



**BRITISH  
INTERNATIONAL  
SCHOOL**  
HANOI  
A NORD ANGLIA EDUCATION SCHOOL



# Extracurricular Activities in Secondary (Years 7–13)

Term 2 / 2016 - 2017



Dear Parents

Extracurricular Activities (ECAs) in Term 2 will start on **Monday 6th February 2017**. The activities will run through until **Thursday 23rd March 2017**.

Extracurricular activities provide a great opportunity for your child to take part in an activity that falls outside the realm of normal curriculum. Your child can explore their physical, creative, social or political domains and share diverse interests with like-minded students, perhaps in a different subject area or different key stage.

Children in Secondary will be asked to make choices from the list of activities below. Children in Secondary will have the option to choose one, two or three activities. They will be asked for multiple preferences although they will be allocated to one, two or three activities only. Not all activities are available to all year groups, please see the descriptions below. Information on paid activities can also be found within the descriptions below. This year, the sign up process will change slightly to ensure all students are granted a place on either their first, second or third choice of preference, please see the application guidelines below for detailed instructions.

### Application guidelines:

- All activities (free and paid) need to be selected on-line via CHQ.
- You will be able to register your child for 1 activity during 'sign-up period 1', which will be from **Tuesday 6th December 2016 at 9.00am until Wednesday 7th December 2016 at 5.00pm**. You will be able to make multiple choices but at this stage you will only be accepted a place on 1 activity only. You will then be able to register your child for another 1 activity if you wish to do so during 'sign up period 2' which will be from **Thursday 8th December 2016 at 9.00am until Friday 9th December 2016 at 5.00pm**. Finally, you will be able to register your child for third activity if you wish to do so during 'sign up period 3' which will be from **Saturday 10th December 2016 at 9.00am until Sunday 11th December 2016 at 5.00pm**.
- After Sunday 11th December 2016, students who have signed up for an activity must commit to it for the whole term. Children will not be allowed to swap activities.
- All choices will be allocated on a first come, first served basis.
- If students are absent from their activity without authorisation on more than one occasion they will be removed from the activity and their place will be offered to a student on the waiting list.
- Children wishing to take part in paid activities can make payments in cash to the school cashier as soon as the child's activity is confirmed.
- Activities have maximum and minimum numbers, which vary according to the activity.
- Once the maximum number of children has been reached, the activity will be 'closed' and the activity name will be highlighted in red.
- Children who sign up for activities that are oversubscribed will be placed on a waiting list.
- Activities may be cancelled if the total number of participants does not meet the required minimum.

### Paid Activities

Paid activities will be confirmed via email to those who have been allocated a place. CHQ has information about each of the activities and all details can be found by expanding the blue information tab. In Term 1, by selecting a paid activity and paying the associate fees, you are agreeing to the school's liability waiver and agree to pay the required fee. **Payments need to be made by Friday 16th December 2016** otherwise the place will be offered to the children who have been placed on a waiting list.

### On-line Activity Selection

All activities (free and paid) need to be selected on-line via CHQ. Please see the next page for instructions. You will be able to see updates and changes to your approved activities through your on-line CHQ homepage. Please note your first choices may not always be possible.

Please take time to read through the rest of this booklet and log on to CHQ. If you have any questions please contact [markatkinson@bishanoi.com](mailto:markatkinson@bishanoi.com).

Mr. Mark Atkinson  
ECA Programme Coordinator



# CHQ – Activities and Sports Online Portal

This system has been set up for you to use on a daily basis to select and track all of your child's chosen activities. It can be found by going to the school website:

<http://www.nordangliaeducation.com/our-schools/vietnam/hanoi/bis> and clicking on the CHQ tab, at the bottom of the homepage.

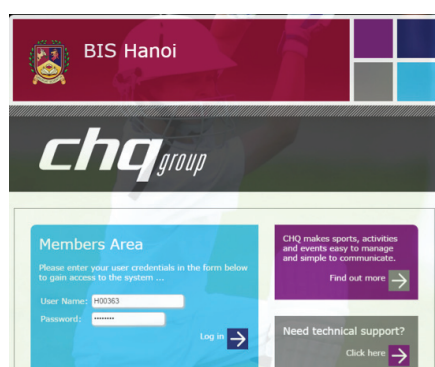
Please follow the instructions below to log on and select your desired activities.

## Logging on

Log on using your child's school User name and Password. If your child is in the Primary school, their Password will be their Date of Birth, in the format DDMMYYYY. If your child is in the Secondary school, their Password will be their own personal password.

Primary Example: User name: H00123 Password: 23032007

Secondary Example: User name: H00124 Password: ownpersonalpassword



## How to select your child's activities:

Step 1: Click on **My Profile** tab.

Step 2: Expand **My Activities**.

Step 3: Select **View/Manage/Submit Activity Choices (2016-2017 Term 2)**.

Step 4: For each activity/paid club add a different number e.g. Monday: Football club **add 1**, Wednesday: Board Games **add 2** then **3, 4, 5** etc. to all other clubs you would like to participate in. The **SAVE** button will appear to the right of the activity list, click **SAVE**.

Step 5: Once you're happy with your choices you **MUST** press the **SUBMIT** button at the top of the page. You will receive an automated email confirming your club preferences.

Step 6: To cancel a selection after submitting add a 0 to the desired box then save and submit.

Step 7: If you click onto My Schedule after Monday 9th December you should be able to see your activities by scrolling through to Monday 6th February 2017 (start of Term 1 activities) you will also receive an email of the activities you have been accepted into and students can check display boards within school.

Once your selected activities have been approved you will be able to see them by clicking on the **My Profile** tab to the right of the Home tab on your homepage.

## CHQ Sign-Up Tips for Parents:

Parents please DO NOT place a number 1 in each activity box as this will make your child's favourite activity unclear and as a result your child may miss out on their favourite activity). Please remember to number all choices from 1 (most important activity) to 5 (least favourite activity) regardless of the day.

Consider & discuss your choices with your child then click the **Submit** button. Clicking the **Submit** button will send your child's activity choices to school.

Please remember that you may choose as many activities as you wish that fit into your child's schedule and all activities are subject to a minimum and maximum limit.

MONDAY								
ACTIVITY	YEAR	TIME	MAX No.	TEACHER	VENUE	ACTIVITY GROUPING	GENDER SPECIFIC	DETAIL/NOTES
Gymnastic club (Paid activity)	Years 1-8	15:05 - 16:05	10	Alex/Sue	Sports Hall Gallery	Sports	Both	<p>This year we'll be working with GymKraft, a gymnastics company from Singapore. Students will develop a range of technical skills including rolling and rotating, balancing and travelling in a challenging and safe environment.</p> <p><b>Please note:</b> Minimum number of children = The cost per student per term = 3,220,000 (Approx.)</p>
Varsity Boys Football	Years 10-13	15:05 - 16:05	20	Mr. Atkinson	Secondary Field	Sports	Boys	Junior Varsity and Varsity Boys Football training.
Reading club	Year 7-13	15:05 - 16:05	20	Miss Evans	S203	Academic	Both	Reading in English for pleasure and to improve English reading skills.
Circuit training	Year 7-11	15:05 - 16:05	20	Mr Langford	Gym	Sports	Both	Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. Come to training and improve your body composition, muscular endurance/endurance and fitness.
Computer Games	Years 7-9	15:05 - 16:05	20	Mrs Vaughan	C123	Creativity	Both	Developing IT skills
Gaelic football	Years 7-9	15:05 - 16:05	20	Mr Kelly	Sports field	Sports	Both	Learning the basic skills while having fun playing the Irish native sport Gaelic football. Its a combination of soccer, rugby, basketball and Australian football all in.
Website Development Club	Years 7-13	15:05 - 16:05	20	Mr Byatt	C125	Creativity	Both	Learning how to use a CMS and learn the basics of HTML and CSS
Bluegrass Guitar	Years 7-13	15:05 - 16:05	8	Mr Allott	S104	Music	Both	An introduction to bluegrass guitar with Mr. Allott. Learn a range of new and challenging techniques.
Jazz Band	Years 7-13	15:05 - 16:05	20	Mr Scott	Band Room	Music	Both	Whether you love your Latin, are swayed by Swing, bowled over by Blues, or just can't get enough Funk, Jazz Band is the ECA for you! If you play Saxophone, Clarinet, Flute, Trumpet, Trombone, Drums, Piano, Bass or Guitar then be sure to join Jazz Band. We'll be playing music ranging from 30's right up to the present day!
Baking	Years 7-11	15:05 - 16:05	15	Hai Nguyen	Student Kitchen	Creativity	Both	Everyone can become a baker!
Running club	Years 7-13	15:05 - 16:05	15	Nicola Witton	Meet out back opposite sports hall	Sports	Both	Learn how to boost strength and stamina, slowly building towards running 5Km in under 30 minutes.
Cross Stitch	Years 6-7	15:05 - 16:05	20	Mrs Rowlands	P210	Creativity	Both	Learn, or improve, your cross stitch skills in the company of friends. Spend a relaxing and creative hour sharing ideas and having fun.
BIShop	Years 2-13	15:05 - 16:05	20	Ms Stevenson	S308	Creativity	Both	BIShop is a social enterprise that aims to serve our school community whilst raising money for charitable causes.
Community Arts	Years 7-13	15:05 - 16:05	20	Mr Harrison	C111	Arts	Both	Students will get the opportunity to plan and create projects for different Artwork in school and the wider community. Once planned, students will be able to aquire skills producing large scale works in a range of Art media. This activity requires teamwork and perserverance to see a project development from start to finish.
Academic Writings	Years 10-13	15:05 - 16:05	20	Mr. Gallagher	S202	Academic	Both	An introduction to academic writing, focusing on short essays.
School Newspaper	Years 7-13	15:05 - 16:05	20	Mr Agass	S318	Creativity	Both	Students will get the chance to produce a newspaper for the BIS community taking on different roles to write, desgin and produce a BIS newspaper.
Rounders	Years 7-13	15:05 - 16:05	20	Mrs Lovatt	Hard court 1	Sports	Both	Recreational rounders- a fun outdoor sport! Learn to both bat and field, whilst getting a gentle run around
Project Impact	Years 10-13	15:05 - 16:05	20	Student Led	Library	Community	Both	Project Impact Hanoi is a student volunteer group, in cooperation with others from BIS HCMC, in which members are tasked with raising awareness and suitable funds/equipment to help with the aim of contributing to the local community in Vietnam.
English Teaching	Only students who attended last term	15:05 - 16:05	12	Mr Chakov & Mr Gallagher	S208; S204; S202	Language	Both	Continuation of last term's CAS project
Year 11 Science IGCSE revision	Year 11	15:05 - 16:05		Science Department	Science Lab	Academic	Both	An opportunity for all Year 11 students to revise the material studied over their IGCSE courses in all Sciences



WEDNESDAY								
Activity	Year	Time	Max No.	Teacher	Venue	Activity Grouping	Gender Specific	Detail/Notes
Golf (Paid activity)	Years 3-13	15:05 - 16:05	12	Bradley Wright (PGA Pro)	Outdoor Area	Sport	Both	Receive top tuition from a PGA professional, including skills for all abilities, ranging from grip to club swing, or putting to driving.  <b>Please note:</b> Minimum number of students = 8. The cost per student per term = 2,842,000VND
Strategy and Board Games	Years 7-13	15:05 - 16:05	20	Mr Schofield	S316	Creativity	Both	developeing communication and thinking skills through problem-solving team or individual games
Pitch Perfect meets Karaoke plus Glee!!!	Years 7-13	15:05 - 16:05	n.a.	Ms AuCoin	C323	Arts	Both	Choir with a twist...singing in a group, popular music, harmonies, and a bit of rhythm, all rolled into one.
Calculator ...	Years 10-13	15:05 - 16:05		Mr Kennedy	S108		Both	A workshop for pupils learning to use the TI Nspire CX calculator.
Foreign Language Conversation	Year 7-13	15:05 - 16:05	NA	Ms Rojas	S310	Languages	Both	If you are looking for opportunities to improve your Spanish or French language skills and meet people to have conversations with, this ECA can help you to do just that. It doesn't matter the level!
IA Bronze, Silver, Gold	Years 10-13	15:05 - 16:05	NA	Mr Airdrie, Mr Mortimer, Ms Hemming, Mr Toner, Ms Ajenjo, Mr Minchin, Mr Hoare	P303, Common Room	DOE	Both	Students will already have signed up - this is a continuation. No new sign-ups can be accepted
Girls Basketball	Years 7-13	15:05 - 16:05	16	Ms. Airdrie	Sports Hall	Sports	Girls	Competitive girls basketball; an opportunity for girls to continue learning the fundamentals of basketball and both attacking and defending principles of the game.
Science Blogging Club	Years 7-13	15:05 - 16:05	20	Ms Orchard	C211	Creativity	Both	The Science blogging club started last term, this activity continues the good work of the students in updating and promoting the blog
Green Hearts Club	Years 7-13	15:05 - 16:05	20	Ms. Bradford/Ms. Leeper	C212	Creativity	Both	Instigate & carry out comapaigns within school to promote sustainability - this will include both environmental & animal conservation/welfare issues. Work with charities & organisations outside of school.
Basketball Fundamentals	Years 7-9	15:05 - 16:05	25	Mr Webb	Sports Hall	Sports	Both	Learn to pass, dribble, shoot, defend and rebound like Lebron
Handmade Items	Years 7-9	15:05 - 16:05	12	Ms. Hong Tran	S219	Creativity	Both	Children will develope their skills in perseverance and creation by making handmade items
Mocktail	Years 7-9	15:05 - 16:05	16	Ms.Quyen Tran	Student Kitchen	Creativity	Both	Learning how to make colorful and refreshing mocktail drinks
Green Hearts Club	Years 7-13	15:05 - 16:05	20	Ms. Bradford/Ms Leeper	C212	Creativity	Both	Instigate & carry out comapaigns within school to promote sustainability - this will include both environmental & animal conservation/welfare issues. Work with charities & organisations outside of school.
Global Campus: Global Cinema	Years 6-13	15:05 - 16:05	20	Mr Duckett	Theatre	Arts	Both	Have you ever wanted to be a film critic? In this ECA you will watch movies with other studends across the NA group of school and share your reviews and thoughts online.
KOTO ECA	Years 12-13	15:05 - 16:05	22	Ms Cust-Hughes & Mr Forster	KOTO centre	Community	Both (IB students only)	The society will continue to learn about ways to help our community. This will include different groups working on issues such as: researching charities, raising funds, raising awareness, designing videos and displays. There will be an opportunity for some students to be involved in community service with Koto, visiting those and need and offering support. Suitable for IB CAS students only. Please note, there will be no transport home for students after this activity.
Girls Football	Years 5-13	15:05 - 16:05	30	Ms Wild/ Miss Wilson	Secondary Field	Sports	Girls	Girls will develop a wide range of skills including control; passing; shooting and movement with the ball. Girls will also learn the rules of the game and begin to compete with one another and more importantly, they will have fun!
Middle School Football Squad Training	Years 7-9 (Invitation only)	15:05 - 16:05	16	Mr Langford	Secondary Field	Sports	Boys	Complusory training for middle school football team to prepare for school fixtures.
Y11 IGCSE Science revision	Year 11	15:05 - 16:05	24	Mr Westropp	C209	Academic	Both	An opportunity for all Year 11 students to revise the material studied over their IGCSE courses in all Sciences.
Wind Band	Years 5-9	15:05 - 16:05	20	Mr Scott	Band Room	Music	Both	Do you play a Wind, Brass or Percussion Instrument? Have you ever wanted to make music with your friends as part of a group? Would you like to perform challenging and exciting music at school events and concerts? If you've answered yes to all of these questions, then we would love you to join the BIS Wind Band! You will need to be in years 5-9 and play a Wind (Flute, Clarinet, Oboe, Bassoon, Saxophone), Brass (Trumpet, Horn, Trombone) or Percussion instrument. If you wish to know more, see Ms. Rae or Mr. Scott.
Beginners and improving Girls' football	Years 4-13	15:05 - 16:05	20	Ms Wilson	Secondary football field	Sports	Girls	Children will develop a wide range of skills including control; passing; shooting and movement with the ball. Children will also learn the rules of the game and begin to compete with one another and more importantly, children will have fun!
Street Dance	Years 4-13	15:05 - 16:05	NA	Ms. Rea	Band room	Music	Both	The first ever Street Dance Club of BIS Hanoi! We will be learning to dance and choreograph to some funky tunes. Students will be exploring physical theatre as well as contemporary dance routines. No prior experience required, just lots of enthusiasm!
FOBISIA U11 Boys and Girls Football	Years 4-7	15:05 - 16:05	20	Mr. Atkinson	Primary Field	Sports	Both	U11 Boys and Girls FOBISIA Football Training. Developing a range of skills in preparation for the FOBISIA games in Malaysia in May.
Gardening Club	Years 4-7	15:05 - 16:05	24	Mr. Halpin/Labelle	P224/Garden	Creativity	Both	Enjoy learning all about the life cycle of garden plants, taking part in planting, caring for and harvesting a range of plants in our 100% organic, self-sustaining garden.
Innovate. Engineer. Create.	Years 6-9	15:05 - 16:05	24	Mr. Russell	S103	Creativity	Both	Design and create whatever your imagination will allow using the amazing k'nex. During the second half term you will have gained the skills to compete in teams to create the fastest solar powered racecar. Will you be victorious?
Competitive Swimming	Years 3-13	15:05 - 16:05	24	Mr Vu	Swimming Pool	Sports	Both	Competitive swimming training for students aiming to develop all four strokes over increased distances with effective diving and tumble turns.
Year 11 Science	Year 11	15:05 - 16:05	20	Mr Lovatt	C209	Academic	Both	An opportunity for all Year 11 students to revise the material studied over their IGCSE courses in all Sciences

THURSDAY								
Activity	Year	Time	Max No.	Teacher	Venue	Activity Grouping	Gender Specific	Detail/Notes
Climbing and Bouldering (Paid activity)	Years 5-13	15:05 - 16:05	12	Ms.Noeme	VietClimb	Sport	Both	<p>The content of climbing sessions will include a mix of workshops, bouldering games and competitions. Please note: As this activity is based in Au Co, students must be collected from Vietclimb. Students will not be brought back to school.</p> <p><b>Please note:</b> Minimum number of students = 6. The cost per student per term = 1,351,000VND</p>
Astronomy club (Paid activity)	Years 3-9	15:05 - 16:05	20	Ext. Provider	Library	Creativity	Both	<p>Through a series of entertaining and educational workshops, based on practical hands-on experiences, this course is designed to give an appreciation of how an exploration of Astronomy contributes to pupils’ understanding of how the Universe works, and the challenges faced in recording it through the medium of Photography/Imaging.</p> <p><b>Please note:</b> Minimum number of students = The cost per student per term = 812,000VND</p>
Tennis Club (Paid Activity)	Years 7-10	15:05 - 16:05	4	Mr.Thuong	Hardcourt 2	Sport	Both	<p>Students will discover and develop basic tennis strokes such as forehand and backhand ground strokes, volleys and serves. This activity will take place at the Vinhome Riverside Tennis Courts.</p> <p><b>Please note:</b> Minimum number of children = 4 The cost per student per term = 917,000VND (Approx.)</p>
Beginners Japanese (Paid activity)	Years 7-10	15:05 - 16:05	14	Mr. Hayashi	P205	Languages	Both	<p>Learn Japanese, an East Asian language spoken by about 125 million people. Discover Japanese in its various forms - Kanji, Hiragana and Katakana. Learn basic conversational skills, including greeting and introductions, questions and answers whilst developing cognitive and social skills.</p> <p><b>Please note:</b> Minimum number of children = 6 The cost per student per term = 1,253,000 VND (Approx.)</p>
Debate Club	Years 10-13	15:05 - 16:05	18	Ms. Price & Mr. Dean	S206/7	Creativity	Both	<p>Pupils will develop and hone the skills to debate and speak publically on a range of topics from global, ethical and political considerations, to the more lighthearted motions of Abba vs the Beatles.</p>
Shape up!	Years 10-13	15:05 - 16:05	12	Student Led	C108	Sports	Both	<p>Aim: Students get stronger, healthier and happier. Building up team spirit among students.</p> <p>Activities: 3:10 - Every one gathers in the gym, registration 3:15 - Run 2 laps around the football field (warm up) 3:20 - Cardio exercises (Step/ Aerobic) 3:40 - Bums and Tums/ Crunch, Stretch, Give out healthy food recipe 4:03 - Change clothes 4:05 - Go home</p> <p>After every 2 weeks, there will be a team building session, such as circuit training. People will be divided into 2 teams from the beginning and those 2 teams will compete with each other throughout the ECA.</p>
IGCSE additional art	Years 10-11	15:05 - 16:05	NA	Mr Harrison	Secondary Art room	Arts	Both	<p>Students will get the opportunity to plan and create projects for different Artwork in school and the wider community. Once planned, students will be able to acquire skills producing large scale works in a range of Art media. This activity requires teamwork and perseverance to see a project development from start to finish. This is also a great CAS opportunity for Year 12 IB Diploma students.</p>
English class for parent	Parent	15:05 - 16:05	12	Mrs. Willson	P115	Language	Both	<p>BIS Hanoi are offering the opportunity for parents to come to school to practice English with a dedicated school EAL teacher. These sessions will provide you with the opportunity to improve your English in order to use with your children at home, to speak with and write to teachers and to use in your everyday life. They will also allow you to meet other parents, to discuss school subjects and events and to spend time in the school environment.</p> <p>Sessions will take place on Wednesday and/or Thursday depending on the number of parents who sign up to attend and your current level of English. If you think it will make it easier for you to attend, please sign your child up for an ECA on the same day.</p> <p>Sessions will start at 3.05pm and end at 4.05pm. Unfortunately, younger children cannot be accommodated at school during these lessons.</p> <p>To register your interest please e-mail Jinny at jinnyjung@bishanoi.com with your name and contact details. You do not need to register using CHQ. Please note: Priority will be given to those who took part last year.</p>
U13 FOBISIA	Years 7-9 (Invitation only)	15.05 - 17.00	NA	Ms Wild	Secondary Field	Sports	Both	<p>Compulsory Training and Development for the U13 FOBISIA Team. This will include all 4 sports; Football, Basketball, Swimming and Athletics. Please note, there will be no transport home for students after this activity.</p>
Middle School Recreational Football	Years 7-9 (Invitation only)	15:05 - 16:05	30	Mr Langford	Primary Field	Sports	Boys	<p>Boys will develop a wide range of skills including control; passing; shooting and movement with the ball. Boys will also learn the rules of the game and begin to compete with one another and more importantly, they will have fun!</p>
Flute Choir	Years 5-13	15:05 - 16:05	20	Mr Scott	Band Room	Music	Both	<p>Think Choirs are just for Singers? Think again! If you play the flute, this is your chance to be part of a new exciting opportunity to make music with like-minded people. As part of this ECA you will learn new ensemble skills and enjoy playing a variety of music, along with the opportunity to feature in upcoming concerts. All abilities welcome, being able to read music will be an advantage.</p>
Orchestra	Years 3-13	15:05 - 16:05	NA	Ms. Rea	Band room	Music	Both	<p>We want your children to be a part of the first established BIS Orchestra. Lead by Mr Tuan Anh, students can enjoy learning a variety of musical works of varying difficulty. There's no boundary to this orchestra; any instrument and any ability.</p>

Mother Tongue Japanese	Years 1-13	15:05 - 16:05	10	Kaori Brooke-Smith	Primary MFL Class (P203)	Languages	Both	To Keep up with Japanese. Study materials are provided by parents. native Japanese speakers or higher japanese level of students only.
FOBISIA U11 and U13 Training	Years 4-9	15:05 - 16:05	40	Mr. Atkinson and Ms. Wild	Secondary Field	Sports	Both	Athletics training for FOBISIA Games competitors. Preparation for tournaments in March and May.
Volleyball	Year 7-9	15:05 - 16:05	24	Mr Vu	Sports Hall	Sports	Both	HAC Volleyball training for competitive boys and girls volleyball teams. Developing fundamental skills such as spiking, digging, setting and a range of attacking and defensive tactics.