



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



# Extracurricular Activities in Secondary (Years 7–13)

Term 3 / 2016 - 2017



Dear Parents

Extracurricular Activities (ECAs) in Term 3 will start on **Monday 24th April 2017**. The activities will run through until **Thursday 15th June 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 Years 7-13 will be asked to make choices from the list of activities below. Children in Years 7-13 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 **Monday 20th March 2017 at 9.00am until Tuesday 21st March 2017 at 4.00pm**. You will be able to make multiple choices but at this stage you will be accepted on 1 activity. 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 **Wednesday 22nd March 2017 at 9.00am until Thursday 23rd March 2017 at 4.00pm**. Finally, you will be able to register your child for a third activity if you wish to do so during **'sign up period 3'** which will be from **Friday 24th March 2017 at 9.00am until Saturday 25th March 2017 at 4.00pm**.
- After Saturday 25th March 2017 at 4.00pm, 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 3, 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 Wednesday 29th March 2017**, 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 3)**.

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 27th March 2017 you should be able to see your activities by scrolling through to Monday 24th April 2017 (start of Term 3 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, 6 or 7 (or 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	GENDER SPECIFIC	DETAIL/NOTES
Gymnastic club (Paid activity)	Years 1-8	15:05 - 16:05	12	GymKraft	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 =10 The cost per student per term = 2,760,000 VND"</p>
Varsity Boys Football	Years 8-13	15:05 - 16:05	20	Mr. Atkinson	Boys	Junior Varsity and Varsity Boys Football training.
Computer Gaming	Years 7-9	15:05 - 16:05	20	Mrs Vaughan	Both	An opportunity for students to explore a range of computer games.
Gaelic football	Years 7-9	15:05 - 16:05	20	Mr Kelly	Both	Learning the basic skills while having fun playing the Irish native sport Gaelic football. Its a combination of soccer, rugby, basketball football all in.
Acoustic Guitar	Year 7-13	15.05 - 16.05	8	Mr Allott	Both	Learn a range of fingerpicking and flatpicking guitar styles
Foreign Language Conversation	Years 7-13	15:05 - 16:05	10	Ms Rojas	Both	An opportunity for students to practice and develop modern foreign language skills.
Girls Volleyball	Years 8-13	15:05 - 16:05	20	Ms Fairbairn	Girls	Are you interested in playing on the female varsity or junior varsity volleyball team next year? If so please join this ECA. We will work on skill-building, team-building and game play so that next year when we start in August we are prepared and excited for the season. We welcome all year 8-13 students as well as those who recognize the need for balance in their life, want to hit some balls for fun, and hopefully depart some of your knowledge before you leave.
Trampolining	Years 5-10	15:05 - 16:05	10	Miss Upton	Mixed	To move on from basic trampolining skills to an intermediate level. Learning a variety of landings including front and back and exiting using twists.
Hercules Set Design	Years 5-9	15.05 - 16.05	15	Miss Tilt	Both	Create a range props for the upcoming Primary production of Hercules.
Teaching English	Year 12	15.05 - 16.05	10	Mr Tchakov	Both	Term 1-2 participants only.
Running Club	Years 7-13	15.05 - 16.05	15	Mrs Witton	Both	Students will work on improving their speed and stamina and should aim to be running 5KM in under 30 minutes by the end of the term. Students that sign up should already be able to run 5KM and be looking to improve their time or should be very close to running 5KM already.
BIShop	Years 2-13	15.05-16.05	15	Ms Stevenson	Both	An opportunity to learn how to run a small social enterprise. Students learn about marketing and customer service. Students would be expected to work in BIShop during Friday lunch times.
Rounders	Years 7-13	15.05-16.05	25	Mrs Lovatt	Both	A relaxed game of rounders, practice your throwing, catching and hitting skills, whilst having a good run around.
Project Impact	Years 10-13	15:05 - 16:05	20	Student Led	Both	This activity allows students to explore a range of current affairs, whilst supporting local charities and service projects.
Cross Stitch	Years 6-7	15.05-16.05	12	Mrs Rowlands	Both	Cross stitching is a great way to spend time with friends; old and new. Develop your skills and express your creativity with a needle and thread. Share designs and ideas and impress your family and friends with your achievements!

# WEDNESDAY

ACTIVITY	YEAR	TIME	MAX No.	TEACHER	GENDER SPECIFIC	DETAIL/NOTES
Golf (Paid activity)	Years 3-13	15:05 - 16:05	14	Mr Trett and Mr. Bradley Wright (PGA Pro)	Both	Students will develop a full range of skills from short play to long play, under the tuition of PGA Pro Bradley Wright.  <b>Please note:</b> Minimum number of children =8 The cost per student per term = 2,842,000 VND
Global Campus Activities	Year 5-13	15:05 - 16:05	12	Mr Duckett	Both	Students are given time and resources to make entries to various competitions via global campus. They can choose whether to work on Visual Arts, Cinema, Theatre or work towards the Global Goals.
Koto	Year 12	15:05 - 16:05	20	Ms Cust-Hughes & Mr Forster	Both	This is a community service project which allows students to make a positive contribution to the lives of others. Students from previous terms are strongly recommended to continue.
Netball	Year 6-9	15:05 - 16:05	18	Ms Wild	Both	Netball is a fast paced and extremely technical invasion game, comprising of a number of aspects similar to Handball and Basketball.
Debate Club	Years 7-13	15:05 - 16:05	50	Ms Price/ Mr Dean/ Mr Minchin	Both	Students will prepare and contest weekly debates- some will be competitive. There is an expectation that you will research your topic in preparation. Existing members are strongly encouraged to keep attending!
Drama (Play)	Years 7-13	15:05 - 16:05	20	Miss Evans	Both	Drama workshops and the performance of a play.
Ultimate Frisbee	Year 7-13	15:05 - 16:05	20	Mr Westropp	Both	Students will work on a range of different throwing techniques. These will then be used in match play which will develop teamwork and an awareness of positional and tactical aspects of Ultimate Frisbee.
Strategy Games	Years 6-13	15.05 - 16.05	20	Mr Schofield	Both	A range of games designed to promote the use of maths, language development and thinking skills across a range of media. Leadership skills are also developed through coaching new students on rules and possible strategies they can employ during the games.
Pitch Perfect meets Karaoke plus Glee!	Years 7-13	15.05 - 16.05	NA	Ms AuCoin	Both	Choir with a twist...singing in a group, popular music, harmonies, and a bit of rhythm, all rolled into one.
TI Nspire	Year 12	15.05 - 16.05	20	Mr Kennedy	Both	Learn to become a school leader in the use of the TI Nspire. Help your friends in mathematics, science, computing, geography and more by becoming a master of operations and then sharing your expertise online, with your peers.
Girls' Football	Years 5-13	15:05 - 16:05	25	Kate Wilson	Girls	Girls football for competitive and non competitive students. An opportunity to develop a range of skills including passing, shooting, turning and dribbling.
Competitive swimming	Years 3-13	15.05-16.05	20	Mrs Aidrie	Both	Competitive swimming training for students aiming to develop all four strokes over increased distances with effective diving and tumble turns.
Science Intervention/ revision	Year 10	15:05-16:05	24	Ms Bradford	Both	Boost your PCT scores and eventual IGCSE Science results by practising past exam questions/revising content with the teacher.
Table Tennis	Years 7-13	15.05 - 16.05	24	Mr Agass	Both	A fun way to improve hand eye-coodination and refine your skills at table tennis. All levels welcome!
KS3 Science, Design & Technology Club	Years 7-9	15.05-16.05	14	Mr Lovatt	Both	Learn practical woodworking skills and make amazing products with just wood and tools!
Varsity Basketball 1 on 1 basketball skills	Years 10-13	15:05-16:05	12	Mr Webb	Boys	Junior Varsity and Varsity Boys Basketball training
Mocktail club	Years 7-9	15.05 - 16.05	15	Ms Phuong	Both	Children will mixing the amazing mocktail from the simply fruit juices. They will creative and show their personality.
Handmade Items	Years 7-9	15:05- 16:05	10	Ms Hong	Both	Children will develop their skills in perseverance and creation by making handmade items.
Middle School Basketball Training	Years 6-8	15:05 - 16:05	20	Mr Langford	Boys	Try outs and pre season Middle School Training for 2017-2018 Season.
Glee club	Years 7-13	15:05 - 16:05	12	Student led	Both	Students can practice a song or performance including acting, musical and singing, like the film series of Glee.

# THURSDAY

ACTIVITY	YEAR	TIME	MAX No.	TEACHER	GENDER SPECIFIC	DETAIL/NOTES
Tennis Club (Paid Activity)	Years 7-10	15:05 - 16:05	4	Mr.Thuong	Both	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 Vinhme Riverside Tennis Courts.  <b>Please note:</b> Minimum number of children =4 The cost per student per term = 917,000VND (Approx.)
Advanced Swimming (must be able to do 25m confidently)	Years 5-13	15:05 - 16:05	24	Ms Wild	Both	This activity is only for competitive swimmers who can swim multiple strokes at 50 metres or over. This activity is recommended for students targeting FOBISIA squads or Hanoi Activities Conference (HAC) squads.
Orchestra	Years 3-13	15.05 - 16.05	N/A	Mr Scott	Both	The biggest ensemble at BIS, featuring Wind, Brass, Strings and Percussion instruments. We will continue to look at a large variety of music, specially arranged for the orchestra. All abilities welcome!
GCSE and IB Art Club	Year 10 and 12	15.05-16.05	NA	Mr Harrison	Both	An afterschool activity for GCSE and IB Art students to further develop their skill set, ideas and current themes.
Shape up!	Years 10-13	15:05 - 16:05	12	Student Led	Both	Aim: Students get stronger, healthier and happier. Building up team spirit among students. 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 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.
U15 FOBISIA Squad Preparation	Years 8-10	15.05-16.05	20	Mrs Airdrie	Both	U15 FOBISIA Squad Preparation.
Boys Volleyball	Years 7-13	15:05 - 16:05	20	Ms Fairbairn	Girls	Are you interested in playing on the male varsity or junior varsity volleyball team next year? If so please join this ECA. We will work on skill-building, team-building and game play so that next year when we start in August we are prepared and excited for the season. We welcome all year 13's as well as those who recognize the need for balance in their life, want to hit some balls for fun, and hopefully depart some of your knowledge before you leave.
Circuit Training	Years 7-11	15:05 - 16:05	14	Mr Langford	Both	Circuit Training - A workout that strengthens, tones and defines every muscle in your body. All the benefits of working with weights in one action packed, highly physical class. The world's fastest way to get in shape.
Community Broad casting	Years 7-13	15:05 - 16:05	15	Mr Hoare	Both	Students will create a YouTube channel to broadcast the school's sporting events.
Orchestra	Years 7-13	15:05 - 16:05	UL	Mr Scott	Both	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.
Economix	Years 7-13	15:05 - 16:05	12	Student led	Both	An ECA promoting E&M through 3 Divisions: Business Media, Corporate IT and Behavioural Economics. The ECA will be targeted at Year 10 and Year 12 students. Our aim is to promote an environment of Economics and Management in a highly practical experience i.e all the activities will be very hands-on and not theoretical.
English Class for Parents	Parents	3:05 - 4:05	10	Ms Willson	Both	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.  Sessions will take place on Wednesday and/or Thursday depending on the number of parents who sign up 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.  Sessions will start at 3.05pm and end at 4.05pm. Unfortunately, younger children cannot be accommodated at school during these lessons.  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.