

Extracurricular Activities Primary

Years 1-6
Term 3 2022



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

Dear Parents,

Extracurricular Activities (ECAs) in Term 3 will start on **Wednesday 4th May 2022**. The activities will run through until **Thursday 9th June 2022**, so 6 weeks in total of ECA sessions. 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. Not all activities are available to all year groups, please see the descriptions in the brochure. Please carefully read the full ECA schedule and descriptions before completing the form. For each different day you can select one choice. If you have any questions please contact bis.activities@bishanoi.com

- Activities have maximum and minimum numbers, which vary according to the activity.
- Once the maximum number of students has been reached, the activity will be 'closed'.
- Students 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.

Ms. Catherine Bearne

ECA Programme Coordinator

MONDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Kids HIIT workout	Mixed	Year 1	15:05 - 16:00	5	20	Ms.Jessica	EYC MPR	Come and enjoy HIIT (high-intensity) workout that will help you improve your health. This will provide you with an enjoyable experience as you stay active and fit.
Mindfulness and Cosmic Kids Yoga	Mixed	Year 1	15:05 - 16:00	Any	20	Ms. Antonia Gill	E206	Join us for some Mindfulness and Yoga to relax after school.
Team Games	Mixed	Year 1	15:05 - 16:00	8	20	Ms. Shireen Sherazee	ECA multipurpose room or playground	This ECA will be a variety of team games, focusing on cooperation, communication and problem solving skills.
Fun Run	Mixed	Year 1	15:05 - 16:00	5	20	Ms.Trang Phạm	EYC playground	Let's run and enjoy many fun activities.
Mindfulness Time	Mixed	Year 1	15:05 - 16:00	10	15	Ms.Catherine Mullin & Ms.Ha Nguyen	E205	Each week, we will explore different mindfulness activities to settle our minds and bodies after a busy day at school.

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Embroidery from beginning	Mixed	Year 4-6	15:05 - 16:00	5	20	Ms.Trang Nguyen	P315	Find inner peace while practicing fine motor skills.
Paint club	Mixed	Year 2-4	15:05 - 16:00	5	20	Ms.Jasmin e Reilly	E208	Children will come and learn art techniques involving different types of paints using different artist styles as inspiration.
HIIT workouts	Mixed	Year 2-4	15:05 - 16:00	2	20	Ms. Garnish & Ms. Nhung	P322	Join fun high energy moves that will help to improve your fitness.
BIS Junior Dance Company	Mixed	Year 3-6	15:05 - 16:00	5	20	Ms.Emily Brawn	Dance Studio	BIS Junior Dance Company has already started during VSE in Term 2 and all current members will keep their places. However, we have space for new members to join us in Term 3!! Keep fit and have fun in this Dance ECA. We will train in a variety of dance techniques and styles. We will build our creative skills and learn a variety of routines. Together we will work towards performances with opportunities in school, Nord Anglia and Global Campus events!
Draw with Rob	Mixed	Year 5-6	15:05 - 16:00	0	20	Ms.Donna Whittaker	P316	Follow instructions from an illustrator to draw fun characters
Making Accessories Club	Mixed	Year 2-3	15:05 - 16:00	10	20	Ms. Nguyen Van Anh & Ms.Trang Do	P210	We welcome everyone to join our club. It is so much fun to make unique accessories made by yourself. We will use some materials like beads, ribbons, color papers, sparkle things...to make your own necklace, hair-clip, headband, earrings...
Craft club	Mixed	Year 2-6	15:05 - 16:00	2	20	Ms.Alice Goodwin	P302	Take the opportunity to get creative and explore a range of simple craft skills. Children will work with a range of materials and techniques to make their own exciting projects that they can take home.

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Benchball	Mixed	Year 5-6	15:05 - 16:00	12	20	Mr Watkins	P320	Come and play this fun team game, which focuses on throwing, catching, defending and attacking skills. We will explore different variations of the game and teamwork tactics. Make sure you bring in your PE on this day.
Quiz	Mixed	Year 5	15:05 - 16:00	6	20	Ms. Hai Nguyen	P314	Relaxing time with Quiz
Athletics	Mixed	Year 2-4	15:05 - 16:00	8	20	Ms. Elaine Flavin	Primary Field	During this ECA we will be looking at improving your running, jumping and throwing skills. We will have lots of fun individual and relay races as well as jumping and throwing competitions.

WEDNESDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Just Dance	Mixed	Year 1	15:05 - 16:00	5	20	Ms.Hue Nguyen & Ms. Mai Nguyen	EYC Multipurpose Room	Just join and dance together
Mindfulness Colouring	Mixed	Year 1	15:05 - 16:00	5	20	Ms. Beatrice Policarpio	E105	Meditate and colour your stress away using a variety of media after a full day of learning.
kickboxing	Mixed	Year 4-6	15:05 - 16:00	4	20	Ms. Naseen Chehab & Ms. Minh Bui	Gym	Come and try cardio-kickboxing. Turn your fists into weapons and shields, learn to strike with your feet and combine kicks and punches. This full body workout will improve your flexibility, coordination and reflexes!

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Running Club	Mixed	Year 3-6	15:05 - 16:00	20	20	Ms. Holly Carmichael & Ms. Luyen	Outside	If you enjoy running, then this is the club for you! We will start and end each session with a warm up and cool down and take part in different running activities.
Chess	Mixed	Year 4-6	15:05 - 16:00	10	20	Mr. Shanahan	Library	Play chess with your friends. Learn new moves!
Lego Challenge	Mixed	Year 2-3	15:05 - 16:00	10	20	Ms. Shannon Colclough & Ms. Van Anh Hoang	P116	Come and create a range of different Lego challenges.
Coloring Club	Mixed	Year 2-3	15:05 - 16:00	6	15	Ms. Hue Le & Ms. Huong Hoang	P311	Relax and color your stress away! Coloring can have a calming effect on your mind and help promote wellness.
Poetry Club	Mixed	Year 4-6	15:05 - 16:00	5	15	Mr. Matthew Addison	P112	Exploring different types of poetry, what techniques are used in poetry, and writing our own poems. Children will need an interest in writing/poetry.
Designed Manga Club	Mixed	Year 4-6	15:05 - 16:00	6	10	Ms. Lan Ha & Ms. Trang Chu	P315	This club provides a chance for students to study more about the Manga world. They will discuss, analyze and learn about the styles of some famous Manga artists. Then, together they will create their short meaningful Manga.
Creative Art and Design	Mixed	Year 2-4	15:05 - 16:00	5	20	Ms. Patricia Kelly & Ms. Hong Nguyen	P224	The students will be enabled to participate in a range of art and design activities. Each activity will be based on the appropriate theme for that week/ month. Example: an Easter Card to celebrate Easter.

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Wood Construction	Mixed	Year 2-3	15:05 - 16:00	10	20	Ms. Dung Hoang & Ms. Hanh Le	P112	Are you interested in building with dominoes? You should belong to this club. You will have a great time creating different types of construction with your friends.
Swimming	Mixed	Year 5-6	15:05 - 16:00	5	15	Ms. Salome Airdrie	Swimming Pool	Come and improve your swimming technique

THURSDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
EYC Young Photographers	Mixed	Year 1	15:05 - 16:00	3	12	Ms. My Nguyen & Ms. Mi Hoang	F1-F2 share area	The Young Photographers Class were created to teach young students this wonderful art form. This class enable the student to see and express their vision and teach them a craft and an art that will enrich them for a life time. They will go through so many topics in EYC's screen!
Story & Craft	Mixed	Year 1	15:05 - 16:00	5	10	Ms. Tamah	EYC EAL Room	Each week we will read a story and make a fun craft based on what we've read.
Basketball Club	Mixed	Year 4-6	15:05 - 16:00	4	15	Mr. David Poppinga	Sports Hall	A variety of games and drills that will help develop basic basketball fundamentals.
Kickboxing and cardio fitness	Mixed	Year 5-6	15:05 - 16:00	3	8	Mr. Gus Roe	Sports Hall	We will complete boxing and kickboxing techniques and drills to work on cardio and fitness.
Mindful Art	Mixed	Year 3-6	15:05 - 16:00	0	20	Ms. Louise Garner & Ms. Dung Hoang	P326	Simple and enjoyable art activities to promote creativity and relaxation.

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Library Club	Mixed	Year 2-4	15:05 - 16:00	25	2	Ms. Emma Burden	Library	Do you love to read? Do you love to visit the library? Join our club and enjoy reading and listening to stories and exploring our beautiful library.
Adventures in the Library	Mixed	Year 5-6	15:05 - 16:00	8	20	Mr. Craig Driver	Library	We will explore all kinds of exciting and funny stories in the BIS library together. Whether they be spooky, funny, romantic or adventurous, staff and students will have the opportunity to read, listen and share their favourite books in a safe and supportive environment.
Lego Challenge	Mixed	Year 2-3	15:05 - 16:00	2	15	Ms. Lucie Crofts & Ms. Huong	P110	Time to get creative!
STEAM 3.0	Mixed	Year 4-6	15:05 - 16:00	10	20	Mr. Steve Labelle	Primary STEAM room	Enjoy developing teamwork skills by designing and building prototypes.
Arts and crafts	Mixed	Year 2-4	15:05 - 16:00	5	15	Ms. Danielle Harvey	P311	Come along to enjoy painting, drawing and colouring
Creative Writing	Mixed	Year 2-6	15:05 - 16:00	8	20	Mr. Baines	P314	Creative Writing will challenge writers of all ability levels, from beginner to advanced, through various writing prompts, exercises, and competitions. Students will collaborate, write, share and offer feedback on each other's creative writing in a relaxed, fun environment.
Primary Choir	Mixed	Year 3-6	15:05 - 16:00	nil	40	Ms. Beasant & Ms. Carroll	Music Room	Come along, song songs and enjoy being part of a choir. If you enjoy singing together and performing then choir is the place for you.

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Badminton	Mixed	Year 4-6	15:05 - 16:00	6	16	Ms. Elaine Flavin	Sports Hall	Come and learn how to play badminton, improve your skills and play some games with friends

Friday

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Brass Club	Mixed	Year 5-6	Friday Lunch time	NA	20	Mr. Jonathan Scott	C321	Brass Club is back! Welcoming all students who have previously been a member of Brass Club. PLEASE NOTE: Brass club is limited to the number of instruments that we have at school. If you would like to start as a new member you must contact Mr. Scott first to see if there is an instrument available. If there are instruments remaining you will receive an invitation. If all instruments are taken then it is only possible to join if you purchase your own instrument, Please contact Mr. Scott if you need any assistance.