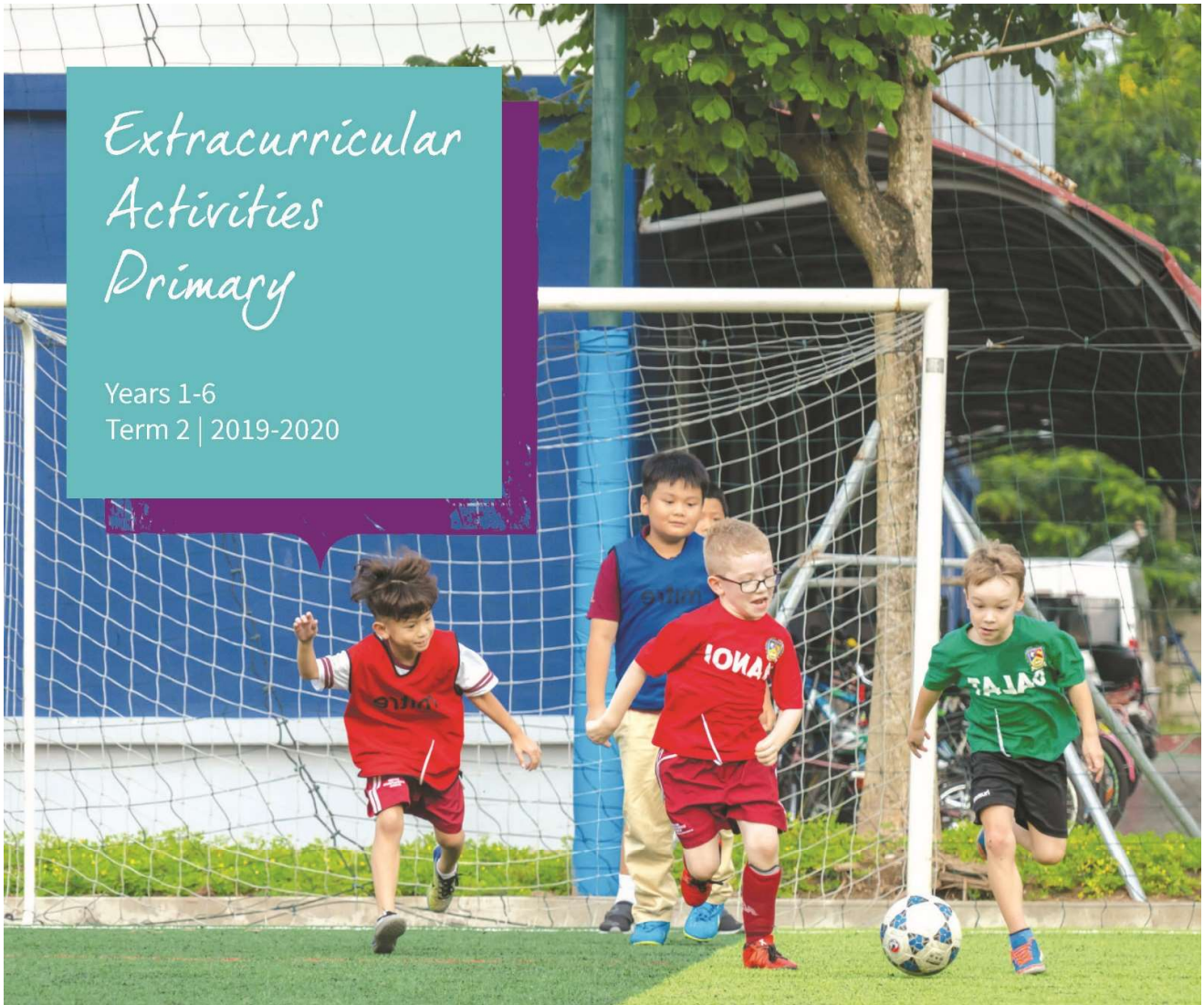


Extracurricular Activities Primary

Years 1-6
Term 2 | 2019-2020



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

Dear Parents,

Extracurricular Activities (ECAs) in Term 2 will start on **Monday 10th February 2020**. The activities will run through until **Thursday 19th March 2020**. Extracurricular activities provide a great opportunity for your child to take part in an activity that falls outside the realm of the 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.

Students 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 in the brochure. Information on paid activities can also be found within the brochure. The sign up process tries 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.

Mr. Edward Westropp

ECA Programme Coordinator

Application guidelines:

- All activities (free and paid) need to be selected online via **CHQ**.
- This term we will use a single signup phase which will be open from **Friday 10th January at 8.35am to Monday 13th January at 4.00pm**. You will be able to make multiple choices which you then click to submit. Details of this process are given below under the title: **How to select your child's activities**.
- After **Monday 13th January at 4.00pm**, students who have signed up for an activity must commit to it for the whole of the 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 by transferring money to the school as soon as the child's activity is confirmed. Below are the BIS bank account details:

Bank name: HSBC VIETNAM – HO CHI MINH BRANCH

Bank address: The Metropolitan, 235 Dong Khoi Street, District 1, HCMC, Vietnam.

Account name: BIS HA NOI

Account No.VND: 091-255505-002

SWIFT Code: HSBCVNVX

Bank code: 79617001

Please include in the transfer instructions "Name of ECA" and your child's name and class.

- 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 2, by selecting a paid activity and paying the associated fees, you are agreeing to the school's liability waiver and agree to pay the required fee.

Payments need to be made by Friday 31st January 2020, 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 bis.activities@bishanoi.com

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

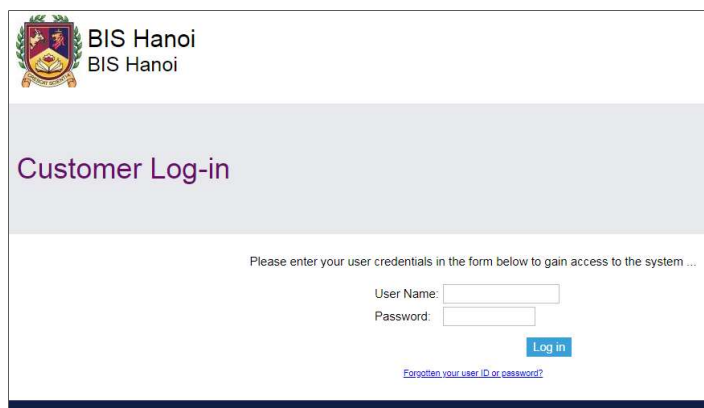
Log on using your child's school User name and Password. If your child is in the Primary school, their Password will be their Date of Birth, in the format DDMMYYYY. If your child is in the Secondary school, their password will be 'password' or their own personal password.

Primary Example:

User name: **H00123** Password: **23032007**

Secondary Example:

User name: **H00124** Password: **password**



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 (2019-2020 Term 2).

Step 4: For each activity/paid activity add a different number e.g. Monday: Football 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 **Thursday 16th January 2020** you should be able to see your activities by scrolling through to Monday 10th February 2020 (start of Term 2 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 page.

CHQ Sign-Up Tips for 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 NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Crafty Kids	Year 1	14:55 - 15:55	5	15	Ms Cat	E109	Children get the chance to create different activities using a variety of resources.
ZUMBA for KIDS	Year 1	14:55 - 15:55	4	10	Ms. Karissa Yusi	EYC Multipurpose Room	Let's make fitness fun! Sing and dance to upbeat music - get ready to jump, shake and swing your hips whilst developing self-confidence, coordination and balance.
Year 1 Dance Club	Year 1	12:55 - 13:25	5	unlimited	Miss Bevan	EYC	Play dance games and learn fun dance routines in a range of styles to great music!
Cooking is simple	Year 1	14:55 - 15:55	4	7	Ms Linh	EYC staff room	Can the children cook? Yes, they can. Come and try to cook some easy-peasy dishes. You will find cooking is so fun!
Board Games	Year 1	14:55 - 15:55	3	12	Mr Shanahan	E205 (1S)	Learn to play popular board games, follow the rules and take turns.
STEAM 1	Years 2-3	15:05 - 16:05	6	16	Mr. Allison	P219	This club will allow children to solve problems and find solutions using art, maths, science and technology for Year 2 and 3.
Lego Club	Years 2-4	15:05 - 16:05	6	14	Ms Tong	Library	A club for the lego enthusiast. Come and create different things using imagination and problem solving skills.
Mask Making!	Years 2-4	15:05 - 16:05	2	12	Miss Carmichael	P106	Get creative with making different masks, using different themes. We will use different resources and materials to create lovely masks!
Colouring Club	Years 2-6	15:05 - 16:05	2	24	Ms Burden	P110	If you love colouring this is the club for you! Come and enjoy a wide range of pictures to colour in. Colouring club is relaxing and fun and a good way to make new friends.
Primary Reading Club	Years 2-6	15:05 - 16:05	4	16	Mrs Tamara Gosset	Library	Come along to Reading Club if you love reading! You will listen to a range of stories, participate in reading activities and have some time to read books of your choice from the library.

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Gymnastic club (Paid activity)	Years 2-8	15:05 - 16:05	10	16	GymKraft	Sports Hall	This year we will 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. Please note: Minimum number of children =10/ The cost per student in Term 2 = 1,980,000 VND
Junior Dance Company	Years 3-5	15:05 - 16:05	5	unlimited	Miss Bevan	Dance Studio p302	For all dance enthusiasts! Improve your dance technique, learn choreography skills and build dynamic performances for performing arts events. Keen beginners and experienced performers welcome.
Nature Documentary Club	Years 3-6	15:05 - 16:05	2	15	Dr Liz Marozzi	P118	Are you interested in plants and animals? Are you in awe of the wonderful planet we share? We will watch some of the best documentaries made about the natural world and discuss some of our favorite facts and discoveries along the way!
Origami Club	Years 3-6	15:05 - 16:05	1	12	Mr Clarke	P115	Come and relax while learning the art of paper folding. Use origami to practice and improve your concentration whilst keeping calm and mindful in a quiet setting.
Fencing (Paid activity)	Years 4-13	15:05 - 16:05	6	12	Mr. Yong Hee Lee and Vietnamese coaches	Auditorium	The fencing club can help you to build strength and endurance. The students can learn basic skills, full of physical exercise for fencing. Each fencing session is a full-body workout. Also, it is both a physical and mental sport and it is extremely stress reducing. Please join and have fun! Please note: Minimum number of children: 6. Total cost per student = 2,016,000 VND
Upcycling	Years 4-13	15:05 - 16:05	10	20	Ms. Fitzpatrick & Ms. Roughley & Ms. Thuong Bui	S108	Reduce, reuse and recycle old school uniform into exciting new items in this Upcycling ECA. You will learn how to use a sewing machine and it will be a great opportunity to use your creative skills.
Table tennis	Years 4-13	15:05 - 16:05	6	18	Mr Callan	Sports hall	Children will have the opportunity to learn the rules of table tennis and play against others of differing abilities

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Beginner Brass Group	Years 4-6	12:35 - 13:00	2	40	Mr Scott	C323	Brass Band for anyone who plays a brass instrument
Orchestra (Parents need to arrange for transportation)	Years 5-13	15:05 - 17:00	15	60	Miss Howarth	Auditorium	Orchestra for more advanced players
Sevillanas - Spanish dance	Years 5-6	15:05 - 16:05	2	15	Ms Lozano	S320	Join this Flamenco dancing group where you will learn how to perform a traditional dance from Andalucia, south of Spain. A fun way to immerse yourself in the Spanish culture.
U11 FOBISIA SQUAD TRAINING parents need to arrange their childs transport home	Years 5-6	15:05 - 17:00	24	24	Mr and Mrs Petricca	Secondary Field, Swimming Pool	This is for the Year 5 and 6 students that have been selected to attend the U11 FOBISIA competition in May. Invite only.
Competitive Swimming Club	Years 5-9	15:05 - 16:05	5	15	Ms Jasmine and Ms Minh	Swimming Pool	This ECA is for students who can confidently swim two lengths without support. Students will be developing their stroke technique and following a training plan to help improve their swimming fitness.
Horrible Histories Club	Years 6-9	15:05 - 16:05	4	10	Miss Black	S307	A club designed to show you the funniest, yuckiest and most gruesome bits of history in one bestselling series. Each week we will watch an episode on an area of choice, discuss the historical facts and complete a different activity. Travel back in time and experience history in all its gory glory...

TUESDAY

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
SSA Basketball Kid (paid activity) (Parents need to arrange for transportation)	Years 1-4	15:30 - 16:30	6	45	SSA	Sport halls	Primary students who would like to get basketball coaching with VBA approved coaches and players. The cost per student in Term 2 = 1,080,000 VND
SSA Football (paid activity) (Parents need to arrange for transportation)	Years 1-5	15:30 - 17:00	8	26	SSA	Primary football field	ECA Football with SSA is open to all students from Year 1-5. The class is run by SSA, one of the leading sports academies in Vietnam. At the ECA club, students will learn a variety of different football skills including dribbling, shooting, passing, team work and formations. Students will be coached by SSA's experienced international coaches with customized training program to ensure they will not only perform well in sports but also develop good sportsmanship and soft skills. It does not matter if students play for a club outside of school or if they have never played football before, everyone is welcome. Students will need to be wearing suitable kit and trainers to take part. The cost per student in Term 2 = 1,620,000 VND
U11 FOBISIA SQUAD TRAINING parents need to arrange their childs transport home	Years 5-6	15:05 - 17:00	24	24	Mr and Mrs Petricca	Secondary Field, Swimming Pool	This is for the Year 5 and 6 students that have been selected to attend the U11 FOBISIA competition in May. Invite only.
SSA Basketball Junior (paid activity) (Parents need to arrange for transportation)	Years 5-8	15:30 - 17:00	6	15	SSA	Sport halls	Primary & Secondary students who would like to get basketball coaching with VBA approved coaches and players. The cost per student in Term 2 = 1,620,000 VND

WEDNESDAY

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Mindfulness Colouring	Year 1	14:55 - 15:55	6	10	Ms Bea	E102	Colouring is an easy way to calm the mind and occupy the hands. Relax and express yourself as you use a variety of mark-making tools to colour in your favourite pictures.
Discover and Create Sea Animals	Year 1	14:55 - 15:55	4	10	Ms Jessica	E-104	This is an opportunity to discover amazing facts about different sea animals and create colourful models to show their special features, habitat and diet.
Art and Craft Kid	Year 1	14:55 - 15:55	5	15	Ms Lien Cao and Ms Van Anh Nguyen	E120 EYC	Creating and sharing fun, hands-on and creative Arty-crafty projects for kids! Children who love nothing more than to create weird and wonderful things, exploring fun process-led art technique and simply playing can play with paint, materials, recycled bits and bobs and so on. Come and join us!
Girl accessories	Year 1	14:55 - 15:55	3	10	Ms Huong Le	E206	Are you interested in making cute headbands, bracelets, hairclips, necklace and so many adorable accessories? Come and join this club and be creative as much as you can.
Primary Tag Rugby	Years 2-3	15:05 - 16:05	10	20	Mr Carroll	Primary field	Introduction to TAG rugby. Children will learn basic tag rugby skills. Basic ball skills, running, catching, throwing and kicking. Children will learn to communicate effectively, grow in confidence and learn to work as a team.
Pattern Drawing	Years 2-3	15:05 - 16:05	10	15	Ms Luyen Do & Ms Anh Nguyen	P106	Children will learn how to draw patterns step by step. Patterns show up in all kinds of art, from contemporary abstract art to tribal folk arts from various cultures around the world. Therefore, once children learn how to make patterns, they can use them in their art in all kinds of ways.

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Yoga Kid and meditation	Years 2-3	15:05 - 16:05	5	15	Nhung Vu, Van Anh Hoang	Chill out Chamber	Stress reduction through breathing and exposure to mindfulness are our main objectives for kid's health when running yoga club. Join us to have fantastic lessons this term
Mini STEAM	Years 2-3	15:05 - 16:05	6	6	Ms. Hai Nguyen	P315	Time to learn and relax. Interesting memories for students' childhood.
Teach your monsters to read	Years 2-4	15:05 - 16:05	5	20	Ms Luyen Trieu, Ms Hong Nguyen, Ms Dung Hoang	5S	Phonics is very important for new English learners. It is a method for reading and writing by developing learners' phonemic awareness. This activity will teach children how to hear, identify and manipulate the phonemes.
Construction Toys Club	Years 2-4	15:05 - 16:05	5	12	Mrs.Trang Chu Ms.Anh	P202	Challenges are given every week of building a variety of objects using different materials.
Tennis Club (Paid Activity)	Years 2-6	15:05 - 16:05	4	10	Mr. Thuong	Hardcourt	Students will discover and develop basic tennis strokes such as forehand and backhand ground strokes, volleys and serves. Please note: Minimum number of children =4/The cost per student in Term 2 = 786,000VND.
Golf Academy (Paid activity)	Years 3-13	15:05 - 16:05	8	16	Mr. Bradley & Ms Stevenson	Long Bien Golf Course	Receive top tuition from a PGA professional, including skills for all abilities, ranging from grip to club swing, or putting to driving. Please note: Minimum number of students =8. The cost per student in Term 2 = 2,640,000VND
Junior Orchestra	Years 3-13	15:05 - 16:05	4	50	Mr Scott	C323	Orchestra for less advanced players.
Postcards of Kindness	Years 3-6	15:05 - 16:05	4	20	Mrs Baines	P309	A club to spread random acts of kindness around the school community. Students will create postcards to share with others and spread a little kindness around.

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Year 4 Production Acting Workshop	Year 4	15:05 - 16:05	5	66	Mr. Labelle and Minh Thuong Bui	P218/Auditorium Stage	This club will provide guidance for Year 4 actors to develop their acting skills for our upcoming Year 4 Production. Children will learn how to say their lines, how to move about on the stage and how to develop their confidence to perform in front of an audience.
Flute Choir	Years 4-13	12:50 - 13:25	2	25	Miss Howarth	C321	For anyone who has played the flute for 1 year or more
Primary Tag Rugby	Years 4-6	15:05 - 16:05	5	20	Mr Kain	Primary field	Introduction to TAG rugby. Children will learn basic tag rugby skills. Basic ball skills, running, catching, throwing and kicking. Children will learn to communicate effectively. Grow in confidence and learn to work as a team.
Primary Eco Schools	Years 4-6	15:05 - 16:05	5	15	Miss Shaw	P220	Join the Primary Eco Heroes on our quest to make BIS more environmentally friendly! Previous members are encouraged to join again to continue achieving our action plan, but we welcome new members too. If you're passionate about climate change, inspired by Greta Thunberg and want to make a difference, then become an Eco Hero with us!
STEAM 2	Years 4-6	15:05 - 16:05	6	16	Mr. Allison	P219	Interested in teamwork and technology? Are you creative, and enjoy problem solving? The STEAM 2.0 is perfect for you! We will be enjoying lots of challenges involving Science, Technology, Engineering, Art and Maths. Most importantly, we will practise one of the most important skills we need in the 21st Century - TEAMWORK.
U11 FOBISIA SQUAD TRAINING parents need to arrange their childs transport home	Years 5-6	15:05 - 17:00	24	24	Mr and Mrs Petricca	Secondary Field, Swimming Pool	This is for the Year 5 and 6 students that have been selected to attend the U11 FOBISIA competition in May. Invite only.

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Mindfulness Art	Years 5-6	15:05 - 16:05	5	20	Ms Crombie	P311	This club is for children in Year 5 and 6 who want to relax and unwind with some mindfulness art.
Year 4 Production: Making Props and Stage Workshop	Years 5-8	15:05 - 16:05	4	12	MsTrang Do Y4, Ms Dung Hoang Thanh Y6, Ms Trang Nguyen Y6	P 224	This club will make props for our upcoming Year 4 Production. Children will learn how to make props from cardboard, paper, etc, and design the stage for the Year 4 production.
Martial Arts	Years 6-13	15:05 - 16:05	5	15	Mr Roe	Upstairs Balcony (Sports Hall)	An opportunity for students to practice self-defence techniques, get fit and learn about local culture.

THURSDAY

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Gymnastic club (Paid activity)	Year 1	14:55 - 15:55	10	16	GymKraft	EYC Multipurpose room	We will again 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. Minimum number of children =10/ The cost per student in Term 2 = 1,980,000 VND
Book club	Year 1	14:55 - 15:55	5	15	Ms. Mai Nguyen and Ms Huong Hoang	EYC library	Stories always play an important role in children's development. They can learn lots of things through reading books. If you want your children to improve their reading skills, join us !!!
Drawing Club	Year 1	15:55 - 15:55	5	15	Ms Hue Le And Ms Huong Nguyen	E118	This club is for children in Year 1 who want to learn how to draw, and help the children develop their drawing skills by drawing animals, people or characters in their favourite stories....
Japanese Calligraphy art (For Japanese students only)	Years 2-12	15:05 - 16:05	3	8	Mrs. Miki	Primary Science Room C127	Calligraphy art is a traditional art originally from China. Generally, we use brush and ink to write characters. Japanese learn basic calligraphy at elementary school. Students should have syodou kits.
Year 2-4 Football (Invitation only)	Years 2-4	15:05 - 16:05	20	24	Mr. Brooke-Smith	Primary field	For students who would like to develop their football skills and play some small matches.
Card Making Club	Years 2-4	15:05 - 16:05	5	15	Ms Thao Le Ms Hue Nguyen	P117	If you would like to do something creative by using cards then join in the card making club. A chance to get crafty.
Beginners Chess	Years 2-5	15:05 - 16:05	4	12	Mr Baines	Library	Have you ever wondered how to play chess? Learn how the pieces move, some basic tips and strategies before playing against your friends.

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Golf Beginners (Paid activity)	Years 2-6	15:05 - 16:05	8	16	Mr. Bradley	Hardcourt	An introduction to the fundamentals of Golf using the new SNAG programme (Starting New At Golf). Learn how to grip a club, how to swing effectively and have fun chipping and putting at a range of engaging targets. Please note: Minimum number of children =8/ The cost per student in Term 2 = 1,740,000 VND
Salad lovers	Years 2-6	15:05 - 16:05	3	12	Ms. Mi Hoang & Ms. Nhung Nguyen	S210 student kitchen	No one can deny the benefits of vegetable to our health, however if you find vegetables boring and taste of nothing then this ECA will change your mind. Veggies can be extremely tasty if mixed in the right way. Remember the greener your meal is the healthier and stronger you are.
Primary Choir	Years 3-6	12:35 - 13:00	2	100	Mrs. Carroll	Music Room	Do you enjoy singing? Come along to Primary Choir and learn popular songs. We also perform at concerts and events.
P-Buzz Club	Years 3-7	12:35 - 13:00	2	20	Mr Scott	C323	Come and play the p-buzz!
Maths Madness	Years 4-6	15:05 - 16:05	6	12	Mr. Driver	P315	Maths Madness is an opportunity for children to explore the complexities and patterns of the mathematical world. The children will complete puzzles, logic problems, and take part in competitive activities and group work.
DIY Paper Craft	Years 4-6	15:05 - 16:05	5	15	Ms Hien Dang & Ms Ngoc	P218	Paper is such a versatile crafting material. Discover fun ways to craft with it, basic crafting skills you'll need to know, and tips to get you started.
Primary Running Club	Years 4-6	15:05 - 16:05	3	10	Miss Hill	P224	Time to get active! This ECA aims to slowly build up children's cardiovascular fitness through running activities.

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Harry Potter Reading Club	Years 4-7	15:05 - 16:05	4	20	Miss Buckley	P116	Having read book 1 last year, we are now moving onto book 2 - Harry Potter and the Chamber of Secrets. We will read the book, watch clips from the film and enjoy Harry Potter themed activities.
ABRSM Music Theory	Years 5-13	15:05 - 16:05	2	40	Miss Howarth	C321	Practise notation skills for ABRSM exams
U11 FOBISIA SQUAD TRAINING parents need to arrange transport	Years 5-6	15:05 - 17:00	24	24	Mr and Mrs Petricca	Secondary Field, Swimming Pool	This is for the Year 5 and 6 students that have been selected to attend the U11 FOBISIA competition in May. Invite only.
Performance Poetry	Years 5-6	15:05 - 16:05	3	12	Mr Wray	6H	Poetry is an art. Whether it is listening to, writing or performing, engaging with poetry helps children understand how to be creative with language. Learning and performing poetry teaches children the art of creative expression and helps them to be confident when speaking in front of others. The beautiful nature of poetry is truly understood when it is performed. In this club we will learn and perform poems, as well as performing poems we write together.
Mindfulness Colouring	Years 5-7	15:05 - 16:05	6	10	Mrs Ower	P322	We will practise calming our busy minds, focusing on the present and de-stressing. We will begin each ECA with a breathing exercise, designed to calm, before concentrating on some quiet, detailed colouring.
Maths	Year 6	15:05 - 16:05	3	20	Ms. Hai Nguyen	P315	Help Y6 students revise knowledge in Maths
BIS Dance Company - Juilliard Choreography Challenge	Years 6-12	15:05 - 16:05	4	24	Miss Bevan	Dance Studio P302	Participate in the Juilliard Choreography Challenge! As Part of the BIS Hanoi team you will participate in choreography workshops set by Juilliard where your ideas will be collaboratively choreographed into our final performance piece. We will be getting advice and guidance from our very own Juilliard Dance Student Coach (currently studying at the school in New York). We will perform our finished piece live at our first BIS Hanoi Dance Festival (in term 3) AND we must create a video of our performance to be submitted to Juilliard. Don't miss out on this exciting global opportunity.

FRIDAY

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Primary Ballet Club	Years 2-6	12:55 - 13:25	5	100	Ms Bevan	Dance Studio P302	Get fit, have fun and learn the beautiful art of ballet. Suitable for experienced ballerinas and enthusiastic beginners. We will practise ballet technique and learn some favourite routines.