



# Michael Oak Waldorf School

## Sports and Extramural Programme for Term 1 2026

Dear Michael Oak Parents & Guardians,

Welcome to an exciting term of sport and extra-murals 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, 26 January - Friday, 27 March 2026**. **Please note that a minimum of 7 students (registered) is required for each sport/extramural to continue for the term**. The first week of sport and extramurals will be used as a trial week, and we kindly request that all registration forms be submitted by Friday, 6 February 2026. A revised version of the timetable will be sent thereafter and offerings may fall away due to low numbers.

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 extra-murals:

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 SMS. All activities have an indoor backup in case of rain and will continue.

### Coaches:

You will find the list of term 1 coaches for 2026 and their qualifications further down in this document.

### Billing:

Children may join as many extramurals 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 3<sup>rd</sup> and 20% for 4<sup>th</sup> and 5<sup>th</sup> 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, Marimba and The Makery 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 update the form with any changes by Friday, 6 February 2026 at 5pm. Please note that NO REFUNDS will be made to billing if the online registration was not updated by the deadline (6 February 2026).**

### 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@michaеоloak.org.za](mailto:info@michaеоloak.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 Declan via email at [extramurals@michaeloak.org.za](mailto:extramurals@michaeloak.org.za)



## PRIMARY SCHOOL – SPORT AND EXTRAMURAL PROGRAMME TERM 1 2026

REVISED: 16 January 2026

Day	Activity	Class	Time	Venue
<b>Monday</b>	Mini Cricket	2	13:05– 13:50	The Oval
	Mini Cricket	3&4	13:50 – 14:35	The Oval
	Ball Skills	1	12:30 – 13:15	Big Hall
	Table Tennis	4&5	13:50- 14:35	Small Hall
	Volleyball	5 & 6	14:30- 15:15	Side Court
<b>Tuesday</b>	Drama Games	3&4	13:15 – 14:00	Big Hall
	Drama Club	7	14:00 – 14:45	Big Hall
	Chess Session 1	3 & 4	12:45- 13:30	Class 4
	Chess Session 2	3, 4, 5, 6 & 7	13:45- 14:30	Classroom Class 4 Classroom
	Basketball	3	13:00- 13:45	Basketball Court
	Volleyball	4	13:00- 13:45	Side Court
	Basketball	6&7	13:45-14:30	Basketball Court
Ball Skills	2	12:30- 13:15	Big Hall	
<b>Wednesday</b>	Volleyball	3	13:45- 14:30	Side Court
	Basketball	4	13:45-14:30	Basketball Court
		5	14:30-15:15	Basketball Court
	Volleyball	7	14:30- 15:15	Side Court
	Ball skills	3	12:30- 13:15	Big Hall
<b>Thursday</b>	Drama Games	2	13:45 – 14:30	Big Hall
	Drama Club	5, 6	14:30- 15:15	Big Hall
	Cricket	5, 6	14:30- 15:15	The Oval
<b>Friday</b>	Cricket	7	15:15 – 16:00	The Oval



## HIGH SCHOOL – SPORT AND EXTRAMURAL PROGRAMME TERM 1 2026

*REVISED: 16 January 2026*

Day	Activity	Class	Time	Venue
<b>Monday</b>	<b>Female Basketball</b>	ALL	15:15- 16:00	The Oval
	<b>Volleyball Boys &amp; Girls Team</b> <i>(2025 School indoor league)</i>	ALL	15:15- 16:45	Big hall
<b>Tuesday</b>	<b>Fitness Bootcamp</b>	ALL	13:45- 14:30	Big hall
	<b>Chess</b>	ALL	13:45- 14:30	Class 4 Classroom
	<b>Volleyball</b>	8 & 9	15:15- 16:00	Big hall
<b>Wednesday</b>	<b>Male Basketball</b>	ALL	15:15- 16:00	Basketball court
	<b>Debating</b>	ALL	15:15-16:00	Classroom 10
<b>Thursday</b>	<b>Debating</b>	ALL	15:15 – 16:00	Classroom 10



## EXTRAMURAL ART CLASSES AT MICHAEL OAK 1<sup>st</sup> TERM 2026

The much-loved art classes will be held once again at Michael Oak on Fridays and Saturdays (times below). The venue is a beautiful room for the purpose in the high school garden. Children can come to the room 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.

The emphasis is on fostering creativity, self-esteem and enjoyment of art, while learning techniques and a sense of aesthetics. Generally, on offer are a variety of media, themes, and 2-D as well as 3-D projects, including those about the natural environment, and inspired by South African, African and other artists, as well as current local exhibitions.



**Projects for the 1st term:** These will be chosen from clay sculptures; sketching and painting in the greenbelt and garden; ink painting or marine theme collages using etching, seaweed, shells, inks, etc; portraits and landscapes using artist Maggie Loubser's artworks previously on exhibition at Norval Art Museum to inspire in a current way; preparation for painting on canvas; preparation for paper mâché artworks; chalk pastel and charcoal work (see illustrations). Projects are age appropriate, with interesting introductions. Do put in requests.

### **Days and times, 1st term's classes (starts Friday 30th January)**

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

Also in Constantia (off Brommersvlei Road) for all age groups on Thursday mornings and afternoons.

Fees include materials and firing, and are R1290 per term. Pro rata fees for late joiners after the second lesson. Visitors or 'try-out' pupils are welcome at R170 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 [sue.nepgen@gmail.com](mailto:sue.nepgen@gmail.com)



## Explore the art of craft

Join our hands-on craft lessons and workshops for those who who love to make, create, and explore!

**Mondays:**  
**2-3pm & 3-4pm**

**Wednesdays:**  
**2-3pm & 3-4pm**

**Saturdays:**  
**9-10am**

**Weekly Hour Long Lessons For Ages 6 and Up**  
**Located At Michael Oak Waldorf School - Class 3**  
**Hosted By Kim Snapper**



Find Out More & Book Your Spot On  
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# FRONT ROW MUSIC

UKULELE & GUITAR LESSONS  
@  
MICHEAL OAK



**DAYS: THURSDAYS AFTER SCHOOL FROM 12:45 - 16:45**  
**VENUE: CLASS 1 CLASSROOM**

**INDIVIDUAL LESSONS: R 1700 PER TERM**  
**(8 LESSONS PER TERM) ( 30 MIN LESSONS)**

**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](https://forms.gle/BGASU5YFZ8EVBP9P9)**



## SPORT AND EXTRAMURAL COACHES - TERM 1 2026

### TABLE TENNIS AND NETBALL

#### Anne Siroky



Welcome back Anne Siroky! A dynamic woman that has achieved many accolades and awards in sport within South Africa, which include the following achievements:

- 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.

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.

### VOLLEYBALL AND FITNESS BOOTCAMP

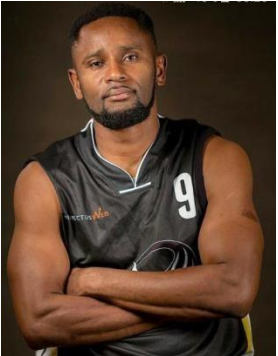
#### Declan Griebelaar






Declan is the new Sports and Extramurals Coordinator at Michael Oak and continues to hold the position as head coach of volleyball in the school. 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. He currently plays for the UCT 1st team in the Cape Town Volleyball Federation indoor league.

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><b>VOLLEYBALL</b></p> <p><b>Tapiwa Gondo</b></p> 	<p>Tapiwa currently is a UWC Volleyball player. UWC 1<sup>st</sup> 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.</p> <p>In his own words, "I am an ambitious, motivated and adventurous person who enjoys a challenge and can- do attitude."</p>
<p><b>BALL SKILLS AND DRAMA CLUB</b></p> <p><b>Alizwa Majambe</b></p> 	<p>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.</p> <p>Alizwa has played several sports throughout his schooling career which include cricket, touch rugby and soccer.</p> <p>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.</p>
<p><b>BASKETBALL</b></p> <p><b>Koffi Mvumbi</b></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><b>CHESS</b></p> <p><b>Cecil Ohlson</b></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><b>BALL SKILLS</b></p> <p><b>Charlton Brink</b></p> 	<p>Charlton is a hardworking and dedicated coach, who helps coordinate all Michael Oak Athletics Sports Days. He was involved in sport as an athlete, rugby player &amp; cricket player from an early age. Since 1996 he has been involved in sport at various levels: being a coach, organizer of sport events and assisting in Physical Education lessons at Lavender Hill High and Zerilda Park Primary School and working as coach for the Department of Sport and Recreation.</p> <p>He presently coaches at club level and schools' level in soccer and athletics. He is extremely passionate and enjoys coaching young children with the aim of developing hidden talents. He thoroughly enjoys coaching at Michael Oak.</p>
<p><b>MARIMBA BAND</b></p> 	<p>Held by Marimba Jam. For more information, see <a href="https://marimbajam.co.za">https://marimbajam.co.za</a>.</p>