



Activities Booklet

Term 2 / 2017 - 2018



BRITISH INTERNATIONAL SCHOOL
HO CHI MINH CITY
A NORD ANGLIA EDUCATION SCHOOL



Welcome to your Activities booklet for Term 2/2017-2018

Extra-Curricular Activities (ECAs) are an integral part of the education offered at BIS HCMC and provide our students with learning opportunities which impact positively on many facets of their development, including academic progress.

There is an extensive range of ECAs on offer with over one hundred different activities to choose from each week at the BIS Secondary Campus. As we move into Term 2, we would like to challenge the students to explore some of the new activities introduced or to perhaps take part in one of the many popular options continuing from last term. As a student, if you enjoy music, you may want to consider joining the **Chamber Choir** and/or **Orchestra**. There is also the **Concert Band**, **Jazz Band** and not to mention, the **Senior and Junior School of Rock!** Or perhaps you feel it is time to reach out to our local community by visiting our friends at the Thien Phuong Home for Children with Disability and providing fun and games as part of the **Helping Hands at Thien Phuong Club**. You could also **Teach English at Huynh Van Ngoi School** or make visits to the **Children Cancer Wards**. As a Harry Potter fan, **Dumbledore's Army (Fandom Club)** is a place where you can come together with other students in theme based activities including Quidditch and house competitions. You could also choose to wind down your busy day doing **Mindfulness Colouring** or **Sudoku**.

If, having been through the long list, you find that there is an activity which is not already on offer but one which you would like the school to consider introducing, please speak to Mrs Tracey Brownrigg, the Co-Curricular Coordinator, as she would be happy to see if this could be facilitated. You may even want to consider applying to lead an activity you have an interest and passion for.

The aims of our extracurricular activities (ECAs) at BIS, HCMC are:

- To give all students a wide range of enjoyable and challenging experiences above and beyond the timetabled curriculum
- Allow competitive teams, drama companies and music ensembles to reach high standards of team/group and personal performance
- Provide opportunities for students to aspire to elements of the school's mission statement
- To continue to develop our involvement in community projects
- To offer a balance of endeavour and provide the framework for the IB CAS programme

Activity dates for Term 2, 2017-18

Start: **Monday 22nd January 2018**

End: **Sunday 8th April 2018**

ECAs may run before lessons and during lunchtimes, however, the majority are scheduled after lessons. There are two sessions each afternoon with a five-minute change-over period (2:50pm – 3:50pm and 3:55pm – 4:55pm). If activities finish beyond these times information is detailed in the booklet.

Note: Any students participating in ECAs from 3:55pm will need to arrange their own transport home and should consider this before selection.

CAS at BIS

Creativity, Activity and Service are the three strands of CAS which are often interwoven through our activities. Originating from the International Baccalaureate they set out to challenge our students to show initiative, perseverance and to develop skills such as collaboration, problem solving and decision making. In making selections we encourage students to take part in at least one of activity in each of the three areas below for a balanced experience.

- Creativity** The arts, music, languages and other experiences that involve creative thinking.
- Activity** Physical exertion contributing to a healthy lifestyle (previously Action)
- Service** Any collaborative and reciprocal community engagement in response to an authentic need.

Paid Activities

There are a number of paid activities that students can sign up for. All of the information regarding these is detailed in the online activities booklet. If a student has selected a paid activity, an e-mail confirming their choice will be sent to both the student and their parents.

The payment deadline for all paid clubs is Monday 22nd January 2018.

On-line ECA Selection – using CHQ

Activities need to be selected using the online CHQ system. Please see the next page for further instructions.

You will be able to see updates and changes to your approved activities through your on-line CHQ homepage. Both the student and their parents will also receive notification when accepted for participation in an ECA.

For the majority of ECAs, the online system (CHQ) will randomly allocate students to each ECA. It is not a first come first served system, and this could mean that you may not always get your first choice activity.



There are some exceptions to this rule as detailed below:

Sports

If the number of students for any sports activity is greater than the maximum capacity, students will undergo a trial and be notified of this during their first session. This may mean that you could initially be accepted for the ECA but possibly removed after the trial.

The PE department will endeavour to run a parallel programme for the same age group but in the form of a recreational club. We will try and make this at the same time as the squad club but due to facility purposes this may not always be possible. If a student has a poor trial or significantly improves their skill level, the squad coach will be able to assess the student and potentially accept them into the squad at a later time.

Drama:

The school show, Into the Woods is an on-going ECA for students who were already cast in Term 1.

If you want to do a LAMDA exam in acting this year you must sign up for one of the LAMDA acting ECAs.

Music:

All music ECAs carry on from Term 1. Selection will be automatic and therefore **no CHQ sign-up is required**. Please see the appropriate teacher if you wish to join or leave any music ECA.

Ms Tracey Brownrigg

Activities & Trips Coordinator

Tracey.Brownrigg@bisvietnam.com



Guidelines for students using CHQ

Thursday 14th December at 3pm Students will be able to sign up on CHQ (for Term 1 activities)

The activities booklet will be updated and available on the school website (link below) <http://www.nordangliaeducation.com/our-schools/vietnam/ho-chi-minh-city/bis/our-students/clubs-and-activities/an-phu-secondary-campus-clubs-and-activities>

Wednesday 10th January at 3pm Selection on CHQ will close

Monday 15th January

Students (& parents) to be notified of their chosen ECAs on CHQ.
Notifications for paid clubs will be sent prior to this to enable earlier payments

CHQ has been set up for you to use on a daily basis to select and track all your chosen activities.

Please follow the instructions below to log on and select your desired activities/paid clubs:

To access the BIS CHQ portal please click on the following link

<https://seasia.mychq.net/Login.aspx?Y2x1Yj0wMzky-tJBRd%2fDelyY%3d>

You can also access CHQ from a link on the school website (www.bisvietnam.com). Scroll down to the end of the main page to the "Useful Links" section.

Log in to CHQ using the same Windows account you use when logging in to your school computer/laptop. Your User Name and Password are the same as the ones used to log in at school e.g. "John.Smith" and your current Password

Should you have any questions please contact tracey.brownrigg@bisvietnam.com

How to select your activities/paid clubs:

Step 1: From the Home Page under **My Activities 2017-2018 Term 2** click **View/Manage/Submit Activity Choices**

Step 2: For each activity/paid club add a different number e.g. Monday: Football club **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 3: 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 4: To cancel a selection after submitting add a 0 to the Desired box then save and submit

Step 5: From the Home Page **My Activities 2017-2018 Term 2** you will be able to see which clubs you have been accepted into/denied from by Monday 15th January 2018. If you click onto **My Schedule** for week beginning Monday 22nd January 2018, you can check your weekly club timetable.

Try to make sure you have a range of activities which allow you to develop physically, creatively as well as socially.



MONDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>AP2 Development Swimming Squad</u>	Y7 - Y13	14:50 - 15:50	24	Mr Vinh Nguyen	Swimming Pool	Action	Both	This is a selective squad for those who are not successful in gaining entry to the AP2 Red Squad, but still make selection criteria for squad representation. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>AP2 Red Swimming Squad</u>	Y7 - Y13	16:00 - 17:30	30	Mr Huy Dat Nguyen Mr Vinh Nguyen Mr Minh Triet Pham	AP2 Swimming Pool	Action	Both	This is a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>Athletics - Track Events</u>	Y7 - Y13	14:50 - 15:50	N/A	Ms Laura Gallagher Mr Philip Husband Ms Stephanie Webb Mr Tuan	Big Field	Action	Both	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>Chemistry Club</u>	Y10 - Y13	14:50 - 15:50	20	Tom Lee Eunice Choi Supervised by Mr Stuart Pine	Science Lab	Creativity	Both	The rationale behind the creation of the club is that there is a lack of opportunity for BIS students to actively engage in experimental Science outside their classrooms. In the club, the students will be given a scientific problem to investigate, and they will need have to research and plan an experiment in order to solve the problem in the most efficient way possible. This club will broaden students' scientific knowledge, allowing them to learn and absorb knowledge outside the education curriculum. Furthermore, this club will challenge students to come up with a creative solution problems which will improve their problems solving abilities and their practical skills.
<u>Composition Club</u>	Y10 - Y13	12:50 - 13:15	12	Mr Ian Alexander Ms Keziah Jacombs	Music MAC Room 213	Creativity	Both	A drop in club for IGCSE and IB Music Students to continue to develop their compositions and be offered advice.
<u>Contemporary Dance</u>	Y7 - Y12	15:55 - 16:55	16	SSA	Dance Studio / Room 209	Paid Activities	Both	SSA continue their Contemporary Dance club, improving the aesthetics of movement, choreography and innovation in a modern dance setting. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>Golf</u>	Y7 - Y13	14:50 - 17:00	12	Ms Jane Hall Mr Ben Sillitoe	Him Lam	Paid Activities	Both	This programme will take place at Him Lam Driving Range. Students will be required to bring their own golf clubs or can rent them at the range. The lessons will contain a basic introduction to golf, preparing to hit, grip, posture and stance, correct grip, full swing, video camera analysis, putting, chipping & bunker play. PAID ACTIVITY (see paid activities notes at the bottom)
<u>GreenR Minds</u>	Y7 - Y13	12:40 - 13:20	25	Annie Joshi and Victoria Fethke Supervised by Mr Pedro Roman	Room 224	Service and Creativity	Both	GreenR and Green Minds join forces for those passionate about creating a more sustainable BIS. We plan on not only implementing creative and proactive measures to improve BIS's impact on the environment but also educating students and staff about issues pertaining to the environment.
<u>Helping Hands at Thien Phuoc Club</u>	Y7 - Y13	14:50 - 17:30	25	Ms Linda Breard Ms Chau Duong Mr Timothy English Ms Ines Zhang	Thien Phuoc Orphanage	Service and Creativity	Both	Twice Monthly only - as it is a long club session when we go. Come and visit our friends at Thien Phuoc Home for Children with Disability. They so look forward to our visits, and give as much as they get. Activities are fun and simple - starting from just smiling and hugging through to anything from drawing and music to playing in the brilliant soft playroom BIS built there. For more information check out our website: http://helpinghands.bisvietnam.net

MONDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>International Award Silver/Gold</u>	Y12	12:40 - 13:20	30	Mr Peter Cowen Mr Alex Essery Mr Lee Falconer Mr Rick Jackson	Room 405	Action and Creativity	Both	Challenge yourself to achieve the Duke of Edinburgh's International Award. You will need to carry out regular Physical, Skill and Service activities, complete a 2-day practice expedition and a final 4-day hiking and camping assessed expedition. We'll help you learn the expedition skills, but you'll need the motivation and determination to do it!
<u>Junior School of Rock</u>	Y7 - Y9	14:50 - 15:50	20	Mr Ian Alexander Ms Keziah Jacombs	Room 212	Creativity	Both	All abilities and instruments welcome, particularly singers, guitarists, bassists and drummers
<u>KS3 Drama Club</u>	Y7 - Y9	14:50 - 15:50	20	Ms Shirley Smith	Room 209	Creativity	Both	KS3 Drama Club is an opportunity to learn new skills and exercises, as well as to create innovative and student inspired performances.
<u>Mai Am Club</u>	Y11 - Y13	14:50 - 15:50	10	Mr Mark Jones	Room 301	Service and Creativity	Both	Help the boys from Mai Am Shelter improve their English skills through games and activities.
<u>Mai Tam Club</u>	Y9 - Y12	14:50 - 17:30	10	Ms Cathy Tang Hales	Mai Tam/Meet in the Undercroft	Service and Creativity	Both	Fortnightly visits to the Mai Tam Centre where you will organise games and art activities with the younger children of the centre.
<u>Male Vocal Group</u>	Y7 - Y13	12:45 - 13:15	N/A	Mr Ian Alexander Ms Emma Husband Ms Keziah Jacombs	Room 202	Creativity	Boys	Exciting new repertoire for any male students who enjoy singing. For those interested/or involved in bands this will help in your vocal development.
<u>Project Impact</u>	Y9 - Y13	14:50 - 15:50	25	Mrs Daphnee Deleporte	Room 121	Service and Creativity	Both	A non-profit student volunteer group where students are given an opportunity to get creative and support Binh Loi Social Centre, an organization supporting street children in Saigon, by raising awareness and funds for the cause.
<u>Richard Soriano Volleyball Club</u>	Y10 - Y12	17:00 - 18:30	60	Mr Richard Soriano	Sports Hall	Action	Both	This is an extension programme to further develop students Volleyball skills and understanding of game situations.
<u>RSFA Performance Programme - U14 Boys Football</u>	Y7 - Y9	17:00 - 18:30	20	Mr Matthew O'Brien	Big Field	Paid Activities	Boys	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football competitions PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>RSFA Performance Programme - U19 Boys Football</u>	Y10 - Y13	18:15 - 19:45	20	Mr Matthew O'Brien	Big Field	Paid Activities	Boys	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football competitions. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>Rubik's Cube Club</u>	Y7 - Y13	14:50 - 15:50	15	Mr Pedro Roman	Room 224	Creativity	Both	Do you know how to solve a Rubik's cube? Join and improve your skills. You don't know how to? Join and learn from scratch.
<u>Senior School of Rock</u>	Y10 - Y13	15:50 - 16:50	8	Mr Ian Alexander Ms Keziah Jacombs	Room 212	Creativity	Both	All abilities and instruments welcome, particularly singers, guitarists, bassists and drummers

MONDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>Study Support Group</u>	Y7 - Y13	14:50 - 15:50	30	Mrs Yvonne Cullen Mrs Christine Laddaran Mr Mark Spalton Mr Ian Young	Room 501	Creativity	Both	We believe that this is an excellent opportunity for you to either receive support or clarification with any aspect of your class work in which you may be having difficulty or to complete homework before leaving school. The staff members running the Study Support sessions are knowledgeable about the content being taught in your classes as well as the teacher's expectations of particular homework and assignments.
<u>Tai Chi for Beginners</u>	Y7 - Y13	14:50 - 15:50	15	Mr Will Li Mr Roger Fortune	Dance studio	Action	Both	The Tai Chi Club is for beginners and those who want to learn how to reduce their stress.
<u>Technovation</u>	Y10 - Y13	12:40:13:20	5	Thuy Linh Le (12/13M) Lisa Hagens (11C) Supervised by Ms Claire Easter	Room 111	Service and Creativity	Girls	Technovation offers girls around the world the opportunity to learn the skills they need to emerge as tech entrepreneurs and leaders. Every year we invite girls to identify a problem in their community, and then challenge them to solve it. See Ms Easter to express early interest for the 2019 competition. This is a student-led ECA and by invitation only.
<u>TEDx</u>	Y10 - Y13	14:50 - 15:50	30	Mr James Goundry Ms An Gulinck Ms Rebecca Kerr	Room 123	Creativity	Both	This club is for students who want to put together the programme for an official TEDx conference at BIS. We need student speakers, as well as artists, musicians, graphic designers, photographers, organisers and marketing enthusiasts. You can take part in a specific aspect of the conference, or choose to join the organising team that will be responsible for the conference throughout the year.
<u>U13 FOBISIA/U14 Girls Football Squad</u>	Y7 - Y9	06.45 - 07.30	36	Mr Steve Porter Ms Stephanie Webb	Big Field	Action	Girls	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U19 Boys Basketball Squad</u>	Y10 - Y13	15:55 - 16:55	25	Mr Richard Soriano	Sports Hall	Action	Boys	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U19 Girls Basketball Squad</u>	Y10 - Y13	14:50 - 15:50	24	Mr Jonny McLoughlin	Sports Hall	Action	Girls	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U19 Recreational Volleyball</u>	Y10 - Y13	14:50 - 15:50	24	Mr Andy Luke	Outdoor Courts	Action	Both	Come to learn the basics of volleyball or just play for fun. This session is aimed at playing volleyball with your friends in a fun and non-competitive environment.

TUESDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>ACT - Act to Change Together</u>	Y9 - Y13	14:50 - 15:50	20	Ms Clover Sharman	Room 221	Service and Creativity	Both	This club is suitable for anyone that is interested in running fun activities and campaigns in school to raise funds for the Children's Cancer Wards.
<u>AP1 Maths Tutoring Club</u>	Y9 - Y12	14:50 - 15:50	7	JiMin Oh Supervised by Mr Greg Wilde (AP1)	AP1 Classroom	Service	Both	AP1 Maths Tutoring club is an extra curricular activity for students who are interested in helping students in younger years by supporting them with solving past SAT papers and other worksheets. Anyone who is confident in maths and enthusiastic about it are welcome to join! This will go on your record as service activities which may be helpful for your CV in the future. (Sufficient level of fluency in English is required in order to provide accurate explanation of various mathematical problems)
<u>Athletics - Field Events</u>	Y7 - Y13	06:45 - 07:30	24	Ms Laura Gallagher Mr Philip Husband Ms Stephanie Webb Mr Tuan	Big Field	Action	Both	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>Chamber Choir</u>	Y7 - Y13	12:40 - 13:20	20	Mr Ian Alexander Ms Keziah Jacombs	Auditorium	Creativity	Both	This activity is by audition only. An exciting new repertoire for a busy programme of events this term, including the vibrant school performances and other external events. The Chamber Choir works on developing your voice, as you learn challenging harmonies and how to blend your voice as a group. From demanding classical choral music to 'Pitch Perfect' Acapella, this group highlights some of our elite singers!
<u>Chamber Orchestra</u>	Y7 - Y13	14:50 - 15:50	42	Mr Ian Alexander Ms Keziah Jacombs	Auditorium	Creativity	Both	An auditioned Orchestra with repertoire for a busy programme of events this term, including the vibrant school performances. This orchestra is a challenge and performs some adventurous material. Come on, push yourselves! Audition only.
<u>Community Basketball Club</u>	Y7 - Y13	14:50 - 15:50	N/A	Mr Richard Soriano	TBC	Service and Creativity	Both	We are helping to train and develop the fundamental skills of basketball for children aged from 7-9. We are looking for people who wants to improve their leadership and communication skills as well as spread the passion of basketball to the community. #ballislife
<u>Concert Band</u>	Y7-Y13	14:50 - 15:50	N/A	Mr Ian Alexander Ms Shirley Smith Ms Keziah Jacombs	Room 209	Creativity	Both	The concert band is a band for all woodwind, brass and percussion players. Both the music and the atmosphere will be fun as you practice a real mix of music ready for performances in various venues this year.
<u>Dance Throughout History</u>	Y7-9	14:50 - 15:50	20	Ms Elena Fuentes Ms Silvia Torta	Room 120	Creativity	Both	The aim of this club is to have fun dancing and learning different choreographies. We will look at how music has evolved throughout the decades from the twenties till nowadays. We aim to have fun and acquire historical and musical knowledge while dancing.
<u>KS4/5 Theory Support (Drama/Theatre)</u>	Y10 - Y13	15:50 - 16:50	N/A	Mrs Anne-Marie Astley	Room 210	Creativity	Both	Do you need help with any aspects of Drama theory? Drop into this session and practice your exam answers and structuring, complete IB coursework or to discuss aspects of your Drama or Theatre course.
<u>LAMDA Acting</u>	Y7 - Y13	15.50 - 16.50	30	Ms Cat Sargent Mrs Anne Marie Astley	Room 209	Creativity	Both	This club is for anyone who would like to take a LAMDA acting exam in term 3. LAMDA exams are an internationally recognised qualification, and helps you develop confidence and presentation skills as well as being also a lot of fun. The LAMDA exams are fee paying and we expect students involved in this club to take exams at the end of term 3. For more information please speak to your Drama teacher.

TUESDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>LAMDA Reading for Performance</u>	Y7 - Y13	14:50 - 15:50	10	Miss Sian Davies	Room 323	Creativity	Both	This year, LAMDA reading for performance is open to all year groups. The qualification requires you to select readings from prose and poetry, perform them before an external examiner, and link them with statements you will need to memorise. There is a fee attached to taking the exam. As there is a maximum limit of 10 students, if oversubscribed, auditions will be held. No prior experience necessary.
<u>Richard Soriano Junior Basketball</u>	Y7 - Y9	17:00 - 18:30	60	Mr Richard Soriano	Sports Hall	Action	Both	This is an extension programme to further develop students Basketball skills and understanding of game situations.
<u>RSFA Performance Programme - U14-19 Girls Football</u>	Y7 - Y13	18:15 - 19:45	20	Mr Matthew O'Brien	Big Field	Paid Activities	Girls	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football competitions. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>RSFA Performance Programme - U19 Boys Football</u>	Y10 - Y13	17:00 - 18:30	20	Mr Matthew O'Brien	Big Field	Paid Activities	Boys	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football competitions. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>Snake Byte (Fake News Websites)</u>	Y10 - Y12	12:50 - 13:20	N/A	Ms Claire Easter	Room 411	Creativity	Both	Completion of fake content websites from 2017 Term 3 and development time for OUCRU App. By invitation only.
<u>String Ensemble</u>	Y7 - Y13	14:50 - 15:50	N/A	Mr Ian Alexander Ms Emma Husband Ms Keziah Jacombs	Room 202	Creativity	Both	This is for any student who plays a string instrument. Performing new repertoire for a busy programme of events this year. Training you up to be part of our Chamber Orchestra.
<u>String Quartets</u>	Y7 - Y13	12:45 - 13:15	N/A	Mr Ian Alexander Ms Emma Husband Ms Keziah Jacombs	Room 212	Creativity	Both	String instruments playing Classical music - all violins, violas and cellos welcome.
<u>Study Support Group</u>	Y7 - Y13	14:50 - 15:50	30	Mrs Yvonne Cullen Mrs Christine Laddaran Mr Mark Spalton Mr Ian Young	Room 501	Creativity	Both	We believe that this is an excellent opportunity for you to either receive support or clarification with any aspect of your class work in which you may be having difficulty or to complete homework before leaving school. The staff members running the Study Support sessions are knowledgeable about the content being taught in your classes as well as the teacher's expectations of particular homework and assignments.
<u>U13 FOBISIA/U14 Boys Football Squad</u>	Y7 - Y9	15:55 - 16:55	36	Mr Matthew O'Brien Mr Mark Spalton	Big Field	Action	Boys	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U13 FOBISIA/U14 Boys Football Squad</u>	Y7 - Y9	15:55 - 16:55	36	Mr Matthew O'Brien Mr Mark Spalton	Big Field	Action	Boys	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.

TUESDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>U14 Badminton Squad</u>	Y7 - Y9	14:50 - 15:50	24	Ms Laura Gallagher	Sports Hall	Action	Both	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U14 Boys Squad Volleyball</u>	Y7 - Y9	15:55 - 16:55	24	Mr Jonny McLoughlin	Sports Hall	Action	Boys	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U19 Boys Football Squad</u>	Y10 - Y13	14:50 - 15:50	N/A	Mr Philip Husband Mr John Redmond	Big Field	Action	Boys	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>Yoga</u>	Y7 - Y13	14:50 - 15:50	16	TDT	Dance Studio	Paid Activities	Both	TDT will be offering a Yoga session to improve flexibility, strength and stress relief to our students. PAID ACTIVITY (see paid activities notes at the bottom)

WEDNESDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>AP2 Red Swimming Squad</u>	Y7 - Y13	06.00- 07:30	30	Mr Huy Dat Nguyen Mr Vinh Nguyen Mr Minh Triet Pham	AP2 Swimming Pool	Action	Both	This is a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>Art Mentoring Workshops</u>	Y7 - Y13	14:50 - 15:50	N/A	Mr Richard Harper Ms Nicola Tingey	Room 309	Creativity	Both	A student led afterschool club that focuses on teaching and helping students who take Art. Students who are struggling or are interested in learning more about Art techniques. We also want to help the IGCSE Art students who might be having trouble or not understanding coursework and those who have Art in mind as one of their intended subjects to take for IB.
<u>Board Games</u>	Y7 - Y13	14:50 - 15:50	30	Ms Linda Breard Ms Bee Smith	Room 408	Creativity	Both	Come and challenge your peers! Get a "Ticket To Ride" to find the "Cluedo" and get the "Monopoly" on winning. Use your "Cranium" to "Articulate" to the "King of Tokyo" how to "Dixit". Don't let anyone "Block us" you from joining this fun and relaxing club!
<u>Children's Cancer Ward Visits - Binh Thanh</u>	Y10 - Y13	14:50 - 16:30	15	Mr Darryl Cullen Ms Kim McWilliam	Oncology hospital in Binh Thanh District	Service and Creativity	Both	Weekly planning and activities to support the lives of the children and their families of the HCMC Cancer ward in Binh Thanh.
<u>Children's Cancer Ward Visits - District 2</u>	Y10 - Y13	14:50 - 16:30	15	Mr Robert Brownrigg Ms Chau Duong	Benh Vien Quan 2, 130 Le Van Thinh street Binh Trung Tây Ward, District 2	Service and Creativity	Both	Weekly planning and activities to support the lives of the children and their families of the HCMC Cancer ward in the Hospital in District 2.
<u>Choir</u>	Y7 - Y13	12:40 - 13:20	130	Mr Ian Alexander Mrs Frances Amos Mrs Emma Husband Ms Keziah Jacombs	Auditorium	Creativity	Both	If you enjoy singing and want to know how to develop your skills, learn with a big group of people and have fun doing it come along to Choir on Thursday lunchtimes. This term our repertoire will range from pop to rock, from jazz right through to classical.
<u>Climbing</u>	Y9 - Y13	14:50 - 16:30	12	Mr Matthew Coughlin	Vertical Academy	Paid Activities	Both	This activity will take place at Vertical Academy's new indoor climbing wall in D2. Your son/daughter will be required to wear appropriate clothing, which would consist of either long shorts or trousers that cover the knees. The students will be made to wear helmets when climbing and a strict and thorough set of safety rules will apply. PAID ACTIVITY (see paid activities notes at the bottom)
<u>CrossFit Thao Dien</u>	Y7 - Y13	14.50 - 16.00	20	Ms Danielle Fountain	CrossFit Thao Dien, 3 Lê Văn Miếu, Thảo Điền, Quận 2, Hồ Chí Minh	Paid Activities	Both	CrossFit is the revolutionary fitness programme taking the world by storm, and is now in Thao Dien! CrossFit creates healthy people by making exercise fun, teaching excellent mechanics, and catering for everyone. With the support of the coaches you will learn how to move efficiently, better understand exercise physiology, practice a huge variety of skills and movements, and get a great workout - all in one hour. You don't need to be sporty or fit, you just need an open mind and a 'can do' attitude. This ECA is the only opportunity in Vietnam for young people to try CrossFit! PAID ACTIVITY (see paid activities notes at the bottom)
<u>Design Technology Club</u>	Y7 - Y13	14:50 - 15:50	21	Mr James Chandler	Room 306	Creativity	Both	Are you interested in design and technology? Would you like to design and build interactive displays around the school? If so then this club is for you! The first project involves assembling marble runs to go on the wall, followed by train tracks and hopefully even a fish tank display!
<u>F1 in Schools Club</u>	Y10 - Y13	14:50 - 15:50	12	Mr Chris Diver Mr Greg Roberts	326, Mac Suite	Creativity	Both	Manage your own Formula 1 team and design, manufacture and race your own car.
<u>Gardening Club</u>	Y7 - Y12	14:40 - 15:50	20	Ms Clover Sharman	BIS Garden	Service and Creativity	Both	Make a green space for everyone to enjoy – join the Gardening Club & help the BIS Garden grow!

WEDNESDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>Global Goals Project</u>	Y7 - Y13	14:50 - 15:50	20	Ms Lauren Binnington	Study room	Service and Creativity	Both	The Global Goals Project is an opportunity to further develop your participation in the United Nation's Sustainable Development Goals and to start to make a difference. We are planning an awareness campaign focused on Global Goal 4: Quality Education, and we will prepare for the Global Issues Network Conference in March.
<u>Historical War Games Club</u>	Y7 - Y13	14:50-15:50	25	Ms Tracey Brownrigg	Room 525	Creativity	Both	Unleash your inner Rommel and defend the D-Day beaches. Outdo Monty and capture that elusive bridge. Emulate Zhukov and sweep the Hun from Stalingrad. As the club expands, new historical eras will be added.
<u>Ice Skating</u>	Y7 - Y13	14:40 - 16:30	13	Mr Ian Young	Vincom Thao Dien	Paid Activities	Both	This club gives students the opportunity to learn how to ice skate or practice their ice skating ability. The basics of ice skating will be addressed, including forwards and backwards skating, as well as stopping and turning. It is not a figure skating club. It is a paid club and will be held at the skating rink at Vincom Megamall. There will be a need to rent ice skating and safety equipment (which is mandatory), however, you may bring your own skates if you have them. PAID ACTIVITY (see paid activities notes at the bottom)
<u>International Award Bronze</u>	Y10	12:40 - 13:20	30	Mr Alex Essery Mr James Quarrington Mr Mark Jones	Room 405	Action and Creativity	Both	Challenge yourself to achieve the Duke of Edinburgh's International Award. You will need to carry out regular Physical, Skill and Service activities, complete a 2-day practice expedition and a final 2-day hiking and camping assessed expedition. We'll help you learn the expedition skills, but you'll need the motivation and determination to do it!
<u>KS3 History Debate Club</u>	Y7 - Y9	14:45 - 15.45	24	Arun and Carl Supervised by Ms Rachael Lowry	Room 526	Activity	Both	This is a student led club. In this club the 2 year 11 leaders (Arun and Carl) will help you to debate on a range of Historical topics, to improve debating skills and historical knowledge. If you have a passion for History and/or Current Affairs and wish to express your opinion about it, then this is the club for you.
<u>LAMDA Acting</u>	Y7 - Y13	14.50 - 15.50	30	Ms Cat Sargent Ms Shirley Smith	Room 209	Creativity	Both	This club is for anyone who would like to take a LAMDA acting exam in term 3. LAMDA exams are an internationally recognised qualification, and helps you develop confidence and presentation skills, as well as being a lot of fun. The LAMDA exams are fee paying and we expect students involved in this club to take exams at the end of term 3. For more information please speak to your Drama teacher.
<u>Learn to Swim BEG-INTER</u>	Y7 - Y13	14:50 - 15:50	24	Mr Triet Pham	AP2 Pool	Action	Both	A swimming programme designed improve technique and stamina in the water in preparation for the swimming squad or to get better at swimming.
<u>Learn to Swim INTER-ADV</u>	Y7 - Y13	15:50 - 15:50	24	Mr Vinh Nguyen	AP2 Pool	Action	Both	A swimming programme designed improve technique and stamina in the water in preparation for the swimming squad or just to get better at swimming.
<u>Mindfulness Colouring</u>	Y7 - Y13	14:50 - 15:50	24	Ms Rosie Walsh Mrs Camilla Rudin	Room 427	Creativity	Both	Need a break? Are you looking for some time to relax, reflect and develop better strategies for living your hectic life? Join Mindfulness Colouring to participate in colouring and art activities while developing mindfulness skills that will help you to manage stress, feel calmer and have a more positive attitude to everything life has to throw at you.
<u>Practical Science Club - Saigon Science Fair</u>	Y6 - Y9	14:50 - 15:50	18	Mr David Gould Mr Matthew Lambert Mr Stuart Pine	Room 413	AP1/mixed	Both	Do you enjoy the practical in your Science lessons? Do you want to do more? Join the Practical Science Club. We will be designing and carrying out scientific investigations and entering your project into the Saigon International Schools Science Fair.
<u>Richard Soriano Senior Basketball</u>	Y10 - Y13	17:00 - 18:30	60	Mr Richard Soriano	Sports Hall	Action	Both	This is an extension programme to further develop students basketball skills and understanding of game situations.

WEDNESDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>RSFA Performance Programme - U14 Boys Football</u>	Y7 - Y9	17:00 - 18:30	20	Mr Matthew O'Brien	Big Field	Paid Activities	Boys	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football competitions PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>RSFA Performance Programme - U14-19 Girls Football</u>	Y7 - Y13	18:15 - 19:45	20	Mr Matthew O'Brien	Big Field	Paid Activities	Girls	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football competitions. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>Rube Goldberg</u>	Y7 - Y13	14.50 - 15.50	18	Mr Matthew Lambert Mr James Chandler	DT labs	Creativity	Both	You and your team of researchers will build an elaborate Rube Goldberg machine that will activate or deactivate a device. You and your team are required to create a complex machine to accomplish this simple task that lasts approximately 15 seconds. More specifically, create a Rube Goldberg machine to better understand the physics of simple machines. Your entry will be entered into the Saigon Rube Goldberg Competition.
<u>Saigon Enterprise Challenge</u>	Y12	14:50 - 15:50	35	Mr Robbie Alexander	Room 222	Creativity	Both	The Saigon Enterprise Challenge offers students in Year 12 a fantastic opportunity to make all the decisions about their business enterprise, from deciding on the name and product to creating a business plan, managing the business finances, marketing their product or service successfully, selling to the public and trying to generate a profit. The Challenge helps students develop skills and experience which are in great demand within the business world globally.
<u>Science Movie Club</u>	Y7 - Y13	14:50 - 15:50	20	Mr Waqaaz Shah	Room 411	Creativity	Both	Watch the latest series of Discovery Channel's "Extreme Engineering" & BBC "Horizon", All with a Scientific twist. Come up to 411 to relax and chill out and be visually entertained. Bring a drink!
<u>Student Maths Leaders</u>	Y7 - Y13	12:45 - 13:15	N/A	Mr Ben Sillitoe	Room 424	Action and Creativity	Both	Organise and run fun and engaging maths-related activities for use with our younger students
<u>Study Support Group</u>	Y7 - Y13	14:50 - 15:50	30	Mrs Yvonne Cullen Mrs Christine Laddaran Mr Mark Spalton Mr Ian Young	Room 501	Creativity	Both	We believe that this is an excellent opportunity for you to either receive support or clarification with any aspect of your class work in which you may be having difficulty or to complete homework before leaving school. The staff members running the Study Support sessions are knowledgeable about the content being taught in your classes as well as the teacher's expectations of particular homework and assignments.
<u>Sudoku</u>	Y7 - Y11	14:50 - 15:50	15	Mr Vinton Shine	Room 220	Creativity	Both	Improve your maths and Sudoku skills in a relaxed and fun environment. All levels welcome.
<u>Teaching English at Huynh Van Ngoi School</u>	Y9 - Y13	14:50 - 15:50	15	Ms Anita Curley Ms Claire Easter Ms Victoria Zahraoui	Huynh Van Ngoi School	Service and Creativity	Both	A rewarding and fun opportunity to work as a group teaching English at a local school. The students are aged 7-9 and are full of enthusiasm.
<u>The Role-Playing Group</u>	Y7 - Y13	14:50 - 15:50	N/A	OH Ji Ho and Rosales Mickel Supervised by Mr Thomas Zehmeister	Room 109	Creativity	Both	No acting at all (unless you want). Role-playing is about getting creative and making your friends endure the insanity that is your imagination. Be a game master and control the story as you like. Will you be benevolent and kind, or cruel and unrelenting? Or be a character, making good (or bad) choices and let circumstance and dice make a mockery of your efforts!
<u>U13 FOBISIA/U14 Boys Basketball Squad</u>	Y7 - Y9	14:50 - 15:50	36	Mr Phil Husband	Sports Hall	Action	Boys	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.

WEDNESDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>U14 Girls Volleyball Squad</u>	Y7 - Y9	15:55-16:55	24	Ms Stephanie Webb	Sports Hall	Action	Girls	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U14-19 Boys Basketball Recreational</u>	Y7 - Y13	15:55 - 16:55	24	Mr James Goundry	Outdoor Court	Action	Boys	Come learn the basics of basketball or just play for fun. This session is aimed at playing basketball with your friends in a fun and non-competitive environment.
<u>U14-19 Girls Basketball Recreational</u>	Y7 - Y10	14.50 - 15.50	24	Ms Silvia Torta	Outdoor Court	Action	Girls	Come learn the basics of basketball or just play for fun. This session is aimed at playing basketball with your friends in a fun and non-competitive environment.

THURSDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>ABRSM Theory Club</u>	Y7 - Y13	12:40 - 13:20	15	Mr Ian Alexander Ms Keziah Jacombs	Room 202	Creativity	Both	All students welcome. A session to help prepare for your theory grades. Remember you need to take grade 5 theory to take grade 6-8 practical ABRSM exams.
<u>Advanced Coding Club</u>	Y9 - Y13	14:50 - 15:50	25	Mr Thomas Zehmeister	111	Creativity	Both	Strong familiarity with Python or Java required. Students will undertake a challenging large scale project. Projects may involve the use of Raspberry Pis, collaborative programming, and the creation of audio/graphical content.
<u>AP2 Production-A View from the Bridge</u>	Y9, 10 & Y12	14:50 - 15:50	12	Ms Jess Bostock Miss Sian Davies	Room 209	Creativity	Both	For the Literature production this year, students from Year 9 and Year 10 will be taking on the challenge of performing Arthur Miller's tragedy set in Brooklyn in the 1950s: Eddie Carbone, a man heavily concerned with his pride and respect, struggles to keep control of the world he's created when he is jolted by the arrival of his wife's Italian cousins searching for a place to stay. It's a play about love, suspicion, betrayal and loyalty; one of Miller's most successful plays.
<u>Atramento (Journalism Club)</u>	Y9 - Y10	14:50 - 15:50	25	Ms Lucy Croft	Room 328	Creativity	Both	Are you a budding writer, photographer, or artist? Have you got a million interests and stories you want to tell? Then let your creativity flourish through the world of publication through Atramento, BIS' Journalism Club. Dive deep into your interests whether it be travel, creative writing, the arts, food, or anything under the sun. Engage in lively discussions with fellow club members. Improve your writing and communication skills. Tell the world the stories you've been itching to tell. (You may even get to see your work in print for Atramento's next issue, coming soon!)
<u>BIS Model United Nations</u>	Y8 - Y13	14:50 - 15:50	90	Ms Gemma Archer Miss Lauren Binnington Mr Stuart Elliott Mr Timothy English Mr Daniel Gamwell	Room 109 & 110	Creativity	Both	The Model United Nations is a simulation of the real UN general assembly and other legislative councils. It involves debating wide ranging issues, and offers the opportunity to take part in academic conferences in Seoul, Hanoi and here in Ho Chi Minh City. Sharpen your debate and speaking skills at MUN.
<u>Book Club</u>	Y7 - Y9	14:50 - 15:50	20	Ms Samantha Mackenzie	Room 328	Creativity	Both	For students who love reading and want to talk about the books they have read. Will also include activities such as creating posters and mind maps about books, compiling suggested reading lists for different year groups, and promoting reading across both school sites.
<u>Classical Literature Book Club</u>	Y9 - Y13	12:30 - 13:00	12	Ms Anita Curley	Room 324	Creativity	Both	Enjoy great stories, subconsciously mature your writing, and feel more intellectually accredited amongst your peers (admit it, we all want to) in this classic literature book club. In Term 1, we read Dracula but will be choosing a new text for Term 2. We will read 2 chapters of our new text per week and then meet to discuss.
<u>Climbing</u>	Y7 - Y8	14:50 - 16:30	12	Mr Matthew Coughlin	Vertical Academy	Paid Activities	Both	This activity will take place at Vertical Academy's new indoor climbing wall in D2. Your son/daughter will be required to wear appropriate clothing, which would consist of either long shorts or trousers that cover the knees. The students will be made to wear helmets when climbing and a strict and thorough set of safety rules will apply. PAID ACTIVITY (see paid activities notes at the bottom)
<u>Cross Stitch</u>	Y7 - Y13	14:50 - 15:50	10	Mrs Daphnee Deleporte	Room 121	Service and Creativity	Both	Come and learn how to cross stitch beautiful designs

THURSDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>Engineering Masters</u>	Y11 - Y12	14:50 - 15:50	15	Led by Joseph SHIN and Minji Seo Supervised by Mr Andy Luke	Room 409	Creativity	Both	This ECA invites students to participate in activities which require some knowledge of physics in order to design various objects/devices and test them. A few of the activities that have been planned are making rockets, designing the most stable barges and much more! This ECA is an opportunity for students who wish to pursue an engineering course to have a pre-taste of what it is like to work as an engineer. It is also open to any students who enjoy making things in general. Don't hesitate to join us even if you are not confident in physics or in designing things – it will be a fun semester and you will learn as you go!
<u>Film Critiques Club</u>	Y7 - Y13	14:50 - 15:50	20	Thisawin Dang (12B) Abhishek Patki (12O) Jonathan Le (12H) Supervised by Mr James Quarrington	Room 521	Creativity	Both	This club is for students who love films. In this club, we will be watching a variety of different films throughout the years. After watching the films students will discuss a variety of issues, and topics regarding the film they have watched. It is a relaxing club, and can act as a stress reliever for students as they can come enjoy an afternoon watching and talking about different films.
<u>Fitness at Nutrifort</u>	Y9-Y13	14:50 - 16:00	20	Mr Jim Dace	NuTriFort Dist. 2	Paid Activities	Both	Ideal for students who are fit and active, this ECA will include circuit training, kick-boxing, spinning, TRX and weight training. Nutrifort trainers will lead these fun sessions and push you to complete a challenging workout. Get fitter during your ECA time! PAID ACTIVITY (see paid activities notes at the bottom)
<u>Flute Choir</u>	Y7 - Y13	14:50 - 15:50	N/A	Mr Ian Alexander Ms Shirley Smith Ms Keziah Jacombs	Room 212	Creativity	Both	What is a flute choir? A flute choir is an ensemble of 5 or more flutes. This is an opportunity for flautists of all abilities and grades to get together and create music! With a varied selection of music to perform, why not come and be part of this new and exciting ensemble!
<u>Global Cultural Exchange (GCE)</u>	Y7 - Y13	14:50 - 15:50	16	Supervised by Mr Toan Nguyen	Room 103	Service and Creativity	Both	Each month we are going to choose one country based on students with a variety of nationalities. In the first week we are going to learn basic concepts and increase our knowledge about the country. Then, in the second week we will discuss the relationship between the country and Vietnam. The third week we will watch a movie in the language of the particular country or a movie based on the country. Finally, in the fourth week we will visit a restaurant which offers the country cuisine or learn about the country by going to a museum. Through this club students will learn to recognise and understand a variety of cultural contexts through media.
<u>Growing Minds</u>	Y9 - Y13	14:50 - 15:50	15	Mr Christopher Paine	Bistro	Service and Creativity	Both	Join this club where students from the Binh Tho school come along to BIS to experience what we have to offer. Improve your leadership skills by designing games and leading activities for the Binh Tho students to improve their English and most importantly have fun. This term we have carried out Drama, ICT, Sport and Art activities, what could we do next term?
<u>Irish Folk</u>	Y7 - Y13	12:40 - 13:20	N/A	Mr Ian Alexander Ms Emma Husband Ms Keziah Jacombs	Room 212	Creativity	Both	An instrumental folk group for violins, flutes, guitars and percussion players that focuses on traditional music from Ireland and Scotland.
<u>Jazz Band</u>	Y7 - Y13	14:50 - 15:50	N/A	Mr Ian Alexander Ms Keziah Jacombs	Auditorium	Creativity	Both	An opportunity to play some of the classic jazz, funk and blues charts. Saxophone Brass and Rhythm section players.

THURSDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>Kick Boxing</u>	Y7 - Y13	15.55 - 16.55	16	Mr Mike Sherry	Dance Studio	Paid Activities	Both	Thai Boxing is known as the art of 8 limbs; learn how to punch, kick, knee and elbow an opponent in a safe and controlled environment. Come and learn a new skill that improves your fitness and self-defence skills. PAID ACTIVITY (see paid activities notes at the bottom)
<u>Knit and Natter</u>	Y7 - Y13	14:50 - 15:50	24	Ms Claire Easter Ms Jodie Westwood	Room 122	Creativity	Both	Knit and Natter welcomes new, improving and expert knitters. Returning knitters may wish to branch out from the beginner scarves and hats to the small scale toys and puppet projects on offer and learn how to purl stitch, cable, increase and decrease and follow patterns. Beginner knitters are very welcome, along with those that want to continue to develop their skills and have fun clicking, clacking and chatting. A small charge will be made for consumables (needles and wool) this year, or you can supply your own.
<u>LAMDA Acting</u>	Y7 - Y13	14:50 - 15:50	10	Ms Cat Sargent Mrs Anne Marie Astley	Room 209	Creativity	Both	This club is for anyone who would like to take a LAMDA acting exam in term 3. LAMDA exams are an internationally recognised qualification, and helps you develop confidence and presentation skills, as well as being a lot of fun. The LAMDA exams are fee paying and we expect students involved in this club to take exams at the end of term 3. For more information please speak to your Drama teacher.
<u>Language Club for Bilingual and Vietnamese Students</u>	Y7-Y13	14:50 - 15:50	N/A	Ms Mai Le	Room 108	Creativity	Both	This club will help students to improve their language skills in both speaking and writing areas
<u>Medicine Society</u>	Y11 - Y13	14:50 - 15:50	N/A	Dr Suzanne Mincher Mr Nathan Mountford	Room 304	Creativity	Both	For Year 12 students considering Medicine, Veterinary or Dentistry at University. Also open to year 13. Preparation for students wishing to study medicine, dentistry and veterinary medicine.
<u>Netball</u>	Y7 - Y13	14:50 - 15:50	40	Dr Sue Heatherley Ms Camilla Rudin	Outdoor courts	Action	Both	Come learn the basics of netball or just play for fun. This session is aimed at playing Netball with your friends in a fun and non competitive environment.
<u>Pottery Class</u>	Y7	14:50 - 15:50	10	Ms Lisa Auligny	DT "Make A Space" Lab	Paid Activities	Both	Learn basic ceramic techniques including the use of the hand wheel as you create beautiful bowls and dishes. PAID ACTIVITY (see paid activities notes at the bottom)
<u>Running Club</u>	Y7 - Y13	06:30 - 07:15	40	Mr Steve Porter Mr James Quarrington	Meet at undercroft	Action	Both	Run 4k on Thursday morning to keep fit & healthy!! We will also play some running 'games' to improve your speed and stamina!!
<u>Study Support Group</u>	Y7 - Y13	14:50 - 15:50	30	Mrs Yvonne Cullen Mrs Christine Laddaran Mr Mark Spalton Mr Ian Young	Room 501	Creativity	Both	We believe that this is an excellent opportunity for you to either receive support or clarification with any aspect of your class work in which you may be having difficulty or to complete homework before leaving school. The staff members running the Study Support sessions are knowledgeable about the content being taught in your classes as well as the teacher's expectations of particular homework and assignments.
<u>Thao Dien Disabled School Visits</u>	Y7 - Y12	14:50 - 15:50	15	Ms Ker Geok Lan	Thao Dien School/Undercroft	Service and Creativity	Both	Weekly visits with games and interactive learning.

THURSDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>U13 FOBISIA/U14 Girls Basketball Squad</u>	Y7 - Y9	14:50 - 15:50	36	Ms Laura Gallagher	Sports Hall	Action	Girls	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U19 Table Tennis Squad</u>	Y10 - Y13	14:50 - 15:50	30	Jack Pham (10) Supervised by Mr Simon Williams	Dance Studio	Action	Both	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.

FRIDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>AP2 Development Swimming Squad</u>	Y7 - Y13	14:50 - 15:50	24	Mr Vinh Nguyen	Swimming Pool	Action	Both	This is a selective squad for those who are not successful in gaining entry to the AP2 Red Squad, but still make selection criteria for squad representation. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>AP2 Red Swimming Squad</u>	Y7 - Y13	06.00- 07:30	30	Mr Huy Dat Nguyen Mr Vinh Nguyen Mr Minh Triet Pham	AP2 Swimming Pool	Action	Both	This is a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>Art Mentoring Workshops</u>	Y7 - Y13	14:50 - 15:50	N/A	Mr Richard Harper Ms Nicola Tingey	Room 309	Creativity	Both	A student led afterschool club that focuses on teaching and helping students who take Art. Students who are struggling or are interested in learning more about Art techniques. We also want to help the IGCSE Art students who might be having trouble or not understanding coursework and those who have Art in mind as one of their intended subjects to take for IB.
<u>Cricket</u>	Y7 - Y13	14:50 - 15:50	60	Mr Steve Whiteley	Sports Hall	Action	Both	Come learn the basics of cricket or just play for fun. This session is aimed at playing cricket with your friends in a fun and none competitive environment.
<u>Crossword Club</u>	Y10 - Y13	12:45 - 13:20	8	Mr Andy Luke	Room 409	Creativity	Both	Want to learn how to break down cryptic crossword clues and show off your intelligence? Or just increase your wordpower? This ECA will challenge, delight and inform you all in one. Come along and try it out.
<u>Dumbledore's Army</u>	Y7 - Y13	12:45 - 13:15	20	Mr Rick Jackson	Room 301	Creativity	Both	Dumbledore's Army is where we go on Friday lunchtime to have fun with other people that have a weird obsession with the wizarding world of Harry Potter. Dumbledores army is a place where both book and movie Harry Potter fans may come to form part of theme based activities including quidditch and house competitions. We will together discuss the different books, movies and characters present while finding new and fun ways to share our appreciation of the different houses. We all love it because it is a way of expressing our inner craziness and obsessions and we know you will love it too!
<u>The Caterers Academy Cookery Class</u>	Y7 - Y9	14:50 - 15.50	12	Ms Rebecca Morgan-Director, The Caterers Academy	Canteen	Paid Activities	Both	The Caterers Academy is a hands on cooking program which will give students the opportunity to learn valuable life skills through the art of preparing food. You will not only be taught a repertoire of both savoury and sweet recipes but you will be encouraged to work in teams, use basic maths skills and increase your common sense, all in a FUN and EDIBLE way!!! You will take home what you have cooked in the class and at the end of the season you will receive a cookbook which contains all the recipes you would have mastered. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>U13 FOBISIA/U14 Boys Football Squad</u>	Y7 - Y9	06:45 - 07:45	36	Mr Matthew O'Brien Mr Mark Spalton	Big Field	Action	Boys	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.
<u>U19 Girls Football Squad</u>	Y10 - Y13	14:50 - 15.50	24	Mr Jonathan McLoughlin Mr Greg Roberts	Big Field	Action	Girls	This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.

FRIDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>Yoga, Meditation and Mindfulness Club</u>	Y7 - Y13	12:40 - 13:20	25	Ms Lucy Croft Mrs Amy Murphy	Dance studio	Action	Both	This club is for beginners and open to all year groups. Yoga can offer physical and mental benefits to the body and mind. In these beginners yoga slots, we will learn to take some time out to stretch, breathe, improve our posture, flexibility, awareness of ourselves and steady our busy minds.

SATURDAY

ACTIVITY	Year	TIME	MAX No.	TEACHER	FACILITY	CAS ACTIVITY GROUPING	Gender specific	DETAIL/NOTES
<u>Beg/Inter Swimming</u>	Y7 - Y13	08:30 - 09:30	16	Mr Vinh Nguyen	Swimming Pool	Paid Activities	Both	Focussed training for the swimmer who wants to improve both skill, stamina and understanding of each stroke and event. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>Inter/Adv Swimming</u>	Y7 - Y13	09:30 - 11:00	16	Mr Vinh Nguyen	Swimming Pool	Paid Activities	Both	Focussed training for the swimmer who wants to improve both skill, stamina and understanding of each stroke and event. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>RSFA Performance Programme - U14 Boys Football</u>	Y7 - Y9	11:00 - 12:30	20	Mr Matthew O'Brien	Big Field	Paid Activities	Boys	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football comepeitions PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>RSFA Performance Programme - U14-19 Girls Football</u>	Y7 - Y13	11:00 - 12:30	20	Mr Matthew O'Brien	Big Field	Paid Activities	Girls	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football comepeitions. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)
<u>RSFA Performance Programme - U19 Boys Football</u>	Y10 - Y13	11:00 - 12:30	20	Mr Matthew O'Brien	Big Field	Paid Activities	Boys	RSFA Performance Programme. This is an elite football session aimed at providing a professional academy experience to the best footballers in the school. This will include two evenings and one weekend session, as well as numerous matches, trial games and entry into football comepeitions. PAID ACTIVITY (please see Paid Activities Notes section at the end of the booklet)

PAID ACTIVITY NOTES - Administration

DAY	ACTIVITY	TIME	Administration Notes
Monday	Contemporary Dance	14:50 - 15:50	Starts: Monday 22nd January Ends: Monday 2nd April 170,000VND per week x 9 weeks = 1,530,000 VND Total cost: 1,530,000 VND Payment deadline for all clubs is Monday 22nd January
Monday	Golf	14:50 - 17:00	Starts: Monday 22nd January Ends: Monday 2nd April 292,000 VND per week x 9 weeks = 2,628,000 VND plus cost of the bus of 1,800,000 VND Total cost: 4,428,000 VND The bus cost is a return trip from BIS to the driving range. Payment deadline for all clubs is Monday 22nd January
Monday	RSFA Performance Programme - U14 Boys Football	17:00 -18:30	Starts: Week beginning Monday 22nd January Ends: Week beginning Monday 2nd April 3 sessions per week. Total cost:7,000,000 VND (4,500,000 VND for returning students) 2 sessions per week. Total cost: 4,700,000 VND (3,000,000 VND for returning students) Payment deadline for all clubs is Monday 22nd January
Monday	RSFA Performance Programme - U19 Boys Football	18:15 - 19:45	Starts: Week beginning Monday 22nd January Ends: Week beginning Monday 2nd April 3 sessions per week. Total cost:7,000,000 VND (4,500,000 VND for returning students) 2 sessions per week. Total cost: 4,700,000 VND (3,000,000 VND for returning students) Payment deadline for all clubs is Monday 22nd January
Tuesday	Yoga	15.55 - 16.55	Starts: Tuesday 23rd January Ends: Tuesday 3rd April 175,000 VND per week x 9 weeks = 1,575,000 VND Total cost: 1,575,000 VND Payment deadline for all clubs is Monday 22nd January
Tuesday	RSFA Performance Programme - U19 Boys Football	17:00 -18:30	Starts: Week beginning Monday 22 January Ends: Week beginning Monday 2 April 3 sessions per week. Total cost:7,000,000 VND (4,500,000 VND for returning students) 2 sessions per week. Total cost: 4,700,000 VND (3,000,000 VND for returning students) Payment deadline for all clubs is Monday 22nd January
Tuesday	RSFA Performance Programme - U14-19 Girls Football	18:15 - 19:45	Starts: Week beginning Monday 22nd January Ends: Week beginning Monday 2nd April 3 sessions per week. Total cost:7,000,000 VND (4,500,000 VND for returning students) 2 sessions per week. Total cost: 4,700,000 VND (3,000,000 VND for returning students) Payment deadline for all clubs is Monday 22nd January
Wednesday	Climbing	14:50 - 16:30	Starts: Wednesday 24th January Ends: Wednesday 4th April 198,000 VND per week x 9 weeks = 1,782,000 VND Total cost: 1,782,000 VND Students will walk to and from the Vertical Academy Centre. Payment deadline for all clubs is Monday 22nd January
Wednesday	CrossFit Thao Dien	14:50 - 16:00	Starts: Wednesday 24 January Ends: Wednesday 4 April 250,000 VND per week x 9 weeks = 2,250,000 VND Total cost: 2,250,000 VND Payment deadline for all clubs is Monday 22nd January
Wednesday	Ice Skating	14:50 - 16:30	Starts: Wednesday 24 January Ends: Wednesday 4 April 170,000 VND per week x 9 weeks = 1,530,000 VND (additional 50,000 VND per week for skate hire) plus cost of the bus of 1,800,000 VND Total cost: 3,330,000 VND The bus cost is a return trip from BIS to the Vincom Mall. Payment deadline for all clubs is Monday 22nd January
Wednesday	RSFA Performance Programme - U14 Boys Football	17:00 -18:30	Starts: Week beginning Monday 22nd January Ends: Week beginning Monday 2nd April 3 sessions per week. Total cost:7,000,000 VND (4,500,000 VND for returning students) 2 sessions per week. Total cost: 4,700,000 VND (3,000,000 VND for returning students) Payment deadline for all clubs is Monday 22nd January

PAID ACTIVITY NOTES - Administration

Wednesday	RSFA Performance Programme - U14-19 Girls Football	18:15 - 19:45	Starts: Week beginning Monday 22nd January Ends: Week beginning Monday 2nd April 3 sessions per week. Total cost: 7,000,000 VND (4,500,000 VND for returning students) 2 sessions per week. Total cost: 4,700,000 VND (3,000,000 VND for returning students) Payment deadline for all clubs is Monday 22nd January
Thursday	Climbing	14:50 - 16:30	Starts: Thursday 25th January Ends: Thursday 5th April 198,000 VND per week x 9 weeks = 1,782,000 VND Total cost: 1,782,000 VND Students will walk to and from the Vertical Academy Centre. Payment deadline for all clubs is Monday 22nd January
Thursday	Fitness at Nutrifort	15:00 - 16:00 Depart at 14:50	Starts: Thursday 25th January Ends: Thursday 5th April 55,000 VND per week X 9 weeks = 495,000 VND Total cost: 495,000 VND A free one way bus will be provided by school. Students must make own arrangements for transport home. Note: Members of Nutrifort will be FREE of charge Payment deadline for all clubs is Monday 22nd January
Thursday	Kick Boxing	15.55 - 16.55	Starts: Thursday 25th January Ends: Thursday 5th April 170,000 VND per week X 9 weeks = 1,530,000 VND Total cost: 1,530,000 VND Payment deadline for all clubs is Monday 22nd January
Thursday	Pottery Class	14:50 - 15:51	Starts: Thursday 25th January Ends: Thursday 5th April 275,000 VND per week X 9 weeks = 2,475,000 VND Total cost: 2,475,000 VND (Includes all equipment and materials) Payment deadline for all clubs is Monday 22nd January
Friday	The Caterers Academy Cookery Class	14:50 - 15:50	Starts: Friday 26th January Ends: Friday 6th April 270,000 VND per week X 9 weeks = 2,430,000 VND Total cost: 2,430,000 VND (Includes all equipment, ingredients and cookbook) Payment deadline for all clubs is Monday 22nd January
Saturday	Beg/Inter Swimming	08:30 - 09:30	Starts: Saturday 27th January Ends: Saturday 7th April 200,000 VND per week X 9 weeks = 1,800,000 VND Total cost: 1,800,000 VND Payment deadline for all clubs is Monday 22nd January
Saturday	Inter/Adv Swimming	09:30 - 11:00	Starts: Saturday 27th January Ends: Saturday 7th April 200,000 VND per week X 9 weeks = 1,800,000 VND Total cost: 1,800,000 VND Payment deadline for all clubs is Monday 22nd January
Saturday	RSFA Performance Programme - U14 Boys Football	11:00 - 12:30	Starts: Week beginning Monday 22nd January Ends: Week beginning Monday 2nd April 3 sessions per week. Total cost: 7,000,000 VND (4,500,000 VND for returning students) 2 sessions per week. Total cost: 4,700,000 VND (3,000,000 VND for returning students) Payment deadline for all clubs is Monday 22nd January
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