

Extracurricular Activities Primary

Years 1-6
Term 1 | 2020-2021



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

Dear Parents,

Extracurricular Activities (ECAs) in Term 1 will start on **Monday 28th September 2020**. The activities will run through until **Thursday 3rd December 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. Alex Hooley

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 4th September at 8.35am to Monday 7th September 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 7th September 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 1, 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 18th September 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

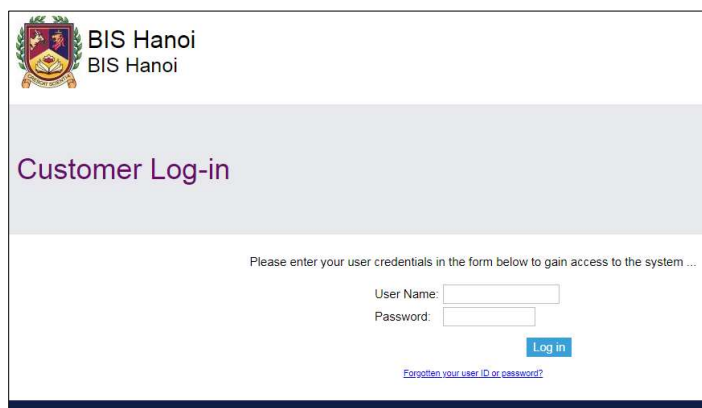
Log on using your child's school User name and Password. If your child is in the Primary school, their Password will be their Date of Birth, in the format DDMMYYYY. If your child is in the Secondary school, their password will be 'password' or their own personal password.

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 (2020-2021 Term 1).

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 **Monday 14th September 2020** you should be able to see your activities by scrolling through to Monday 28th September 2020 (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 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	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Art club	M&F	Year 1	14:55 - 15:55	4	20	Ms. Jasmine	E208	Come and get creative with paint, pencils and mixed media. We will be looking at artists from around the world and creating our own pieces of art using them as inspiration.
Phonics Club	M&F	Year 1	14:55 - 15:55	2	20	Mrs. Lucie Crofts	E205	An opportunity to practice Phonics and Reading skills.
Lego and Construction	M&F	Year 1	14:55 - 15:55	2	20	Mr. Shanahan	F3 Shared Area	Do you want to develop your creative skills whilst having fun? In Lego construction we will use problem solving, team work and STEAM skills to make designs come alive.
Card Making	M&F	Year 1	15:05 - 16:05	4	20	Ms. Carmichael	Year 1 Classroom	Get creative by making your own cards. Each week we will have a different theme for our cards.
Kids Yoga	M&F	Year 1	14:55 - 15:55	4	10	Ms. Jessica	EYC Multi purpose room	Come and do some yoga postures together with stories to stimulate calmness and emotions
STEAM 1	M&F	Years 2-3	15:05 - 16:05	5	20	Mr. Allison	P219	Work in teams to create and solve problems using technology, engineering, and other creative skills.
Junior Football	M&F	Years 2-3	15:05 - 16:05	10	30	Dr. Wood	Secondary Field	Playing small sided games and activities to develop fundamental skills, team work and coordination. Fun games where every one has a ball at their feet.
Book Club	M&F	Years 2-6	15:05 - 16:05	4	20	Ms. Burden	Library	Come and enjoy books in our school library with your friends. Discover new books and authors with the help of your teachers. Listen to stories and have fun practising your reading skills.
Animation Club	M&F	Years 3-6	15:05 - 16:05	4	20	Ms. Clark	P206	Come and explore the world of animation and become a director of your own movie. Create your own settings, characters and film your own stop-motion animation.

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Gymnastic club (Paid activity)	M&F	Years 2-8	15:05 - 16:05	4	6	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 = 4/ The cost per student in Term 1 = 2,970,000 VND
Theory Club	M&F	Years 3-13	12:50 - 13:25	1	30	Mrs. Howarth	C317	Working towards external ABRSM exams
Crocheting	F	Years 3-6	15:05 - 16:05	4	20	Ms. Huong & Ms. Trang	P214	If you want to create some wonderful items from toys to sweaters for you and your beloved ones, this club is for you! Crocheting has benefits for both your mood and mind, it also teaches you patience. Come and enjoy our creative time together!!
Fencing (Paid activity)	M&F	Years 4-13	15:05 - 16:05	6	12	Mr. Kim	Fitness Room (C108)	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: 3,024,000 VND
Maths Madness	M&F	Years 4-6	15:05 - 16:05	8	20	Mr. Craig Driver	P315	A chance to explore the strange and magical world of Maths through puzzles, challenges and team games.
Yoga For Kids	M&F	Years 4-6	15:05 - 16:05	4	10	Ms. Dung Y3	C108	This ECA will bring you relaxation, positive thinking and flexible body. Students will practice how to control their breath and do systematic physical exercise.

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Upcycling	M&F	Years 5-13	15:05 - 16:05	4	12	Ms. Fitzpatrick	TBC	Turn old uniform into new products
Running Club	M&F	Years 5-6	15:05 - 16:05	4	10	Miss. Hill	P224	A chance to develop your running speed, stamina and skills.
Football Club	M&F	Years 5-6	15:05 - 16:05	10	40	Mr. Wray & Mr. Kain	Secondary football pitch	Football will involve practising skills, exercising, having fun and playing mini games. It is a great opportunity to improve as a player and to test your skills in mini games.
Amazing Short Story Writers Club	M&F	Years 5-6	15:05 - 16:05	5	20	Mr. Carroll & Ms. Ngoc	P316	Week by week, learn how to write and craft your own amazing short stories. We will read, listen and watch excerpts from books, radio, TV and film, to help inspire our writing. We will learn the tricks of the writing trade to become amazing writers and storytellers in the different genres, including; fantasy, sci-fi, myths & legends, mystery and suspense and many, many others. Who knows - we might even be able to publish our own book of short stories at the end of the year!

TUESDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
SSA Basketball Kid <i>(paid activity / parents need to arrange for transportation)</i>	M&F	Years 1-4	15:30 - 16:30	6	45	SSA	Sports hall	Primary students who would like to get basketball coaches with VBA approved coaches and players. The cost per student in Term 1 = 1,620,000 VND
SSA Football <i>(paid activity / parents need to arrange for transportation)</i>	M&F	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 1 = 2,430,000 VND
Primary Choir	M&F	Years 3-6	12:35 - 13:10	5	100	Mrs. Carroll & Ms. Beasant	Music Dept & practice rooms	Come along and learn to sing as a choir. Have fun singing with your friends and enjoy performing at Live Lunches, Concerts and Assemblies.
SSA Basketball Junior <i>(paid activity / parents need to arrange for transportation)</i>	M&F	Years 5-8	15:30 - 17:00	6	15	SSA	Sports hall	Primary & Secondary students who would like to get basketball coaching with VBA approved coaches and players. The cost per student in Term 1 = 2,430,000 VND

WEDNESDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Mindfulness Colouring	M&F	Year 1	14:55 - 15:55	4	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.
Young Artist	M&F	Year 1	14:55 - 15:55	4	15	Ms. Huong 1S & Ms. Van Anh	E205	This activity is designed to develop the eye, hand, and mind of a young artist! With drawing and making crafts as the foundation, students learn to observe, interpret, and design. Come and have fun!
Fun for Fold	M&F	Year 1	14:55 - 15:55	4	15	Ms. Hue & Ms. Huong Le	F2 shared area	Out of paper, have you ever tried to fold something into 3D shape? Join us now and have some fun
Cooking is simple	M&F	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 may find cooking is so fun
Year 1 STEAM	M&F	Year 1	14:55 - 15:55	2	10	Ms. Angela	E118	Solve problems and create experiments through collaboration and teamwork.
5 Minutes Crafts	F	Years 2-3	15:05 - 16:05	4	15	Ms. Nhung & Ms Van Anh	P106	Let's come and join us If you are into making interesting and colorful paper things!
Lego Construction club	M&F	Years 2-4	15:05 - 16:05	4	20	Mr. Baines	P110	Do you want to develop your creative skills whilst having fun? In Lego construction we will use problem solving, team work and STEAM skills to make designs come alive.
Running Club	M&F	Years 2-4	15:05 - 16:05	4	14	Ms. Garnish	Primary Field	If you enjoy running come along and develop your speed and endurance skills whilst having fun.
Maths Lovers Club	M&F	Years 2-4	15:05 - 16:05	5	16	Mrs. Trang Chu & Ms. Anh Duong	P110	Challenges are given every week of creating and playing a variety of maths games. (Timestable Rockstar Practice, Board games, Problems solving, etc.)

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Go Noodle Dance club	M&F	Years 2-5	15:05 - 16:05	4	16	Ms. Goodwin	P309	Come along and learn fun routines to pop music which will stretch your dancing ability and help you keep fit. Dance and unwind after a long day at school, helping to clear your mind and boost your energy.
Library Club	M&F	Years 3-6	15:05 - 16:05	8	20	Mrs. Ower	Library	A chance to take more time to choose some of the brilliant books in our library, to talk about books you've loved reading and finally, to enjoy listening to a story before we go home.
Primary Eco Heroes!	M&F	Years 3-6	15:05 - 16:05	5	16	Miss Shaw	P220	Here is your opportunity to be a superhero! Help BIS to save our planet by joining the Primary Green Team, where we will make sure everyone is doing what they can to look after the environment. We'll do these important jobs whilst having fun creating things from recycled materials! Become an Eco Hero!
Quiz Club	M&F	Years 3-6	15:05 - 16:05	4	20	Ms. Beasant	P202	Come and test your knowledge of all subjects in quiz club - enjoy quizzes about films, music, geography, science and many more!
Junior Orchestra	M&F	Years 4-13	15:05 - 16:05	5	50	Mr. Scott	C323	For anyone that plays an instrument that is not in the Production Orchestra This can be anyone - if you are in Production Orchestra and want to join this too you can!
Ukulele Club	M&F	Years 4-9	12:50 - 13:25	2	40	Ms. Kirk	C323	Anyone that would like to play the ukulele
HIIT	M&F	Years 5-6	15:05 - 16:05	5	15	Mr. Jack	Dance Studio (P302)	Come along and get fit together. Students will take part in high-intensity interval training to improve their full body fitness.

THURSDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Gymnastic club (Paid activity)	M&F	Year 1	14:55 - 15:55	4	6	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. Please note: Minimum number of children = 4/ The cost per student in Term 1 = 2,970,000 VND
Fun Run Club	M&F	Year 1	14:55 - 15:55	2	16	Ms. Mi & Ms. Trang Pham	Year 1 playground	Do you love running? do you want to have fun and keep fit? This ECA is for you. Join us and let's run!!!!
Book Club	M&F	Year 1	14:55 - 15:55	4	20	Ms. Mai & Ms Huong F2	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!
Amazing animals	M&F	Year 1	14:55 - 15:55	5	20	Ms. Minh Thuong & Ms. Ha Nguyen	E206	Let's relax with our fun games and take adventure into nature world in incredible footage. You will find out how amazing wild animals are and how much you love them.
Japanese Calligraphy art (For Japanese students only / Students should have syodou kits)	M&F	Years 2-12	15:05 - 16:05	3	8	Mrs. Miki	Primary Science Room C127	Calligraphy art 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.
Origami for beginners	M&F	Years 2-3	15:05 - 16:05	4	10	Ms. Luyen Do	P112	Origami is interesting, from one square of paper we can make many things. Let's join us and build up your own paper toy collections.
Games Club	M&F	Years 2-4	15:05 - 16:05	4	20	Miss. Colclough	P116	Come and enjoy a wide range of games. From board games to online fun.

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Colouring Club	M&F	Years 2-4	15:05 - 16:05	4	20	Mrs. Baines	P212	Come and enjoy colouring! We have a huge range of different fun pictures to colour. Great for fine motor skills development, mindfulness and making friends.
Just Dance Kids	M&F	Years 2-4	15:05 - 16:05	5	20	Ms. Hanh & Ms. Lan	P302	Children learn fun routines which will release their mind, stretch their dancing ability, enhance their confidence and improve their coordination. Sessions involve a warm-up and dance moves to pop music. That is a great time to cool down and freshen up after a loooong day in classes.
Golf Beginners (Paid activity)	M&F	Years 2-6	15:05 - 16:05	7	15	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 1 = 2,610,000 VND
Flute Choir	M&F	Years 4-13 & Staff	12:35 - 13:05	2	30	Mrs. Howarth	C317	For anyone who plays the Flute
STEAM 2	M&F	Years 4-6	15:05 - 16:05	5	16	Mr. Labelle	P219	Work in teams to create and solve problems using technology, engineering, and other creative skills.
Art Club	M&F	Years 5-6	15:05 - 16:05	4	20	Ms. Harvey	P311	Come and get creative with paint, pencils and mixed media. We will be looking at artworks from around the world and creating our own pieces of art using them as inspiration.
Maths Year 6	M&F	Years 5-6	15:05 - 16:05	3	15	Ms. Hai	P313	This ECA will help you with BASIC knowledge in Maths in Year 6. Activities include handouts to summarize what we learn in class, and fun games for students to remember the lessons (learn through play!!!)

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Globe Trottin' Kids	M&F	Years 5-6	15:05 - 16:05	3	10	Ms. Hien Dang	P222	<p>A fun way to learn about geography and cultures. It's important for children to learn how we are connected globally and how we are more similar than different.</p> <p>This ECA is to help students develop the knowledge, skills, and attitudes to understand the world in which we live and about our own place in it. Please come and join me the photo galleries, and virtual tours from around the world.</p>

FRIDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Brass Club	M&F	Years 4-13 & Staff	12:50 - 13:25	1	20	Mr. Scott	C321	For anyone that plays a brass instrument!