

Extracurricular Activities Secondary

Years 7-13
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:	HSBCNVX
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

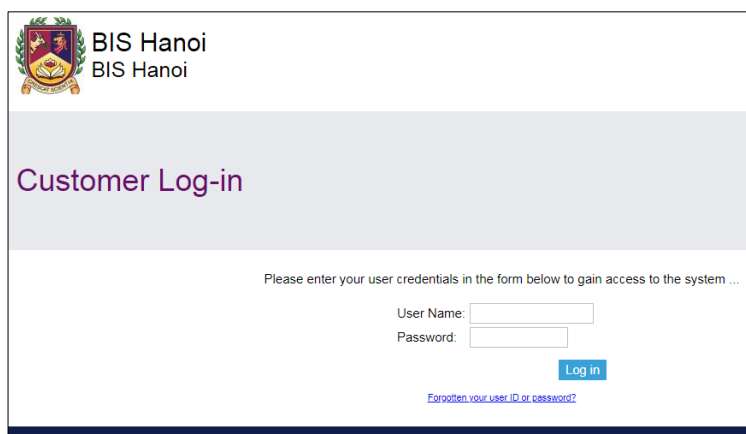
Log on using your child's school User name and Password. If your child is in the Primary school, their Password will be their Date of Birth, in the format DDMMYYYY. If your child is in the Secondary school, their password will be 'password' or their own personal password.

Primary Example:

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

Secondary Example:

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



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Customer Log-in

Please enter your user credentials in the form below to gain access to the system ...

User Name:

Password:

[Log in](#)

[Forgotten your user ID or 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
Boardgames Club	M&F	Year 07- Year 10	15:05 – 16:05	4	16	Dr. Loft	C223	Have fun playing board games whilst making friends.
Community Arts	M&F	Year 07- Year 13	15:05 – 16:05	5	20	Ms Goppert and Ms Lounis	S104	We will be creating the set design for our school production
Computer Science Catch Up	M&F	Year 11	15:05 – 16:05	2	10	Mr Trett	C121	A catch up and support session for Yr11 IGCSE Computer Science students.
Fencing (Paid activity)	M&F	Year 04- Year 13	15:05 – 16:05	6	12	Mr. Yong Hee Lee and Vietnamese coaches	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
Gymnastic club (Paid activity)	M&F	Year 02- Year 08	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
IGCSE Music Xtra	M&F	Year 10, Year 11	12:35 – 13:05	1	30	Mr Scott	C323	Challenge and support for IGCSE Music Students in Years 10&11
Mindfulness	M&F	Year 07- Year 13	15:05 – 16:05			Ms Lozano	C306	Mindfulness is the practice of bringing one's attention to the present moment, experiencing and observing

								our thoughts and feelings without judging them. In these sessions we will be doing meditation and learning strategies to cope with stress.
Model United Nations	M&F	Year 07- Year 13	15:05 – 16:05	6	24	Mr Hoare	S204	Model United Nations (MUN) is a simulation of the United Nations. The students work on researching and exploring solutions to some of the world's most challenging problems. The skills they develop include: research, public speaking and develop a greater understanding of global politics.
Moon & Tet Performance Club	M&F	Year 07- Year 13	15:05 – 16:05	15	30	Ms.Hai & Ms. Phuong	S306 , S303	This is your opportunity to be a part of the talented team to showcase Vietnamese cultures to the school community through differnt acts. You not only get to help others enjoy and appreccate our cultures but also learn a lot for yourselves.
Production Stage Building and Wood craft	M&F	Year 07- Year 13	15:05 – 17:00	3	10	Mr Burke	C113	<i>(Please note that you need to sign up for both Monday and Thursday)</i> The team will be helping make the staging for this years production and other craft with wood.
Production Orchestra	M&F	Year 07- Year 13	15:05 – 17:00	5	30	Mr Scott	Auditoriu m	<i>(Please note that you need to sign up for both Monday and Thursday)</i> The Orchestra for the school production - this is by audition this year
Production Cast	M&F	Year 07- Year 13	15:05 – 17:00	5	100	Ms Bearne	Drama Studio	<i>(Please note that you need to sign up for both Monday and Thursday)</i> If you would like to be in this years school production auditions will happen for main parts soon Dancers sign up for this too please!
Spanish	M&F	Year 10- Year 13	15:05 – 16:05	4	10	Ms Rojas	S310	An amazing opportunity to practise your language skills by using games, songs

								and pop culture in a fun and relaxed atmosphere
Theory Club	M&F	Year 03- Year 13	12:50 – 13:25	1	30	Mrs Howart h	C317	Working towards external ABRSM exams
Upcycling	M&F	Year 04- Year 13	15:05 – 16:05	4	12	Ms. Fitzpatri ck	TBC	Turn old uniform into new products
USA College Application	M&F	Year 13	15:05 – 16:05		50	Ms. Price	S206	Open only to year 13 students applying to USA universities. This is an activity to support you in the application process.
Yoga	M&F	Year 09- Year 13	15:05 – 16:05	1	10	Ms Peters	C320	Stretch and relax. No experience needed, all are welcome.
BIS Korean Book Club	M&F	Year10- Year 13	15:05 – 16:05	4	12	Mrs Song & Mrs An	S305 / S307	This ECA focuses on various ways to promote reading and writing skills in Korean. Students will be taking charge of designing and planning the book club so it is a student-led ECA. This is an opportunity to gain extensive reading experience in their mother tongue.

TUESDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Senior Choir	M & F	Year 07- Year 13	12:50 – 13:25	6	60	Mrs Howarth	C317	Anyone that would like to sing - several concerts per year
SSA Basketball Junior (paid activity) (Parents need to arrange for transportation)	M&F	Year 05- Year 08	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
Band	M&F	Year 07 - Year 13	15:05 – 16:05	4	16	Mr Yardley	Music Dept & practice rooms	For students who have already established or would like to start a music band. Will be expected to perform at Lunchtime recitals and whole school events.
CAS Teaching English to BIS staff	M&F	Year 12, Year 13	15:05 – 16:05	5	N/A	Mr. Tchakov	C315	Great opportunity for Y12-13 students to experience life on the otherside of the school desk! Students will prepare and delivery English lessons to Vietnamese staff (term 2-3) after completing one term of theory and practice (term 1). Recognised in both service and creativity strands.
Creative Writing	M&F	Year 07 - Year 13	15:05 – 16:05		20	Mr Bliss	S207	Come and develop your creative writing strategies and techniques. Always wanted to write stories, poems or journalism? This is your chance to get started. Already a writer? Come and share your ideas and hone your craft
Financial Economy	M&F	Year 10 - Year 13	15:05 – 16:05	2	15	Jay Graham	S103	This activity is aimed towards students who are keen to learn more about economics; highlighting management, finance & economy.
IB Core Strength	M&F	Year 12, Year 13	15:05 – 16:05	N/A	N/A	Ms Graham	Library	Students can use this drop-in ECA to receive additional support with CAS/EE/TOK. Students may also be invited to attend in order to catch up on any incomplete work.
iGCSE and IB Art	M&F	Year 10 - Year 13	15:05 – 16:05	5	20	Miss Miller and Miss Goppert	S104	Students can use this drop-in ECA for additional support on skills and techniques for their iGCSE and IB Art
Japanese Calligraphy art (For Japanese students only)	M&F	Year 02 - Year 12	15:05 – 16:05	3	8		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.
Junior Orchestra	M&F	Year 04 - Year 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!
Podcast Club	M&F	Year 10 - Year 13	15:05 – 16:05	4	10	Mr. Grace	S205	Have you ever wanted to produce your own podcast? Come to this ECA and you'll be able to do just that.
Secondary Debate Club	M&F	Year 07 - Year 13	15:05 – 16:05	4	14	Ms Victoria Black	S320	For any secondary student interested in debate. You'll get a chance to enhance your public speaking skills and the opportunity to discuss world issues
Silent Film Club	M&F	Year 07 - Year 11	15:05 – 16:05	5	20	Mr S Young	S219	Do you love movies? Have you ever wondered about how cinema even started? Come to Silent Film Club to discover the origins of cinema and watch clips from great performers such as Georges Méliès, Charlie Chaplin and Buster Keaton. You will then be able to create your own black and white silent movies!
Silver Crest Awards	M&F	Year 07 - Year 13	15:05 – 16:05	4	10	Ms Greenwood	C207	*Only last years' participants can join in term 1* CREST awards is a challenging international STEM project recognised by the British Science Association. This is a one-year duration project that will be entered at the end of this school year to the UK (where it will be judged). If the entry fulfills the requirements, an award will be rewarded. This award is proven to help in UCAS applications, college CVs, and science grade improvements!! (Recommended for students interested in science / STEM or still thinking about their future)
The Duke of Edinburgh's International Award for Young People - Bronze Standard	M&F	Year 11	15:05 – 16:05	N/A	N/A	Mr Airdrie, Mr Mortimer, Ms Lounis, Mrs Fernandes, Ms Thomas, Ms Gordon, Mr Wheeler, Mr Sommerville	P303 and Sixth Form Comm on Room	This ECA is only open to those students you signed up for Bronze in Year 10 2019 The World's best Leadership Training Programme. Over 8 million participants aged 14-24 from 140 different countries and nationalities. Participants explore their own strengths in Skills, Physical activities and Service as well and exploring Vietnam in two adventurous journeys.

						e, Mr Twemlow		Participants are taught how to look after themselves in the countryside, cook, put up tents, first aid and navigation skills, before putting these into practice. "The World's best Leadership Training Programme. Cost: TBC approximately 11,000,000 vnd SIGN UP WILL BE IN SCHOOL
The Duke of Edinburgh's International Award for Young People - Gold Standard	M&F	Year 13	15:05 – 16:05	N/A	N/A	Mr Airdrie, Mr Mortimer, Ms Lounis, Mrs Fernandes, Ms Thomas, Ms Gordon, Mr Wheeler, Mr Sommerville, Mr Twemlow	P303 and Sixth Form Comm on Room	This ECA is only open to those students you signed up for Gold in Year 12 2019 The World's best Leadership Training Programme. Over 8 million participants aged 14-24 from 140 different countries and nationalities. Participants explore their own strengths in Skills, Physical activities and Service as well and exploring Vietnam and South Koreain two adventurous journeys. Gold Standard is the ultimate level of the International Award and holders of the Gold Award are held in high esteem. As the sessions finish after the school bus has left, participants will need to arrange their own transport home after the ECA. SIGN UP IS BY INVITATION ONLY. Cost: TBC
The Duke of Edinburgh's International Award for Young People - Silver Standard	M&F	Year 12	15:05 – 16:05	N/A	N/A	Mr Airdrie, Mr Mortimer, Ms Lounis, Mrs Fernandes, Ms Thomas, Ms Gordon, Mr Wheeler, Mr Sommerville, Mr Twemlow	P303 and Sixth Form Comm on Room	"This ECA is only open to those students you signed up for Silver in Year 11 2019 The World's best Leadership Training Programme. Over 8 million participants aged 14-24 from 140 different countries and nationalities. Participants explore their own strengths in Skills, Physical activities and Service as well and exploring Vietnam in two adventurous journeys. Participants are taught how to look after themselves in the countryside, cook, put up tents, first aid and navigation skills, before putting these into practice. As the sessions finish after the school bus has left,

								participants will need to arrange their own transport home after the ECA. Cost: TBC approximately 16,000,000 vnd. SIGN UP WILL BE IN SCHOOL
Ukulele Club	M & F	Year 04 - Year 09	12:50 – 13:25	2	40	Ms Kirk	C323	Anyone that would like to play the ukulele
USA College Application	M&F	Year 13	15:05 – 16:05	N/A	N/A	Ms. Price	S206	Open only to year 13 students applying to USA universities. This is an activity to support you in the application process.
Water Polo	M and F	Year 07 - Year 13	15:05 – 16:05	6	N/A	Mr Duggan	Swim ming pool	A great water sports game that builds fitness and is fun
BIS Chicken Coup	M&F	Year 07, Year 08	15:05 – 16:05	2	10	Mr Casey	C115	An ECA for those who want to help out in the BIS Chicken Coup & garden.

THURSDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Album Listening Party	M&F	Year 08- Year 13	15:05 - 16:05	1	20	Mr Cuckson	C209	Come and share your favourite music albums from any genre with anyone else who likes their music. Opening with Mr Cuckson's favourite albums.
BISCON Enterprise	M&F	Year 07- Year 13	15:05 - 16:05	5	20	Mr. Crofts	S105	Students in KS3 who are interested in learning more about Business, Economics and Enterprise. Students in KS4 and KS5 who are currently studying Business and Economics and would like to develop their leadership skills in this subject area. BISCON ECA will provide students with opportunities to develop and support whole school Business Enterprise activities.
Flute Choir	M&F	Year 04- Year 13	12:35 - 13:05	2	30	Mrs Howarth	C317	For anyone who plays the Flute
French	M&F	Year 10- Year 13	15:05 - 16:05	4	10	Mary Gordon	S314	Bienvenue! An amazing opportunity to practise your language skills by playing games, studying songs and pop culture in a fun and relaxed atmosphere.
Girls' Football	F	Year 07- Year 13	15:05 - 16:05	9	20	Ms Wilson	Secondary Football Pitch	Whether you are the female Ronaldo or have never played football before in your life, come along for a friendly kickabout and build your team building, perseverance, coordination, and of course football skills.
Global challenge / EcoSchools	M&F	Year 07- Year 13	15:05 - 16:05	8	16	Ms Greenwood, Ms Dorr	C207	Working alongside the secondary Green Team, our challenge this year is to take on climate change. Guided by our UNICEF ambassadors in year 12, we will work together to tackle a real life problem and come up with a solution for our campus here at BIS Hanoi. The plan will then be submitted to Nord Anglia as our Global Challenge for 2020-21.

LINUX Club	M&F	Year 07- Year 10	15:05 - 16:05	4	8	Mr.Prior	S107	Explore the world of the LINUX Operating system on Raspberry Pi basic computers. Learn how to set up a LINUX machine and experiment with a breadboard
Netball Club	M&F	Year 07- Year 09	15:05 - 16:05	10	18	Ms Thomas and Ms Buckley	Hardcourt 2	Netball will involve practising skills, exercising, having fun and playing mini games. Open to beginners!
Production Sound and Lighting	M&F	Year 07- Year 13	15:05 - 16:05	6	10	Mr Casey	C115	The Sound and Lighting team for this year's production.
Production Orchestra	M&F	Year 07- Year 13	15:05 - 17:00	5	30	Mr Scott	Auditorium	<i>(Please note that you need to sign up for both Monday and Thursday)</i> The Orchestra for the school production - this is by audition this year
Production Cast	M&F	Year 07- Year 13	15:05 - 17:00	5	100	Ms Bearne	Drama Studio	<i>(Please note that you need to sign up for both Monday and Thursday)</i> If you would like to be in this years school production auditions will happen for main parts soon Dancers sign up for this too please!
Production Stage Building and Wood craft	M&F	Year 07- Year 13	15:05 - 16:05	3	10	Mr Burke	C113	<i>(Please note that you need to sign up for both Monday and Thursday)</i> The team will be helping make the staging for this years production and other craft with wood.
Science and Astronomy	M&F	Year 07- Year 13	15:05 - 16:05	4	24	Mr. Somerville Ms. Hudson	C212	This ECA is perfect for anyone who enjoys science. We'll be doing fun experiments, dissections and engineering challenges. When the weather is suitable we'll also be teaching you how to stargaze with a telescope. You might get to see things like Jupiter's moons, Saturn's rings and mountains on the Moon!
Running Club	M&F	Year 09- Year 13	15:05 - 16:05	2	15	Mr O'Callaghan & Mrs Davis	S318	Run and track your progress as we travel around the globe! Whether you want to run 5k, 10k or even Hanoi to New York, join this ECA to improve your fitness and endurance.

FRIDAY

ACTIVITY NAME	GENDER	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Brass Club	M&F	Year 04- Year 13	12:50 – 13:25	1	20	Mr Scott	C321	For anyone that plays a brass instrument!
Secondary Green Team	M&F	Year 07- Year 13	12:45 – 13:25	1	20	Ms Dorr	S314	Imagine having the power to make BIS Hanoi green! You will be in charge of making sure that no paper is wasted, no unnecessary plastic is used and no lights are left on. Together, we will make sure that we are doing everything we can to protect our planet and our future. Get ready Green Team, because we're getting T-Shirts!