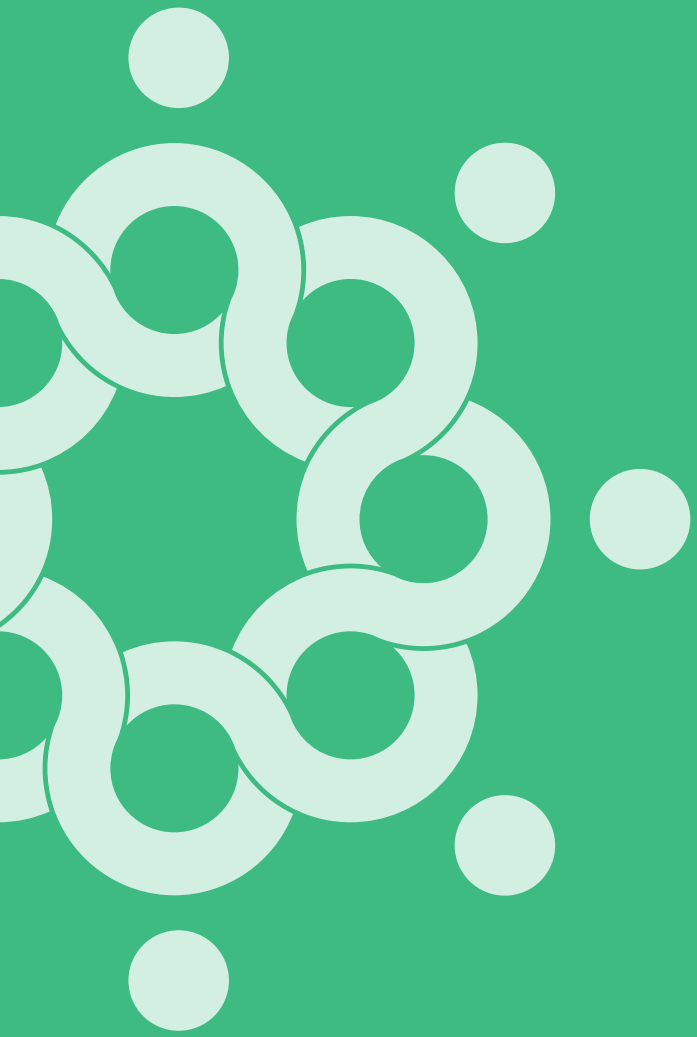
Ms. Ines Santos

Mondays 16:15 - 17:00
(Year 1 & 2)

Wednesdays 16:15 - 17:00
(Year 3 & 5)

Year 1 to Year 5

€150 per term



InnovationHUB

For innovative potential

Embark on an exciting quest of discovery as you delve into new subjects, uncover fascinating knowledge, and ignite your curiosity to unlock a world of possibilities.

Code Creators

In this activity, students will have the opportunity to create their own games and applications from scratch!

They'll start by creating scenarios and characters, then move on to programming and making the game interactive. Evidence of impact shows that activities to stimulate computational thinking at these ages bring very significant benefits in terms of a set of technical and socio-emotional competences that are fundamental to their development and future success.

In partnership with happy code

Wednesdays 16:15 - 17:00

Year 3 to Year 5

€150 per term

Code Explorers

In this activity, students will have the opportunity to create their own games and applications from scratch!

They'll start by creating scenarios and characters, then move on to programming and making the game interactive. Evidence of impact shows that activities to stimulate computational thinking at these ages bring very significant benefits in terms of a set of technical and socio-emotional competences that are fundamental to their development and future success.

In partnership with happy code

Tuesdays 16:15 - 17:00

Year 1 to Year 2

€150 per term

Escape Room in a Box

Join Alan Woolf for one of his most exciting activities yet - Escape room in a box!

Pupils will design their own exciting escape room challenges to test their friends' problem-solving skills. Each week, the students will work to create puzzles, codes, and clues, learning how to craft immersive, brain-teasing scenarios. Once their escape rooms are ready, they will swap with friends and race against the clock to solve each other's challenges.

This club is perfect for creative thinkers who love puzzles, and adventure. It's a fun way to develop critical thinking, collaboration, and creativity, all while having a blast trying to "escape!"

Mr. Alan Woolf

Mondays 16:15 - 17:00

Year 5 to Year 10

€150 per term

First coders pre-school

This activity will bring children into contact with concepts such as laterality, decomposition, abstraction, algorithms and patterns.

Through play, students learn and develop socio-emotional and cognitive skills such as reasoning and logical thinking. Given the scientific evidence of these benefits, it's important to see this type of activity as essential for the full development of each child.

In partnership with happy code

Mondays 16.15 - 17:00

Nursery & Reception

€150 per term

Go Wild!

For those of you who love fresh air, building shelters and cooking on a campfire, then this is the club for you.

Harness the power of nature and learn a variety of skills that will make you an outdoor survival expert.

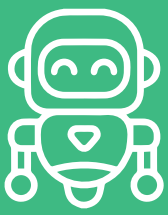
We need adventurers who are responsible and have a passion for this area. Pupils will use different tools (such as spades and rakes) and you will definitely be getting your hands dirty!

Mr Jonny Haines

Tuesdays, Wednesdays orThursdays
16:15 - 17:00

Year 3 to Year 7

€150 per term



Hands-on Robotics

This activity is aimed at children with a more practical aptitude, as it encourages problem-solving in a playful way through robotics.

Students will have the opportunity to make Lego constructions using motors, sensors and batteries or put a drone on an important mission. Then, through programming, they will bring all these devices to life.

In partnership with happy code

Fridays 16:15 - 17:00

Year 5 to Year 7

€160 per term

Inventors

Become an inventor and learn how you can make some of those crazy ideas into reality! In this club our inventors will work on a new project every week, developing an understanding for circuits, mechanisms, and other engineering concepts.

Work with your hands and your head, this is a great club for all our innovative pupils out there.

Check out this video for a taste:
https://www.youtube.com/watch?v=_Bfvz3WIfvE

In partnership with THE INVENTORS

Mondays (Year 3 to Year 5)
Thursdays (Year 5 to Year 8)
Fridays (Year 1 to Year 3)
16:15 - 17:00

Year 1 to Year 8

€180 per term

Lego Club

Welcome to the LEGO Club, where your imagination builds the future!

Throughout the year, children will be constructing a wide variety of LEGO creations from building models to fantastic landscapes, each session poses new challenges.

Kids will enhance their problem-solving skills, develop spatial awareness, and work collaboratively on exciting projects. LEGO Club is the perfect place for creative, young builders to learn through play and bring their ideas to life, one brick at a time.

Ms. Andreia Engracio

Tuesdays 16:15 - 17:00

Nursery to Year 3

€150 per term

Nature Play Club

In this club - we might get a little bit messy.

Join Nature Play Club with Leanne and Lorraine to get creative and inspired in our fantastic outdoor learning areas.

Play in the mud kitchen with sticks, leaves, pinecones, shells, flowers, seeds and more, to make all sorts of weird and wonderful things.

Don't forget to pack your wellies!

Ms. Leanne Crossland &
Ms. Lorraine Babbs

Wednesdays 16:15 - 17:00

Nursery to Year 2

€150 per term

Video and Multimedia Club

Multimedia projects are an excellent way of developing creative skills!

Using semi-professional tools, students go through all the stages. From pre-production with the planning and writing of the script.

Then production, preparing lights, sets, angles and recording. And finally post-production, editing and publishing the content safely.

In partnership with happy code

Mondays 16:15 - 17:00

Year 6 to Year 10

€160 per term

WellbeingHUB

For athletic potential

Fuel your passion for sports as you build strength, develop new skills, and experience the thrill of friendly competition, all while fostering teamwork and sportsmanship.

Football Club

Attention all young football enthusiasts from Years 3 to 6: Sign up now to join Mr. Silva's football club. Whether you're a seasoned player or just starting out, our club provides the perfect setting to learn, grow, and enjoy the game.

Our training sessions are designed to: develop fundamental skills; foster teamwork and instil a passion for football.
With expert coaching from Mr. Silva, you'll improve your: dribbling; shooting; passing and defence.

Football is an exciting and dynamic sport that promotes fitness and coordination. Join today and who knows what you can achieve. Mr Silva has even coached the likes of ex-England defender Eric Dier.

Mr Miguel Silva

Fridays 16:15 - 17:00

Year 3 to Year 6

Sports kit & football boots

€150 per term

Handball

Handball is an exciting, fast-paced team sport that combines elements of basketball, football, and netball. Players use their hands to pass, dribble, and shoot, making it both dynamic and different to those more commonly played sports.

In this club, pupils will develop: agility & coordination through quick movements and ball control; teamwork & communication by working closely with others and fitness & confidence in a game that's energetic and fun.

Arguably, handball is faster than football and more physical than basketball, giving children a fresh challenge and a brilliant way to stay active.

Mr. Joseph Fordyce

Mondays 16:15- 17:00

Year 6 to Year 10

Sports kit

€150 per term

Hockey

Grab your stick and join Hockey Club for Years 3 to 7.

Whether you're a first-timer or have some experience, this club will help you master the fundamentals of the sport.

Work on your hockey skills while learning how to play as part of a team. With fun drills and friendly matches, it's the perfect opportunity to develop your game, boost your confidence, and enjoy the thrill of hockey. Come along and hit the ground running - all levels welcome.

Ms. Josie Hassall

Tuesdays 16:15- 17:00

Year 3 to Year 7

Sports kit & shin pads

€150 per term

Judo

Discover the art of Judo with Judo Club for Years 3 to 6. Learn the key principles of Judo, including balance, throws and holds, all while having fun.

With a friendly coach and a supportive environment, you'll get stronger, more focused, and learn how to stay calm under pressure. Come along and throw yourself into something new!

In Partnership with

Mondays and Wednesdays
16:15 - 17:00

Year 3 to Year 6

Sports kit

€160 per term

Karate & Karate for Kids

Learn the martial art of karate with our resident black-belt master, Miguel Macedo.

Pupils will learn basic karate moves, self-defence, and discipline in a safe and encouraging environment. The intensity of the session will depend on the age group.

Hajime!

Mr. Miguel Macedo

Monday (Year 1 & Year 2)
Wednesday (Nursery & Reception)
Friday (Year 3 to Year 9)
16:15 - 17:00

Nursery to Year 9

Karate gi

€150 per term

KS1 Team Sports

Love being active but can't decide on a favourite sport? Well why not join our KS1 Multi-sports club!

In this club we will try out a variety of different games including football, basketball, racquet games, rugby, and more.

Perfect for all ages and skill levels this multi-sports club makes staying active, easy!

Mr. Daniel Silva

Fridays 16:15 - 17:00

Year 1 to Year 2

Sports kit

€150 per term

Mindfulness Club

Mindfulness Club gives children a calm space to pause, breathe, and relax. Through simple activities, they'll learn to focus, feel grounded, and enjoy a sense of peace after their busy day.

Ms. Iracema Alves

Thursdays 16:15 - 17:00

Year 1 to Year 2

Sports kit

€150 per term

Rugby

Calling all pupils from Years 4 to 7, join our exciting and dynamic school rugby club.

Whether you're a seasoned player or just starting out, our club is the perfect place to learn, grow, and enjoy the sport of rugby.

With expert coaching from Mr. Heger, you'll develop not only as a player but also as a confident individual both on and off the field.

We will start with tag rugby. A non-contact version of the game, making it safe and enjoyable for everyone.

Mr Sam Heger

Mondays 16:15 - 17:00

Year 4 to Year 7

Sports kit

€150 per term

Run & Play Squad

Another year, another afternoon of excitement!

Along with running, we'll dive into exciting running games, team challenges, and learn awesome skills like hula hooping and jump rope. It's all about having a blast, staying active, and making new friends.

Join us for tons of fun and feel your heart race - you won't want to miss out!

Ms. Wendy Alexandre

Thursdays 16:15 - 17:00

Year 3 to Year 6

Sports kit

€150 per term

Tennis

Learn to play tennis with qualified tennis coach, Pedro Angeja.

This club is for all levels, from beginners to the more advanced players. Due to this, you may be invited to attend a session on a different day, depending on your level.

Pedro also gives classes outside of school if your child has a real passion for the sport.

Mr. Pedro Angeja

Monday (Reception & Year 1)
Tuesday (Year 1 & Year 2)
Wednesday (Reception & Year 1)
Friday (Year 3 to Year 6)
16:15 - 17:00

Reception to Year 6

Sports Kit & Tennis racket

€150 per term

Volleyball

Get ready to bump, set, and spike with Volleyball for Years 5 to 8! Whether you're new to the sport or already have some experience, our sessions are designed to help players of all levels improve their skills in a fun and supportive environment.

Join us and take your game to the next level - it's time to serve up some fun!

Mr Afonso Fernandes

Tuesdays 16:15 - 17:00

Year 5 to Year 8

Sports kit

€150 per term

Yoga

Take a break from the busy school day and discover the benefits of yoga.

In this club, students will explore different yoga postures, breathing techniques, and relaxation practices designed to build strength, flexibility, and focus. Yoga is not just about movement, it also helps reduce stress, improve concentration, and support overall wellbeing.

Sessions will include guided flows, mindfulness exercises, and time to unwind, giving students practical tools they can use both inside and outside the classroom.

In Partnership with

Thursdays 16:15 - 17:00

Year 6 to Year 10

Sports kit & Yoga mat

€150 per term

Join our IPS School Teams

Demonstrate skill, commitment, resilience, and team spirit to earn your chance to compete against other international schools in the area.

The PE Department will be in touch with further information on how to get involved.

Football

Winter Term 1 - Girls
Spring Term 2 - Boys

Basketball

Winter Term 1 - Boys
Spring Term 2 - Girls

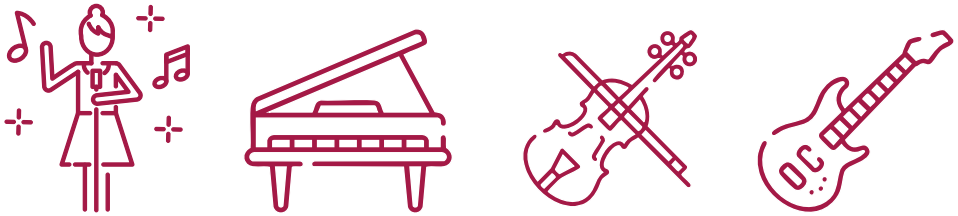
Term 1 Provisional Schedule:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IPS GREEN PITCH			Football Div 6 - (Y3 & Y4) Mr. Haines Div 4 - (Y7 & Y8) Mr. Fernandes	Football Div 5 - (Y5 & Y6) Mr. Fordyce	
IPS HARDCOURT		Basketball Div 3 - (Y9 & Y10) Mr. Starling	Basketball Div 4 - (Y7 & Y8) Mr. Nilsson	Basketball Div 5 - (Y5 & Y6) Ms. Baalouach	

Coming Soon

Athletics | Summer Term 3 - Boys & Girls

Want to learn a musical instrument?



IPS has worked with a number of fabulous peripatetic music teachers that provide private lessons to those who are interested.

Depending on availability, lessons can be held at school, as a lunch time activity, or after school.

Information and scheduling is handled directly between the teachers and parents; you can find the contact information below:

- Ms. Ines Sousa - **sousa.ines@gmail.com** [Singing coach]
- Ms. Rita Abranches - **rita_abranches@hotmail.com** [Piano]
- Ms. Catarina Sousa - **csousa8@gmail.com** [Piano]
- Ms. Catarina Frias - **catarina.frias@gmail.com** [Violin]
- Mr. Ricardo Nogueira - **ricreboredo@gmail.com** [Guitar]

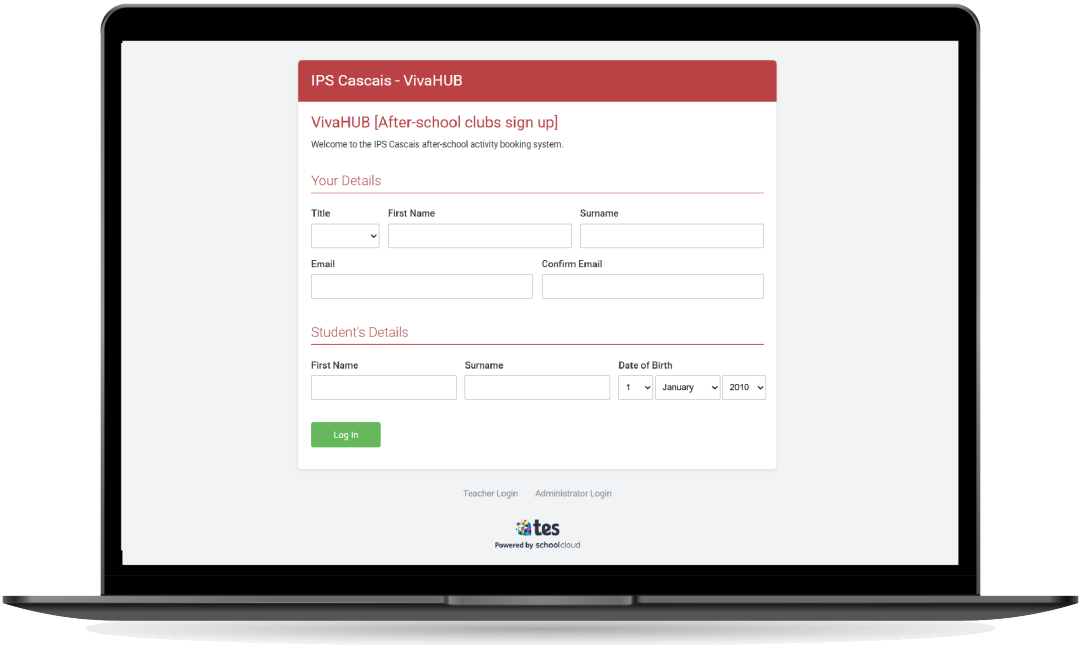
How to sign up:

Please visit the SchoolCloud booking platform linked below:

https://ipsportugal.schoolcloud.co.uk/

Login using the parent and student details requested.
One parent's login details should allow families to book for all siblings at once.

Please note that activities need to reach the minimum number of participants in order to run for the term



Safeguarding procedures

If a club is held here at IPS and is organised under the VivaHUB programme, we will help to ensure that pupils are taken directly to their activity. If you decide to collect your child at 16:00 instead of them attending the club, it is vital that you inform the class teacher and club leader so that they are not searching for your child.

Pick up permissions will also apply and therefore please ensure that written permission has been given if your child is being picked up by someone other than their designated legal guardians. You can add individuals as 'authorised' by submitting the following forms:

Primary pupils

https://docs.google.com/forms/d/e/1FAIpQLSeyZ3tjlORsPUHk31UoQZSyGR4n0LgTWrB38qp3asYB71l-_g/viewform

Secondary pupils

https://docs.google.com/forms/d/1wGzMunP9XKvAprCzZ99T9s7UfsfnKazYlP1_0M1-veg/edit

If using the late bus service, the bus will depart at 17:15 providing there are no delays.

Important Information

Registrations
Please read the following in conjunction with the Attendance Conditions available on the school website: **https://www.ipsschool.org/about-us/institutional-documents**

Registrations will be open through the IPS SchoolCloud booking system from Thursday, 18th September at 17:30. This platform will be open for two weeks.

Once the booking platform closes, children are still permitted to join an activity. If they would like to join an activity once the term starts, we ask that parents please email school secretary Ana Garrana (agarrana@ipsschool.org) to check if places are available.

Enrolments
Once registered and paid, children will then be considered enrolled in the activity of their choice for the term. Invoices for the first term will be issued once payments have been received and the enrolments have been confirmed on the register.

Registrations made in the first term will NOT automatically be renewed for the subsequent term. The SchoolCloud booking platform will reopen closer to the time once clubs for the new term have been confirmed.

Trial Session
Only during the first 2 weeks of term, can the first session be considered a 'Trial Session'.
Pupils can freely change their minds if the club is not what they expected. They can drop out or move activities provided there is space for an additional member.

Payments
Payments should be done through Flywire Platform. Please find the link below:

https://landing-pages.flywire.com/landing/ipscascais

If payment is not received, the pupil may lose their place in the activity..

Additional Information

Withdrawals
Please email Ana Garrana (**agarrana@ipsschool.org**) to cancel your activity subscription. Written notice needs to be provided via email to ensure registers are updated accordingly.

Cancellations
The school and club leader will always attempt to inform parents in advance if a club session needs to be cancelled. If a club is cancelled 48 hours prior, we will expect parents to find an alternative solution for the afternoon and the amount for the session will be refunded.

If a club is cancelled within 24 hours, pupils can wait in After-school Supervision until 17:00 with no additional charges. The club session will be refunded.

Refunds
The amounts paid are non-refundable unless the minimum capacity for the activity is not met and therefore fails to open, or if a pupil decides to cancel after their Trial Session. There will be no rescheduling / substitution of activities that coincide with holidays or school interruptions such as parent-teacher conferences, sudden severe weather, or temporary facility maintenance.

Activities missed due to school events that do not affect all members of the after-school activity, will not be replaced or deducted from the fee. Child absences shall not be reimbursed or credited.

Code of conduct
Please be aware that in order for an activity to be entertaining and run smoothly for all, the same code of conduct we follow during the school day must be followed. We encourage good communication with the club leaders and please be mindful that they have other commitments after 5pm.

Prices per activity

Activities	Price per school term
Inventors / Circus Club / Tile painting	180 €
Italian Cooking Club / Little carpenters / Carpentry / Woodcrafting	170 €
Hands-on Robotics / Video & Multimedia Club / Judo	160 €
All other activities	150 €

	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery	- Fairy tales & Performance - First coders pre-school - English Talk & Play	- Lego Club - Little Artists - Dance club	- Nature play club - Karate for Kids	- Sing along club	- Cantar comigo!
Reception	- Fairy tales & Performance - First coders pre-school - English Talk & Play - Tennis	- Lego Club - Little Artists - Cooking club - Dance club	- Nature play club - Karate for Kids - Tennis	- Sing along club	- Cantar comigo!
Year 1	- Fairy tales & Performance - Karate for Kids - English Talk & Play - Portuguese club - Tennis	- Lego Club - Code Explorers - Tennis - Cooking club - Dance club	- Nature play club - Tennis - Cooking club	- Mindfulness club - Sing along club - Arts & Crafts	- Cantar comigo! - Inventors - KS1 Team Sports - Mandala club - Little Carpenters
Year 2	- Fairy tales & Performance - Karate for Kids - English Talk & Play - Portuguese club	- Lego Club - Code Explorers - Tennis - Cooking club - Dance club	- Dutch Language Club (Beginners) - Nature play club - Cooking club - Scrap 4 Fun	- Mindfulness club - Arts & Crafts	- Cantar comigo! - Inventors - KS1 Team Sports - Mandala club - Little Carpenters
Year 3	- Judo - Inventors	- Lego Club - Cooking club - Dance club - Power of Pronunciation - Children's Choir - Go Wild! - Hockey	- Dutch Language Club (Beginners) - Cooking club - Scrap 4 Fun - Judo - Crotchet club - Code creators	- Run & Play squad - Arts & Crafts - Magic club - Performing Arts (Drama) - Go Wild!	- Inventors - Karate - Mandala club - Football club - Tennis
Year 4	- Judo - Inventors - Rugby	- Power of Pronunciation - Children's Choir - Carpentry club - Go Wild! - Hockey	- Dutch Language Club (Beginners) - Judo - Scrap 4 Fun - Crotchet club - Code creators - Portuguese club - Go Wild!	- Run & Play squad - Italian Cooking club - Arts & Crafts - Magic club	- Karate - Mandala club - Football club - Tennis
Year 5	- Judo - Escape Room - Inventors - Rugby	- Tile Painting - Power of Pronunciation - Carpentry club - Go Wild! - Hockey - Volleyball	- Dutch Language Club (Beginners) - Judo - Scrap 4 Fun - Crotchet club - Code creators - Portuguese club - School Choir - Go Wild!	- Run & Play squad - Italian Cooking club - Circus club - Arts & Crafts - Magic club - Chinese club - Inventors - Performing Arts (Drama) - Go Wild!	- Karate - Mandala club - Hands-on robotics - Football club - Tennis
Year 6	- Judo - Escape Room - Rugby - Handball - Video & multimedia	- Tile Painting - Carpentry club - Go Wild! - Hockey - Volleyball - Performance & Entertainment	- Dutch Language Club (Beginners) - Judo - Scrap 4 Fun - Crotchet club - School Choir - Go Wild!	- Run & Play squad - Italian Cooking club - Circus club - Arts & Crafts - Chinese club - Inventors - Performing Arts (Drama) - Go Wild! - Yoga	- Karate - Mandala club - Hands-on robotics - Football club - Tennis

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	- Escape Room - Rugby - Handball - Video & multimedia	- Tile Painting - Go Wild! - Hockey - Volleyball - Performance & Entertainment	- Crotchet club - School Choir - Woodcrafting - Go Wild!	- Circus club - Chinese club - Inventors - Go Wild! - Yoga	- Karate - Hands-on robotics
Year 8	- Escape Room - Handball - Video & multimedia	- Tile Painting - Volleyball - Performance & Entertainment	- Crotchet club - Woodcrafting	- Circus club - Chinese club - Inventors - Yoga	- Karate
Year 9	- Escape Room - Handball - Video & multimedia	- Tile Painting - Performance & Entertainment	- Crotchet club - Woodcrafting	- Circus club - Yoga	- Karate
Year 10	- Escape Room - Handball - Video & multimedia	- Tile Painting - Performance & Entertainment	- Crotchet club - Woodcrafting	- Circus club - Yoga	

VivaHUB

By IPS Cascais

IPS Cascais
BRITISH INTERNATIONAL SCHOOL
PORTUGAL

https://www.ipsschool.org/beyond-the-classroom/vivahub