

# Extracurricular Activities Secondary

Years 7-13  
Term 3 | 2020-2021



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

Dear Parents,

Extracurricular Activities (ECAs) in Term 3 will start on **Tuesday 4<sup>th</sup> May 2021**. The activities will run through until **Thursday 3<sup>rd</sup> June 2021**. 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 9<sup>th</sup> April at 16:00 to Monday 12<sup>th</sup> April at 11:30 AM**. 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 12<sup>th</sup> April at 11:30 AM**, 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 3, 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 23<sup>rd</sup> April 2021**, 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](mailto: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

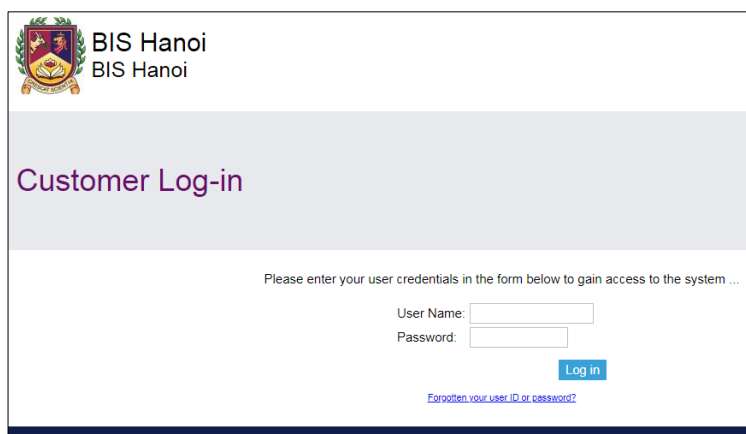
Log on using your child's school User name and Password. If your child is in the Primary school, their Password will be their Date of Birth, in the format DDMMYYYY. If your child is in the Secondary school, their password will be in the format DDMMYYYYB! or their own personal password.

### Primary Example:

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

### Secondary Example:

User name: **H00124** Password: **23032005B!**



BIS Hanoi  
BIS Hanoi

## 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 3).

**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 12<sup>th</sup> April at 11:30 AM** you should be able to see your activities by scrolling through to Tuesday 4<sup>th</sup> May 2021 (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 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
Comp Sci Catch Up	Year 10	15:05-16:05	3	5	Mr Twemlow	C123	Working with specific students who joined IGCSE CS in March
Crypto Trader	Year 7 - Year 12	15:05-16:05	4	16	Mr Trett	C121	Learn more about cryptocurrency and participate in a fantasy cryptocurrency trading competition. Free to participate.
CSI club	Year 10- Year 13	15:05-16:05	6	18	Ms Hudson	C209	This is student led ECA. We will become CSI agents by reconstructing and analysing the interesting science film clips whether they can be proven by practicals or investigations that each of science expert groups would go through
Drama Club - Summer Term Play	Year 9-13	15:05-16:05	5	20	Ms Bearne	Drama Studio	In this ECA we will work on the play 'Love and Information' by Carly Churchill which we will *hopefully* take to the PAS festival in May 23rd or perform here in school at the end of summer term. Students can work on stage management/set design and performing.
Fencing (Paid activity)	Year 4 - year 13	15:05-16:05	6	16	Mr Yong Hi 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: 1,344,000 VND
Gymnastic club (Paid activity)	Year 2 - Year 8	15:05-16:05	4	10	Gymkraft	Sports Hall (Upstairs)	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 total cost per student: 1,320,000 VND
iGCSE and IB workshop	Year 10 - Year 13	15:05-16:05	10	20	Ms Goppert	S104	Join these workshops to gain help and support towards your iGCSE and IB Visual Arts courses.
Jewellery making ECA	Year 7 - Year 13	15:05-16:05	5	12	Ms Lounis	S108	You will learn how to create jewellery/magnet/key rings using polymer clay so if you are interested in learning more about clay and creating lovely items, this ECA is for you!
Korean Book Club	Year 10, 12-13	15:05-16:05	2	20	Ms Song	S307	This ECA focuses on various ways to promote reading and writing skills in Korea. Students will be taking charge of planning and designing this book club (Student-led ECA/ CAS). We are finding the way to promote reading skills of BIS Korean students.
Middle School Boys Football	Year 7- Year 9	15:05-16:05	6	-	Mr Kassebaum	Secondary Field	Football skills and games.
Mindfulness	Year 7 - Year 13	15:05-16:05	2	10	Ms Lozano	S308	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.
MUN	Year 7 - Year 13	15:05-16:05	10		Mr Hoare	C204	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.
Secondary Board Games Club	Year 8 - Year 11	15:05-16:05	4	20	Dr Loft	C223	Play board games with existing or new friends.
Silent Movie Club	Year 7- Year 9	15:05-16:05	5	20	Mr Young	S219	Watch and discuss classic silent movies from the early days of cinema, including work

							from Melies, Lloyd, Chaplin, Keaton and more...
STEAM Club	Year 7-11	15:05-16:05	5	12	Mr Burke	Makerspace	Design, Build and Make Steam related activities
Textiles ECA	Year 6 - Year 10	15:05-16:05	1	12	Ms Miller	S108	Learn how to work with fabric and use a variety of textiles techniques, such as batik, heat transfer, machine and hand embroidery
The Stock Market	Year 9 - Year 13	15:05-16:05	1	25	Mr Graham	S103	Learn technical analysis using a dummy portfolio linked to Wall Street.
Yoga	Year 9 - Year 13	15:05-16:05	1	5	Ms Peters	S321	Stretch, flow and relax.
Running / Fitness Club	Year 8 - Year 13	15:05-16:05	3	15	Mr O'Callaghan	Around Vinhomes	<p>Join this ECA if you want to improve your fitness and endurance week by week in a laid back, friendly group. Anyone is welcome, whether you want to run for 30 minutes, 5k or even further :)</p> <p>For days when the air pollution is bad or temperatures are too hot, we will move inside to keep you active!</p>

# TUESDAY

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Senior Choir	Year 07- Year 13	12:50 – 13:25	6	60	Mr Scott	C317	Senior Choir continues to rehearse and prepare for an exciting set of term 3 performances, with a focus on film music. Lunch is taken in the rehearsal room before making the most of an extended lunchtime performance. If you are hoping to be involved in next year's show, this is a good place to start.
SSA Basketball Junior (paid activity) (Parents need to arrange for transportation)	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 total cost per student: 1,350,000 VND



# WEDNESDAY

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Band	Year 7 - Year 12	15:05-16:05	4	20	Mr Yardley	Music Dept - Practice rooms	An opportunity to work together as a Band, build a repertoire and perform at school events.
Basic Art for beginner	Year 5 - Year 7	15:05-16:05	2	12	Ms Dung	P326	In this club, our student will have a chance to learn about basic art elements: shade, tone, form, etc.
BeYou	Year 9 - Year 13	15:05-16:05	6	30	Ms Fairbairn	TBC	An opportunity for students to connect with like minded individuals, learn from each other and spread awareness about issues within our community
Blog writing	Year 7 - Year 12	15:05-16:05	1	20	Ms Wilson	S208	Have you ever thought about writing a blog? Blogs are a great way to keep a record of exciting memories, as well as share them with the world! Join this ECA to see how you can make the most of these skills
Chess club	Year 7 - Year 13	15:05-16:05	10	26	Mr Bliss	S207	Come and play chess! Improve your skills and general cognition with the game of games!
Classic Football Matches	Year 7 - Year 13	15:05-16:05	3	15	Mr Grace	S205	Love football? This ECA is for you. We are going to take a dive into some of the most memorable football matches ever played. You will learn about the cultural and historical significance of some of the greatest matches in football history. We will watch clips and highlights from the famous matches, read match reports, learn about the players and even have a go at producing our own pieces of sports writing!
Dancing	Year 07	15:05-16:05	6	10	Ms Phuong Pham	S302	practice traditional dance to celebrate Moon Festival next year
Digital Leaders	Year 6 - Year 12	15:05-16:05	0	20	Mr Casey	C115	Students in this ECA will be trained on how to use the features and functions of Office 365, looking at the best tools for completing classroom tasks. Students in this ECA will be required to staff a Genius Bar support station next year, helping staff and students who

							have questions about any of the features of Office 365
Football	Year 6 - Year 12	15:05- 16:05	6	30	Ms Flavin	Secondary Field	Come join to develop your football skills and play some fun leisurely games of football.
IB Core Support	Year 12, Year 13	15:05- 16:05	0	0	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 workshop	Year 10- Year 13	15:05- 16:05	10	20	Ms Goppert	S104	Join these workshops to gain help and support towards your iGCSE and IB Visual Arts courses.
Kicboxing Fitness	Year 6 - Year 13	15:05- 16:05	3	8	Mr Roe	Sports Hall (Upstairs)	We will learn different boxing and kicking techniques, as well as playing games and working on drills to develop speed and fitness.
Preparing for IGCSE Business Studies	Year 09	15:05- 16:05	5	20	Mr Croft	S105	Available only to Year 9 students that have chosen to study IGCSE Business Studies. Exploring key topics involved in Business Studies and working on Business projects.
Secondary Debate Club	Year 9 - Year 13	15:05- 16:05	3	12	Ms Black	S320	An ECA for higher secondary students where they will learn about and discuss how to debate various contemporary and sometimes controversial topics such as politics, media, culture, and environment. The ultimate goal is to send BIS debate club members to tournaments under the guidance of the mentors.
Silver Crest award	Year 12	15:05- 16:05	4	4	Ms Greenwood	C207	Silver Crest, only for existing year 12 participants
Teaching English to BIS staff	Year 12	15:05- 16:05	4	4	Mr Tchakov	C315	Students receive teacher training in term one and teach Vietnamese BIS staff simple English in terms two and three.
The Duke of Edinburgh's International Award for Young People - Bronze Standard	Year 10	15:05- 16:05	4	50	Mr Airdrie	Sixth Form Common Room, S216, S218	The Duke of Edinburgh's International Award for Young People is a globally recognised leadership training programme for young people from the age of 14 to 24. Further details about the Award programme can be found on their website <a href="http://intaward.org">intaward.org</a> . It involves students participating in Physical Recreation, learning a new Skill and helping in a

							community Service, as well as going on Adventurous journeys (trekking and camping expeditions). As we are currently uncertain when we will have permission to go on the expeditions, this term we will focus on students starting and making progress on their Physical, Service and Skill. In year 11 the participants will continue with preparations for the Adventurous Journey. The initial cost for the Award Programme is USD 64, which is paid directly to the International Award Foundation. The expedition will require an additional payment to the school, which will be asked for once the details and permissions are confirmed.
Ukulele Club	Year 4 - Year 9	12:35- 12:35	5	40	Ms Kirk	C323	A club for anybody who plays the ukulele or would like to learn. We develop our technique, learn new chords and play popular ukulele tunes. If you have your own ukulele you can bring it along, or borrow a school one to play.
Vietnamese Academic Writing	Year 10, Year 12	15:05- 16:05	10	10	Ms Hai Nguyen	S 306	Do you want to improve your writing skill? Our program will support you how to organize your ideas, structure an essay and use evidence effectively.
Water polo	Year 7 - Year 13	15:05- 16:05	2	6	Mr Duggan	Swimming pool	Cross between swimming and basketball. Fun after a hot day in school

# THURSDAY

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
BIS Dance Company	Year 7 - Year 13	15:05-16:05	5	30	Ms Bevan	Dance Studio	Improve your dance technique and choreograph routines to perform at this year's end of year showcase!
Desmos Maths Art Club	Year 7 - Year 13	15:05-16:05	4	20	Ms Thomas	S221	Get creative and improve your Maths skills! In this club, you will develop your Desmos (an online graphing calculator) skills and learn how to create beautiful art using only mathematical equations. Visit <a href="https://www.desmos.com/art">https://www.desmos.com/art</a> to get a taste of what can be created using this powerful tool.
Film Club (Parents need to arrange for transportation)	Year 8 - Year 13	15:05-17:05	5	30	Mr Cuckson	Theatre	Come and watch some iconic films and have a discussion about the themes, actors, story and anything else!
Flute Choir	Year 6 - Year 13	12:35-13:25	5	20	Mr Scott	C317	Flute Choir continues this term with new film music repertoire! This club runs for the whole of lunchtime with students receiving their lunch within the rehearsal. All flute players of all abilities welcome - this group now opens up to year 6 as they prepare to join the Secondary School.
Global Challenge ECA	Year 7 - Year 13	15:05-16:05	20	28	Ms Greenwood	C207	An opportunity to work with all ages in the secondary school on our Global Challenge Action Plan. So far we have organised fund and awareness raising activities around areas of sustainability, health and well being and climate change
Healthy fast food	year 6 - Year 9	15:05-16:05	2	8	Ms Oosthuysen	Cooking room	Want to indulge in fast food-but keep it healthy? Want to learn how to cook your own food? We will make fried chicken,

							fries, burgers, pizza, and leave some time for requests
Organisational Club	Year 7 - Year 9	15:05-16:05	1	15	Ms Buckley	S214	KS3 support group for those struggling to meet homework deadlines and keep on track during the week.
Preparing for IGCSE Economics	Year 09	15:05-16:05	5	20	Mr Prior	S107	An introductory course for yr9 students who have chosen IGCSE Economics for next year.
Science and Astronomy Club	Year 7 - Year 13	15:05-16:05	12	24	Mr Somerville	Maker's Space	We will continue to build the trebuchets that were started last term.
Secondary Gymnastics Extra	Year 7 - Year 11	15:05-16:05	6	14	Mr Hooley	Sports Hall (Upstairs)	An opportunity to use the facilities available to practice a range of gymnastics skills.
Secondary Orchestra	Year 7 - Year 13	15:05-16:05	10	50	Mr Scott	Auditorium	Secondary Orchestra rehearsals continue this term with an exciting Film Music project to prepare for! All orchestral instruments welcome.
Strength and Conditioning - Middle and High School	Year 7 - Year 13	15:05-16:05	5	15	Mr Kassebaum	Fitness Room	Interval Training involving body weight exercises, weights and cardio vascular activities.
Swimming Club (Intermediate ability)	Year 4 - Year 11	15:05-16:05	8	24	Ms Minh Nguyen	Swimming Pool	The club for you if you wish to have fun in the pool and develop your swimming skills.

# FRIDAY

ACTIVITY NAME	YEAR GROUPS	TIME	MIN No.	MAX No.	TEACHER	LOCATION	ACTIVITY DESCRIPTION
Brass Club	Year 4 - Year 13	12:35- 13:25	5	30	Mr Scott	C321	Brass Club continues this term, preparing for an exciting summer concert. NOTE: This group is open to all students who joined in term 2 and already have an instrument. If you wish to join the group you will need to bring your own brass instrument as all the school instruments are already signed out.
Secondary Green Team	Year 7 - Year 13	12:35- 13:25	10	30	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.
Volleyball for Girls	Year 9 - Year 13	15:05- 17:05	10	25	Ms Fairbairn	Sport Hall	This session is for all females in Y9-13 who are interested in playing on the Volleyball team next year. We will have a chance to refresh your skills in a fun dynamic way, while maintaining fitness.