



Michael Oak Waldorf School

Sports and Extramural Programme for Term 1 2025

Dear Michael Oak Parents & Guardians,

Welcome to a new and exciting year of sport and extramurals at Michael Oak. Please see the options for the term 1 offerings on the next few pages.

Registration

There is a requirement of **one compulsory extramural per term**. Sport and extramurals **begin on the Monday, 27 January 2025 and end on Thursday, 3 April 2025**. **Please note that a minimum of 7 students (registered) is required for each sport/extramural to continue for the term**. There will be no trial week and we would like to request that all registration forms are submitted by Friday, 24 January 2025. A revised version of the timetable will be sent thereafter. Make sure to only choose an activity that is allocated to your specific class.

- If you have more than one child at school, then you will need to fill in a separate form for each child.
- For a smooth-running programme, the best results and in the interests of security, please advise your child to choose activities they intend to commit to for the whole term.
- Please note that children who are not registered for a sport will not be allowed to participate until the online registration form has been submitted.

Cancelled sports and extramurals

If any changes or cancellations need to happen – such as in the case of inclement weather – parents/guardians will be informed as soon as possible via an SMS. Most activities do have an indoor backup in case of rain and will continue.

ALL PS and HS Sport is cancelled on Friday, 4 April due to the Dads, Dudes and Kids Camp and HS Sports Day.

Coaches

You will find the list of term 1 coaches for 2025 and their qualifications further down in this document.

Billing

Children may join as many extra murals as they wish. The first activity is INCLUDED in school fees. Each additional activity will be billed at R400 for the term. (Discount of 10% for 3rd and 20% for 4th and 5th activities. Marimba is billed directly to parents by Marimba Jam and is R980 per student, per term. Please register for Marimba Jam using this link: <https://forms.gle/xPqa9p6DpSczB2SM8>

- High School Students may participate in the Open Evening Classes as part of the extramural programme.
- Some activities, such as Art Classes, are run by external facilitators, and booking and payment are to be done directly with the facilitator. See information below.
- Parents will be billed according to the online registration form so please do update the form with any changes by Friday, 31 January 2025.

Collection of your child

Please collect children promptly after each session at school.

Absence or inability to attend sport

In the event of your child not being able to attend a session, please inform the school office by 10:00 AM via WhatsApp (063 073 7042), Phone (021 797 9728) or email (info@michaeloak.org.za).

Uniform

The school sports uniform consists of the Michael Oak t-shirt or any **plain** (no large logos, character prints or stripes) t-shirt (short or long sleeved) and tracksuit pants, leggings or shorts in navy blue, dark green, black or white. Takkies or proper sports shoes are required.

Indemnity

An Indemnity Form needs to be completed for all activities that take place off-campus. **No child will be allowed to leave the premises to attend a match without a completed online indemnity form.**

Queries

Please direct any questions to Nicky via email at extramurals@michaeloak.org.za



PRIMARY SCHOOL – SPORT AND EXTRAMURAL PROGRAMME TERM 1 2025

REVISED: 24 JANUARY 2025

Day	Activity	Class	Time	Venue
Monday	Mini Cricket	2	13:00- 13:45	The Oval
	Mini- Cricket	3 & 4	13:45- 14:30	The Oval
	Volleyball	4	13:45- 14:30	Side court
	Volleyball	6& 7	14:30- 15:15	Side court
	Marimba	6 & 7	14:35- 15:35	Movement room
Tuesday	Drama Games	2	12:30- 13:15	Big hall
	Chess	3 & 4 5, 6 & 7	12:45- 13:30 13:45- 14:30	Class 3 classroom Class 3 classroom
	Basketball	3	13:00- 13:45	Basketball court
	Volleyball	5	13:45-14:30	Side court
	Dance	5, 6 & 7	13:55- 14:40	Small hall
	Basketball	6&7	13:45-14:30	Basketball court
Wednesday	Ball skills	2	12:30- 13:15	Big hall & The Oval
	Ball Skills	3	13:45-14:30	The Oval
	Basketball	4 5	13:45-14:30 14:30-15:15	Basketball court Basketball court
Thursday	Drama Games	3 & 4	13:45- 14:30	Movement room
	Drama Club	5, 6 & 7	14:30- 15:15	Small hall
	Marimba	6 & 7	14:35- 15:35	Movement room
Friday	Soccer	5, 6 & 7	14:30- 15:30	The Oval



HIGH SCHOOL – SPORT AND EXTRAMURAL PROGRAMME TERM 1 2025

REVISED: 24 JANUARY 2025

Day	Activity	Class	Time	Venue
Monday	Soccer	ALL	15:15- 16:45	The Oval
	Volleyball Girls Team <i>(2025 School league training)</i>	9-12	15:15- 16:45	Big hall
Tuesday	Fitness Bootcamp	ALL	13:45- 14:30	Movement room
	Volleyball Boys Team <i>(2025 league training)</i>	9- 12	13:45- 15:15	Big hall
	Ultimate Frisbee	ALL	13:45- 14:30	The Oval
Wednesday	Volleyball	8 & 9	14:30- 25:25	Big hall
Friday	Marimba	ALL	14:35- 15:35	Movement room
	Basketball	ALL	14:30- 15:30	Basketball court



EXTRAMURAL ART CLASSES AT MICHAEL OAK 1st TERM 2025

The much-loved art classes will be held at Michael Oak on Fridays and Saturdays (times below). The venue is a beautiful classroom near the high school garden. Children can come to the classroom for art straight after school or other extramural activities, and wait under guidance (eat their lunch, read or draw), or join the art class. They may arrive a little late after class or other extramurals if needed.

What we did in the 3rd/4th terms: Our projects were sketching, drawing or painting shoes in connection with the Elders' Mandela #WalkTogether campaign; clay sculptures inspired by Picasso's ceramics and/or the shoe project; colour planning painted sketches when the sculptures were fired; as well as story pictures created around the modelled items. Eco- and artist-friendly painting and varnishing of the fired sculptures followed, and then sketching/free work using crushed real spring flowers as paint, some combined with chalk pastels. We went on to watercolours with real mica in it with a special sparkle. Beautiful! Additional sketches, artworks and sculptures were also created. See accompanying pictures (the first in the high school garden).



Projects for the 1st term: These will be chosen from: paper mâché functional artworks including creating an artistic pottery item; marine theme collages using etching, seaweed, shells, inks etc; portraits and landscapes using artist Maggie Loubser's artworks on exhibition at Norval Art Museum to inspire in a current way; preparation for painting on canvas; as well as outings to artists' studios and to Norval. Projects are age appropriate, with interesting introductions. Do put in requests.

Days and times, 1st term's classes (starts Friday 24th January, or 31st January if needed by the student)

- Friday 12.50pm – 1.45 pm (Kindergarten, Classes 1 and 2).
- Friday 1.45pm – 2.45pm (Kindergarten, Classes 1 to 4)
- Friday 2.45pm - 3.45pm (Classes 5, 6 and 7 or higher; also Classes 1 to 4)
- Saturday 10.30am – 11.30am, or 11.45am for tidying up (all ages)

Also in Constantia (off Brommersvlei Road) for all age groups on Thursdays.

Fees include materials and firing, and are R1200 per term. Pro rata fees for late joiners after the second lesson. Visitors or 'try-out' pupils are welcome at R160 per lesson. Detailed newsletters and flyers can be found in the foyer or emailed on request. For more information, contact Sue [MPhil in Education (Teaching) UCT and trained Waldorf teacher]. Phone: 021-7946609; WhatsApp messages: 083-2377242; email: snepgen@xsinet.co.za



FRONT ROW MUSIC

Ukulele & Guitar lessons

Micheal oak

Days: Thursdays after school from 12:45 - 16:45

Venue: Class 1 Classroom

Group lessons: R 1000 per term

(8 lessons (30 min lessons) with 4 children in a group per term)

Individual lessons R 1700 per term

(8 lessons per term) (30 min lesson\$

Pupil's name:

Grade.

PArents Name:

Contact no.

Email:

FRont row music CONTACT : Vickus 084 5828078




Email ; vickushorne gmail.com.

Sign up Now!!!!

<https://forms.gle/BGaSu5YFz8evBP9p9>



SPORT AND EXTRAMURAL COACHES - TERM 1 2025

<p>BASKETBALL</p> <p>Koffi Mvumbi</p> 	<p>In 2003, Koffi was on the National Team for Angola representing the country in the World Cup Men's basketball. In 2004, Koffi played in the African Club Championship.</p> <p>In 2014, he was in the BNL for SA playing for WC Mountaineers. For 13 years to date, Koffi has been a Club basketball player for the Montana Vikings. He participates in the Super League Team.</p> <p>This will be Coach Koffi's 17th year coaching basketball at Michael Oak. He has seen children developing from not knowing how to bounce the ball to becoming skillful players. Coach Koffi has also been the gym teacher at Michael Oak for several years, building strong connections with all children over the years.</p>
<p>VOLLEYBALL</p> <p>Declan Griebelaar</p> 	<p>A warm welcome to Declan Griebelaar, who joins the coaching team as our high school volleyball coach this year. Declan has obtained qualifications in Sports and Leisure Management as well as Sports Massage Therapy. He is currently a competitive volleyball player under the Cape Town Volleyball Federation for 3 years now and has won Middle Blocker of the Year twice, won 1st Division as well as Premier Division in 2024 while playing for UWC first team.</p> <p>Sports has always played a big role in his life and he has dedicated himself to developing and encouraging sport participation and abilities thereof.</p>
<p>VOLLEYBALL AND TABLE TENNIS</p> <p>Anne Siroky</p> 	<p>Welcome back Anne Siroky! A dynamic woman that has achieved many accolades and awards in sport within South Africa, which include the following achievements:</p> <ul style="list-style-type: none">-No.1 South African beach volleyball player (1997)-The SA Student Travel Service Project of the Year Award (2005)-Shoprite Woman of the Year in Sport (2007)-Sowetan SABC Community Builder of the Year (2007)-Peoples Post Imvusa Foundation's Community Spirit Award (2007)-National indoor ladies team player/ captain (20 year long service award)-Inducted into the Hall of Fame in Volleyball by the SA Masters Volleyball Association in July 2022.-Coach of the College Provincial Netball team that won gold at the Inter Netball Championship. <p>Anne was previously the PE coach at St. Georges Grammar School until 2024. In recognition of her unselfish contribution to shaping sports in the Western Cape, Anne has been recognized by the Western Cape government as a Volleyball Legend. Anne is currently the head volleyball coach at UCT.</p>



FITNESS BOOTCAMP AND DRAMA

Nicky Moodley



Nicky is a qualified primary school Waldorf educator, having obtained her Bachelor of Education degree at The Centre for Creative Education in 2024. She is also a qualified personal and group exercise trainer and has been in the fitness industry for the past seven years, teaching classes at commercial gyms and designing personalized training programs for individuals. She holds a Speech and Drama Teaching qualification from Trinity College (London) and has taught Drama at several schools across Cape Town, prior to pursuing fitness and sport. Nicky has a passion for spoken word poetry and became a published writer through the Centre for the Book in 2004. She was selected as a Western Cape Change-maker by the Institute for Justice and reconciliation to participate in the Ashley Kriel Youth Leadership Camp and Workshop in 2015. Nicky has always felt a strong connection to teaching and working with youth.

Nicky is currently the Sports & Extramural Coordinator at Michael Oak. She oversees all aspects of the programme and works closely with the coaches and sports mandate group. Her responsibility is to ensure that a diverse, dynamic and well-managed programme is in place for all our students, and that they receive the best possible experience with our qualified coaches. Her motto is "Inspiring a love of movement".

BALL SKILLS

Alizwa Majambe



Alizwa Majambe has been a part of the Waldorf community since childhood, attending Zenzeleni. Gaia and completing his matric at Stellenbosch Waldorf School. He then went on to study for a Bachelor of Education degree at the Centre for Creative Education and graduated in March 2024.

Alizwa has played several sports throughout his schooling career which include cricket, touch rugby and soccer.

Alizwa also volunteers at Vulamasango as an aftercare facilitator and assists children with homework and has a particular interest in Mathematics. Alizwa is also a Michael Oak Holiday Club facilitator.

SOCCER

Caleb Gallant



Caleb is an ex- Michael Oak student, and we are so glad to have him back at school coaching our upper primary soccer and high school soccer. He is an avid soccer player himself and has played semi -professionally and is currently playing at university level. Caleb has completed his PGCE degree in 2024 at the University of the Western Cape and is a qualified High School teacher specializing in English and Geography.

In his own words "I absolutely love the sense of community created through sports and the possibility it creates for all participants to express themselves"



ULTIMATE FRISBEE

Thomas Wege



We warmly welcome Thomas Wege, who joins the team as our Ultimate Frisbee coach. He is studying a Bachelor of Arts in humanities at UCT. He has been playing for their ultimate frisbee team since high school and represented their first team, the Flying Tigers at the South African Ultimate Club Mixed Nationals in December 2024.

Thomas helped start one of the biggest high school Ultimate programs in South Africa at Westerford High School and captained their first team for two years. In February he will be representing the Western Cape u24 Ultimate team in Bloemfontein and trying out for the South African u24 team, the Wild Dogs. His preferred position is as a handler/cutter hybrid, filling in the gaps on the field and moving the disc between his team's key huckers and keeping up momentum.

VOLLEYBALL

Tapiwa Gondo



Tapiwa currently is a UWC Volleyball player. UWC 1st team are currently ranked the best males' premier team in the Cape Town Volleyball Federation indoor league. Tapiwa has previously worked as the volleyball coach at Star College and felt that his experience there was a great opportunity for him to teach and learn how to teach. Coach Tapiwa has won MVP at the 2023 Cape Town Volleyball Federation awards.

In his own words, "I am an ambitious, motivated and adventurous person who enjoys a challenge and can-do attitude."

DANCE





Philippa Esmonde-White



Philippa is the founder of Body Sense Studio in Kenilworth, situated a stone's throw away from the school. Philippa began her career as a professional ballet dancer and went on to train in various teaching methods including Pilates, Hatha Yoga, Nia, Gyrokinesis® and Gyrotonic® She taught at SSISA for 10 years working closely with sports and spine rehabilitation and has worked at Constantia Waldorf School as a Sports Coordinator whilst also teaching body conditioning to the first year U.C.T dance and drama students.

She is passionate about bringing movement to our children in a light-hearted, wholesome way that is mindful of our Waldorf ideals.



<p>CHESS</p> <p>Cecil Ohlson</p> 	<p>Cecil is a past Youth Director of Chess Western Province in South Africa. As a coach, his students have excelled, achieving gold medals at the South African Junior Chess Championships (SAJCC) and several proceeding to obtain colours to represent their country in international events. (The SAJCC is quite a prestigious event and guests have included GM Hikaru Nakamura, GM Wesley So and GM Levon Aronian!) South Africa has twice sent a team to the World Senior Team Chess Championships and coach Cecil is the only player to have represented the country both times!</p> <p>He first coached at Kronendal Primary School in 2008 and has since coached age groups ranging from preschool to high school. His students not only perform well in their age groups but often excel where they compete against adults. Two prestigious tournaments (The Cape Of Good Hope 2022 and the Cape Winelands Open 2022) saw each Championship Section won by a different student of his. He remains humbled and grateful to his students for continuing to reward his passion in this manner.</p>
<p>VOLLEYBALL</p> <p>Hayden Eaves</p> 	<p>Hayden is currently studying Law at UWC and is also a UWC volleyball player and coach. He coaches the UWC male's 2nd team and captains the 1st team.</p> <p>At the age of 17, he represented the senior WP team that went on to win gold at the National Volleyball League. In the past 3 years he has also won best setter as well as best defender in the CTVF league. The UWC team won gold in the past 2 years in which last year they were undefeated.</p> <p>Hayden takes a lot of pride in doing what he loves, and volleyball is number one in his heart.</p>
<p>MINI- CRICKET</p> <p>Cricket School of Excellence</p> 	<p>Developing Cricketing Super Stars in a fun environment through cutting edge technical and behavioural coaching since 1999</p> <p>Developing Cricketing Super Stars in a fun environment through cutting edge technical and behavioural coaching since 1999. The Cricket School of Excellence (CSE) was founded in 1999 and since then it has grown to become one of the South Africa's leading cricket schools running in both Cape Town, North West & Johannesburg</p> <p>CSE founder, Ryan Maron is a Cricket South Africa level 3 coach and played through the ranks of Western Province (provincial) cricket and was selected to represent Western Province from 1997 to 2000. He continued to represent WP 'B' up until 2004. His coaching experience includes successful stints as head coach at UCT, Rondebosch Boys' High School and several prominent clubs in the Netherlands, United Kingdom and Denmark. Ryan has recently assisted Afghanistan, West Indies and Nepal national teams on a consultancy basis.</p> <p>Since 2018 Ryan Maron and Jonty Rhodes have partnered up offering high performance camps around the globe through The Jonty Rhodes Way.</p>
<p>MARIMBA BAND</p> 	<p>Held by Marimba Jam. For more information, see https://marimbajam.co.za.</p>