



École internationale Française Saint Ange

EXTRACURRICULAR ACTIVITIES

& support for school work



NEW

2022 - 2023



Extracurricular Activities FOR THE ELEMENTARY STUDENTS



DE 4:15 TO 5:15*

At school



DRAMA WORKSHOP
with Eya, every FRIDAY



MUSIC CLASSES
with PAAcademy, every MONDAY & THURSDAY



CONVERSATION - SPEECH
with Bruno, every MONDAY & FRIDAY



EMOTIONAL INTELLIGENCE
with Alain MYEQ, every TUESDAY



SWIMMING LESSONS
with Pierre, every MONDAY (CP),
TUESDAY (CE1-CE2), THURSDAY (CM1-
CM2)
+ FRIDAY 3pm to 4pm - For all



JEWELRY WORKSHOP
with Loan, every TUESDAY



YOGA CLASSES
with Thao, every WEDNESDAY
*4.15 pm-5pm



DRAWING WORKSHOP
with Tranh, every THURSDAY

OUTSIDE THE SCHOOL



FOOTBALL
with Bruno, every WEDNESDAY
de 4.30 pm to 5.30 pm
et every SATURDAY
de 8.30 am à 9.30am

WEEK IN REVIEW

Monday	Tuesday	Wednesday	Thursday	Friday
				3pm-4pm
4.15pm-5.15pm	4.15pm-5.15pm	4.15pm-5.15pm	4.15pm-5.15pm	4.15pm-5.15pm
MUSIC	EMOTIONAL INTELLIGENCE	YOGA	MUSIC	DRAMA
EXPRESSION	JEWELRY		DRAWING	EXPRESSION
SWIMMING CP	SWIMMING CM1-CM2	4.30pm-5.30pm FOOTBALL	SWIMMING CE1-CE2	



SUPPORT FOR SCHOOL WORK FROM TEACHERS

CYCLE 2



Monday & Wednesday :
Mélodie
> CP, CE1 & CE2
Mélodie is the teacher of the GS class in SAINT ANGE.



Tuesday & Thursday :
Audrey
> CP, CE1 & CE2
Audrey is the teacher of the PS class in SAINT ANGE.

CYCLE 3



Monday :
Mélanie
> CM1 & CM2

Mélanie is the teacher of the GS class in SAINT ANGE.

The objectives of homework help :

- to acquire better organisation of work ;
- learn how to study efficiently;
- acquire working methods;
- learn and understand their lessons;
- gain in autonomy.

6 children maximum
150k VND/Session



WEEK IN REVIEW

	Monday	Mardi	Wednesday	Thursday	Friday
	4.15pm-5.15pm	4.15pm-5.15pm	4.15pm-5.15pm	4.15pm-5.15pm	4.15pm-5.15pm
SUPPORT FOR SCHOOL WORK	Mélodie CP, CE1 & CE2 <hr/> Mélanie CM1 & CM2	Audrey CP, CE1 & CE2	Mélodie CP, CE1 & CE2	Audrey CP, CE1 & CE2	
ACTIVITIES	MUSIC	EMOTIONAL INTELLIGENCE	YOGA	MUSIC	DRAMA
	EXPRESSION	JEWELRY		DRAWING	EXPRESSION
	SWIMMING CP	SWIMMING CM1-CM2	FOOTBALL	SWIMMING CE1-CE2	

INFO & REGISTRATION:

M. Samuel Robez : 070 30 488 75
or contact@saintangeschool.com



EXTRACURRICULAR ACTIVITIES

For the elementary students of Saint Ange



MUSIC CLASSES

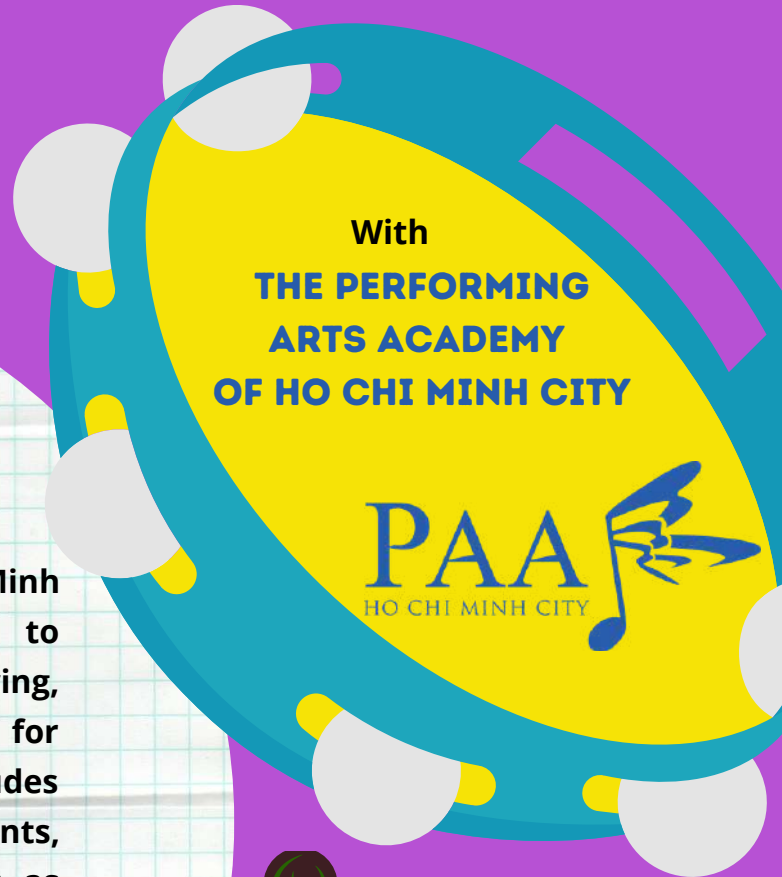


every **MONDAY & THURSDAY**

4.15pm - 5.15pm | At Saint Ange School



The Performing Arts Academy of Ho Chi Minh City (PAA) offers a music programme to discover this amazing art through playing, singing and dancing. This programme for children aged 6 to 10 years old includes exploration of various musical instruments, learning about rhythm and tone in music, as well as basic knowledge about reading and writing music. This course helps children to develop their own personality and creativity through music, to find the instrument they might like and why not make them talented future musicians!



INFO & REGISTRATION:

info@paa.com.vn

8 children maximum
200k VND/Session



EXTRACURRICULAR ACTIVITIES

For the elementary students of Saint Ange



CONVERSATION - SPEECH

Every **MONDAY & FRIDAY**
4.15pm - 5.15pm | At Saint Ange School

ADDITIONAL SPACE FOR EXPRESSION
PRACTISING FRENCH IN SITUATIONS
CONQUERING ONE'S TIMIDITY



As an extension of the school programme, and in a complementary way, this expression/conversation course will allow your child to participate in an additional space of expression where they will be able to express themselves and put into practice what they have learned, in a more personal form.

This group will also help them to overcome their shyness in expressing themselves in French in public, or with others, and will therefore also help them to develop their social skills.

With
BRUNO LAURANT



Optimising school learning /
Practising French.
Different themes linked together for
discussion:
Topic of the week - current affairs -
personal topic - questions and
answers.
Bounce back - go deeper - explain.
Support: photos and videos

INFO & REGISTRATION:

M. Bruno Laurant : 0767443719

3 children minimum
8 maximum
200k VND/Session



EXTRACURRICULAR ACTIVITIES

For the elementary students of Saint Ange



SWIMMING LESSONS

4.15pm - 5.15pm At Saint Ange School - Kindergarten side



MONDAY

CP

STAR FISH

Objective: to get used to the fear of water, to put the head under water for 3 seconds, to do the star on the back, on the stomach, to learn the breaststroke with float.

30 min. in the water
100k VND/Session*

6 CHILDREN MAX.



CM1-CM2

TUESDAY

FISH

improvement of breaststroke, freestyle, backstroke, underwater turns, ball games

45 min. in the water
150k VND/Session*

CE1-CE2 THURSDAY



SEA HORSE

improving breaststroke, learning to swim freestyle, backstroke, fetching objects from the bottom of the water, ball games

45 min. in the water
150k VND/Session*



+ FRIDAY

3pm-4pm - during school

A la carte -
All Levels

Priority for students
taking the bus.

150k VND
Session*



CE1
CE2
CM1-CM2



New and fun equipment,
adapted for each
swimmer.

With
PIERRE



The benefits of swimming :

- Learn to deal with fears and become familiar with the aquatic environment
- Develop swimming techniques
- Increase body coordination and breathing capacity
- Tone up your muscles without impacting your joints and release tension after the school day

Confirmed swimmer for 15 years, including 10 years in a Parisian club, I also practiced water polo for 3 years before moving to Vietnam. Graduated from the PSE (first aid in team) and Water Rescue modules with the Voreto certified team. Last year I taught swimming to 15 children from CE1 to CM1.

INFO & REGISTRATION:

Pierre : pierretouron@saintangeschool.com

*1st session free of charge



EXTRACURRICULAR ACTIVITIES

For the elementary students of Saint Ange



EMOTIONAL INTELLIGENCE

Every **TUESDAY**

4.15pm - 5.15pm | At Saint Ange School

Only for **CE2, CM1 & CM2**

Reveal the best version of yourself!



Emotional intelligence
for children

MYEQ offers a programme to develop the emotional intelligence (EQ) of young people.

MYEQ class takes your teenagers from CE2, CM1 and CM2 grade through an immersive and fun experience on emotional intelligence.

They will discover the analysis of emotions through images, videos, and also through role-playing, relaxation, reflection...

They will also experience and better understand their emotions through a wide range of themes

- **STRENGTHEN SELF-CONFIDENCE**
- **KEEPING CALM**
- **DECODE FALSE AND GOOD INFLUENCES**
- **IMPROVING RELATIONSHIPS**

Themes : Smartphones
Organization
Human Expression
Videos games...

With  **ALAIN NGUYEN**



I have the chance to involve myself in the MYEQ project as CEO and facilitator, to diffuse, to help people to develop emotional intelligence, symbolic language in Vietnam...

MYEQ is the extension of Source Code Technology (SCT) Foundation, a Swiss, non-profit organization & the collaborative partner of SCT Vietnam..



INFO & REGISTRATION:

- * Email: info@myeq.center
- * Phone: 0768.268.272

**8 children minimum -
15 maximum**

Fees for 10 sessions: 2.950.000 vnd

EXTRACURRICULAR ACTIVITIES
For the elementary students of Saint Ange



JEWELLERY & ACCESSORIES WORKSHOP

Every TUESDAY

4.15pm - 5.15pm

At Saint Ange School



With

MS. LOAN KAI



The creation of jewellery

Creating fashion jewellery is a favourite activity for children. They can develop their creativity and imagination by learning how to make a bracelet, earrings, necklace. Everyone keeps their own creation.



INFO & REGISTRATION:

M. Samuel Robez : 070 30 488 75
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15 children maximum
300k VND/Session

EXTRACURRICULAR ACTIVITIES
For the elementary students of Saint Ange



YOGA CLASSES

Every WEDNESDAY

4.15pm - 5h00

At Saint Ange School



Les bienfaits du yoga pour les children

- Boosting physical fitness
- Increasing concentration in the classroom.
- Overall flexibility, balance, and strength.
- Reducing potential injuries and muscle pain until adulthood.
- Enjoying the challenge and creativity of trying different exercises
- Working together with other kids

With

MS. THAO LE
Yoga Teacher



Thao loves teaching yoga because it allows her to spread her passion for yoga through the calmness, peacefulness, and joyfulness in her class. She has experience with children in an international environment, creating colorful set up, fresh energy and creative activities!

INFO & REGISTRATION:

lephuongthao58@gmail.com

12 children maximum

150k VND/Session

EXTRACURRICULAR ACTIVITIES

For the elementary students of Saint Ange



FOOTBALL

With KOPA Saigon Football (located in district 2)

Every **WEDNESDAY** 4.30pm - 5.30pm

Every **SATURDAY** 8.30am - 9.30am

Outside Saint Ange School*

KOPA SAIGON FOOTBALL

=> The French Football Academy ⚽
French Style / French Touch
Your kid never played football or never
joined a team ? Why don't you come to
discover football with us ?

Welcome for **FREE TRIAL** !

INITIATION - PRACTICE - DEVELOPMENT

 Pitch Location

SÂN BÓNG ĐÁ MINI TRÚC HOA VIÊN QUẬN 2

<https://goo.gl/maps/PkaBjXpSAyiNJYRi6>



*The school does not provide transport

INFO & REGISTRATION:

kopasaigonfootball@gmail.com

- General Manager & Head Coach: Bruno LAURANT - 0767443719

- Assistant Coach & Development: Paul SAGOT - 0773927560



BRUNO LAURANT



Passionate about Football,
player, supporter, journalist,
and former PSG, in Saint Ange,
Bruno created since 2018 the
Saint Ange Football Club after
a successful initiation. With a
good team spirit, passion and
above all the pleasure of
playing, the club has
participated in many
tournaments and even won
several cups!

Children from 4 to 7 y. o.

EXTRACURRICULAR ACTIVITIES
For the elementary students of Saint Ange



DRAWING WORKSHOP

Every THURSDAY
4.15pm - 5.15pm
At Saint Ange School



With
MS. TRANH

The benefits of drawing for children

- stimulates children's creativity and imagination
- develops brain, eye and hand coordination
- marks the growth stage in children
- helps to stimulate children's concentration and observation skills
- also promotes children's emotional intelligence
- helps to build self-confidence
- develops the child's sensitivity



INFO & REGISTRATION:

M. Samuel Robez : 070 30 488 75
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7 children maximum
250k VND/Session



EXTRACURRICULAR ACTIVITIES

For the elementary students of Saint Ange



DRAMA WORKSHOP

EVERYONE ON STAGE

Every **FRIDAY**

4.15pm - 5.15pm

At Saint Ange School



With

MS. EYA

Teacher specialised in Communication and Oral Expression through Theatre, staging, improvisation, Mime. With 15 years of experience for children.

Pedagogical Project

- to encourage children's oral expression through play
- to develop memorising skills
- to develop self-confidence
- improve diction, pronunciation and elocution
- develop a creative imagination
- integrate into a group/ learn to listen and concentrate



ACTIVITY IN THE FORM OF A WORKSHOP WITH A FINAL PERFORMANCE AT THE END OF THE TERM FOR PARENTS.

INFO & REGISTRATION:

Eya : eyaboulaki@saintangeschool.com

10 children maximum
200k VND/Session



École internationale Française Saint Ange



GENERAL INFORMATION:

**M. Samuel Robez : 070 30 488 75
or contact@saintangeschool.com**

www.saintangeschool.com