

Contacts:

If you have any questions please contact Matt Montgomery – [MatthewM@nbhis.com](mailto:MatthewM@nbhis.com) or Stuart Ashford – [StuartA@nbhis.com](mailto:StuartA@nbhis.com)



中国·宁波

华茂国际学校

NINGBO HUAMAO INTERNATIONAL SCHOOL



# Co-Curricular Activities Brochure

Semester 1 2018-2019



## **Introduction**

**Welcome to the first semester of the 2018 – 2019 Co-Curricular Activity (CCA) programme! This term we have some exciting new additions to our programme. For example, more sports teams, fitness clubs to name a few; extensions to the number of Sport Teams competing with local schools throughout the year and Academic Societies furthering your engagement in subject areas you are passionate about.**

**The CCA programme has developed over the last year and we are adding interesting new activities as well as building communications and teamwork through the development of enhanced student leadership in each of our CCAs. Every CCA will now elect either a Student President (society ECAs) or Team Captain (sport CCAs) who will take on a role of co-leadership with the member of staff.**

**It is expected that students participate in at least two CCAs each, which we would like to comprise of both a Physical Recreation and a Skill CCA. This allows for students to enhance the skills and physical recreational attributes and goes towards your university applications. Sticking to the same CCAs throughout the year shows commitment and this is also a quality universities like to see in students.**

**This booklet is designed to help you understand the CCA programme, its connections with other elements at school, how to go about setting up your own student guided CCA and to give an idea about the CCAs on offer throughout the week, Monday to Thursday afternoons and Monday to Friday mornings for the MYP students.**

**Sign-ups for CCAs will be done during the CCA Fair on Friday 14<sup>th</sup> September.**

**The CCA programme will start the week beginning 24<sup>th</sup> September and run all the way until December 7<sup>th</sup> 2018. This will be a total of 10 weeks.**

**If you have any queries or suggestions, please come and see us in**

## **Relationship between CCAs and University Applications**

CCAs are an opportunity for you to learn or improve in a sport or a skill activity so that you can earn hours, combine it with community volunteering – Creative Action Service (CAS). However, CCAs also are seen as an important factor in your university applications which are submitted in Grade 13. In applications, regardless of country, your participation in an CCA aids admission officers to understand your personality, engagement and resilience in a way that your grades and test scores can't show. All students should do at least a couple of CCAs, and make a commitment to them. Grade 12s should continue with the activities or even come up with their own clubs. Universities are looking for students who are continually and consistently involved since it gives the universities an idea of who will be a positive and impactful student on their university campus and in their community! Universities are looking for passion, leadership and impact. Quality of involvement is worth more in an application than quantity of club memberships. Passion. Your activities are supposed to be a reflection of you and what you care about. You can show passion by focusing on a couple activities and dedicating a significant amount of time to them. Leadership. Leaders are the people who will be at the forefront of change and the first to take on new challenges. Take the initiative to be a leader through your CCA or motivate other students to be active in the CCA or create your own CCA. Impact. How have you changed your activity for the better? Have you expanded membership or the amount of activities your CCA does? In your activities you can show them that you're the type of person who takes something and leaves it better than you found it.

The Perfect Co-Curricular Activity Combination Academic + Personality + Community Involvement = Stronger Applicant For students who are unsure about what types of activities to pursue at NBHIS, try: The Academic Activity: This is an activity that is somehow related to what you're hoping to study in college. The Personality Activity: This should showcase something special about you and does not fall neatly into another category. What is your secret passion? The Creative Action Service (can be done outside of school): It allows you to volunteer your time to work with people or for a cause in your community.

## Team Sports

Team Badminton (boys and girls)	
Team Basketball (junior boys)	am only
Team Basketball (senior boys)	
Team Basketball (junior girls)	am only
Team Basketball (senior girls)	
Team Football (girls)	am only
Team Football (junior boys)	am only
Team Football (senior boys)	
Team Volleyball (boys and girls) SL	

## Recreational Sports

Archery	
Dance	
Running X-Country	
Softball	
Fitness/Aerobics (Girls)	am only
Fitness/Aerobics (Boys)	am only
Dance K-Pop	
Yoga	
Cycling	
Ball Hockey	

## Societies

Yearbook
Chinese Language
MUN
Cooking
Meditation
Robotics
Migrant Activities
Newspaper
3D Printing
Photography
Community Gardening
Old Peoples Home
Ideals
Behind the Scenes Design
Music Ensemble
Drama (Seniors)
Drama (Juniors)
Guitar
Maths club

## Sports

### BADMINTON (Boys & Girls)



*.Open to Grades: 6-12,  
NAP  
Commitment: All Year  
Mon 4.00-5.15pm  
Cost: 400rmb per  
semester (uniform  
Included)*

Badminton is a great sport, which is very popular throughout China. It is normally played in either singles or doubles. We tend to play more singles matches but are looking to get some doubles teams together as well. We play in indoor facilities using feathered shuttlecocks. We are looking to expand the current teams, create new double pairings and organise more competitions throughout the year. • Targets: improve playing standard, understand the rules and compete in matches.

## Basketball Junior (Boys & Girls)



*• Open to Grades: 6-8,  
• Commitment: All Year  
Mon-Thurs 7.30-8.30am  
580 rmb per semester  
(uniform Included)*

Basketball is a team sport consisting of five players on the court for a team at any given time. The aim of the game is to score as many baskets as you can in the four quarters of the game. The team is looking to expand, develop together as a team and improve communication. Practices take place both inside and outside and you are expected to show up to training sessions and matches to be a part of the team. • Targets: become a cohesive team, communicate with one another on and off the court and compete in matches. • Open to Grades: 6-8, NAP • Commitment: all year

## Football Junior (Boys & Girls)



• *Open to Grades: 6-9, NAP • Commitment: all year*

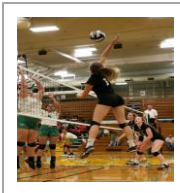
*Boys Tues & Thurs 7.30-8.30am*

*Girls Mon & Weds 7.30-8.30am*

*Cost: 600rmb per semester (uniform Included)*

If you're new to football – don't worry! Everybody starts somewhere. Our experienced coaches can help to introduce you to the game (rules, tactics, vocabulary); you'll feel part of the team in no time! As a member of the junior boys' & Girls' football team, you will be expected to come to trainings and participate in the many matches throughout the school year. Beyond the practical side of things, there are many current players who are passionate about all aspects of the game with a growing sense of club community, aligning with our aim to become more prominent in the wider school environment. • **Targets:** team work, physical fitness and have fun and create a "winning spirit".

## Volleyball Senior (Boys & Girls)



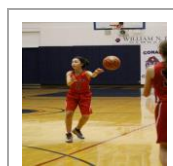
• *Open to Grades: 9-12, NAP • Commitment: all year*

*Thurs 4.00-5.15pm*

*Cost: 100rmb (uniform Included)*

Learn new skills, training methods and improve your fitness and skills level in volleyball. We play inside/outside with a team of six on the court at any given time. • **Targets:** to be able to serve the ball over the net, understand the rotations and when they take place and work as a team to compete against other teams. • **Open to Grades:** 9-12, NAP • **Commitment:** all year.

## Basketball Senior (Boys & Girls)



*Open to Grades: 9-12 • Commitment: all year*

*Boys Mon 4.00-6.00pm*

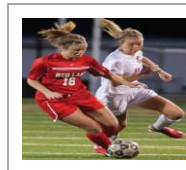
*Cost: 600rmb per semester (uniform Included)*

*Girls Tues & Thurs 4.00-5.15pm*

*Cost: 600rmb per semester (uniform Included)*

This is aimed towards the older students in the school. You will develop your basketball skills further and become stronger, fitter and faster. As part of the team you will be role models for the younger students - teamwork, communication and sportsmanship are a must. You will compete against other schools in matches. You are therefore expected to come to all training sessions and matches, as those who show the biggest commitment are the ones who generally perform the best. • **Targets:** become a cohesive team, be outstanding role models and off the court and compete in matches.

## Football Senior (Boys & Girls)



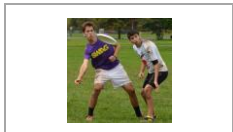
• *Open to Grades: 9-12, NAP •*

*Commitment: all year Girls Tues, Boys Weds 4.00-5.15pm*

*Cost 500rmb per semester (uniform Included)*

Football is a great sport played with a ball, and using mainly your feet to move it around, and you score one point by kicking it into the net. Though men have dominated it, women's teams have come far in getting the same coverage in the media. It is still a developing game at our school and our intention is to get a team together to play against other schools in the area. You will be expected to come to practices to train, develop and improve together as a team. • **Targets:** able to dribble, pass and shoot the ball, head the ball in a direction and work with the other members as part of a team.

## Ultimate Frisbee (Boys & Girls)



• *Open to Grades: 6-12, NAP*  
*Tues 4.00-5.15pm*  
*Cost 200rmb per semester (uniform Included)*

Ultimate Frisbee is a fun competitive sport for boys and girls in DP. We have scheduled competitions in Shanghai and some fun competitions with schools here in Ningbo. We are working on developing skills of throwing and learning more offensive and defensive plays. We aim to have some good competition with other schools.

Targets: be able to throw the Frisbee, have the basic understanding of a game and be able to work as part of a team.

## Archery (Boys & Girls)



• *Open to Grades: 6-12, NAP* •  
*Commitment: termly*  
*Weds 4.00-5.15pm*  
*Cost: 400rmb per semester*

Archery is a skill that has been practiced for many thousands of years, by people across the world. Some have likened it to a form of meditation; what Archery develops in participants is hard to get anywhere else. It increases upper body strength, improves posture and teaches calmer breathing which are all good physical outcomes. It also teaches mental concentration and increased focus. Safety is of utmost importance at all times while in the sessions. Come join us for archery! • Targets: to engage in the social side of archery, be able to hit the target and take responsibility for the equipment you will need and use.

## Softball (Boys & Girls)



• *Open to Grades: 6-12, NAP*  
*Thurs 4.00-5.15pm*  
*Cost 100rmb per semester*

Softball is a team sport with nine players on each team. It includes bases, bats, and lots of teamwork! There are four bases and you will be able to pitch, catch, throw and hit softballs. Sign up to try a very popular and fun sport! • Targets: students will be able to understand the rules of softball, be able to catch, throw, and hit softballs, with varying degrees of success and students will become more physically fit and be able to live a healthier lifestyle.

## X-Country Running (Boys & Girls)



• *Open to Grades: 6-9* •  
*Tues & Weds 7.30-8.30am*  
*Weds 4.00-5.15pm Gr 6-12, NAP*  
*Cost: 400rmb per semester (uniform Included)*

What is the best way to help yourself stay focused, maintain your grades and be happy? Yes, that is it exercise! Running will improve your stamina, fitness and health while helping you become relaxed and happier. The sessions will look at different running skills, for example warmup, running styles, stamina, speed, endurance and cool down. • Targets: successfully run for 12 minutes nonstop, understand the importance of a warm-up and compete in some friendly races.

## Floorball Junior (Boys & Girls)



*Open to Grades: 6-9 •  
Commitment: termly  
Tues 4.00-5.15pm*

*Cost: 550rmb per  
semester*

Come join the fastest growing sport in Asia; hockey! A quick-thinking game that focuses on hand-eye coordination and teamwork. Learn the rules of the game and the fundamentals of stick-handling, passing and shooting a ball with a teacher with 20+ years of experience! In 3 vs 3, 4 vs 4 and 5 vs 5 fashion, students will use the skills they learn to play in real games against other International Schools from Ningbo and surrounding area. Past students have learned the game very quickly and fell in love with the process almost immediately. As access to facilities and equipment continue to improve the presence of this game in China will only increase. Come be part of the most exciting movement in the sports world!

## Dance K-Pop (Boys & Girls)



*Open to Grades: 6-10  
Commitment: termly*

*Thurs 4.00-5.15pm*

This term in dance club, we will continue to do K-pop and teach basic dance skills for beginners. Anyone is welcome to join. We will also be choosing two new hip hop dances to learn and present Dancefest in Shanghai.

## Cycling (Boys & Girls)



*Open to Grades: 6-12  
Commitment: Semester  
Thurs 4.00-5.15pm*

*Cost: 150rmb per  
semester*

To exercise our physical strength. Improve the skills of cycling in the city. Have fun in the activity

### **Safety**

Everyone should be wear **helmet** while cycling. When we are riding outside we should listen to the leader ride in a line and contain a distance with each other.

**RACING** between each other is **not allowed** during cycling.

## Fitness/Aerobics (Boys & Girls)



*Open to Grades: 6-9 •  
Commitment: termly  
6-7 Mon & Weds, 8-9  
Tues & Thurs 7.30-  
8.30am*

*Cost: 550rmb per  
semester*

An intense workout with little rest, that results in higher daily metabolism and is the equivalent of working out for an hour. Different exercises performed with rest intervals. This CCA can be done in your uniform (better in PE kit), and over the semester we will be increasing and changing the number of workouts. Use your time wisely and get your hour of daily exercise • Targets: faster metabolism, increased fitness and healthier lifestyle.

## Guitar (Boys & Girls)



*Open to Grades: 6-12,  
Commitment: Semester  
Weds 4.00-5.15pm*

The guitar CAS is to teach other people how to do the music with guitar, from this CAS some people can improve their guitar skill, some people can learn how to play guitar. and in the end of this CAS I will let then to show their work in this year.

## Drama (Boys & Girls)



*10-12 Mon 4.00-5.15pm  
6-9 Tues 4.00-.5.15pm*

In Senior Drama this semester we will be producing a one act play, to be performed at the end of the semester before Chinese New Year. The play and venue will be decided after we know how many students are interested in being part of the cast. Students will have the opportunity to improve their acting skills and gaining more experience performing serious theatrical work in front of an audience.

Junior Drama will focus on learning basic performance skills, with a particular focus on improvisation and theatre sports games. After students have mastered some of the basics of improv, they'll be able to entertain their peers at MYP assembly.

## Yoga (Boys & Girls)



*Open to Grades: 10-12,  
NAP  
Commitment: termly  
Weds 4.00-5.15pm  
Cost: 350rmb*

Yoga is more than a world renowned sport it is a physical, mental and spiritual practice or discipline which originated in India. People believe the physical postures of yoga can alleviate health problems. Yoga's body-mind techniques will help you to reduce your stress and daily fatigue. • Targets: improve overall flexibility, control breathing through poses and build your core strength.

## Music Ensemble (Boys & Girls)



*Open to Grades: 6-12  
Commitment: Semester  
Tues 4.00-5.15pm*

Learn how to play one or more instrument to basic proficiency and beyond. For those who already play an instrument to lead and mentor other students. Learn transferable skills like goal-setting, time-management, cooperation, creative problem-solving and good communication among others. Students should perform their resulting work to an audience. Performance theme decided by students, and audience to be decided later.

## Model United Nations (Boys & Girls)



*Open to Grades: 6-12  
Commitment: yearly  
Mon 4.00-5.15pm*

*Cost: conference fee*

Learning the parliamentary procedures and gaining some experience in debating through participating in inter-school conferences (such as Harvard MUN, ISNMUN, and CSIAMUN). This year, returning students will continue to hone their MUN skills, and be given the opportunity to try out new roles (such as chair of a committee or executive general of a conference) through participating and helping in organizing NBHISMUN, an inter-school conference that we will host at our school. New students will be introduced to the MUN debating format, and given the chance to practice in our mock sessions and participate in NBHISMUN as delegates.

## Behind the Scenes, Design (Boys & Girls)



*Open to Grades: 8-12  
Commitment: Semester  
Tues 4.00-5.00pm  
Cost: 100rmb*

Behind the Scenes is an after-school activity where we meet various needs from around the school community. MYP students meet with teachers and other members of the school community to determine what the needs are. We then return to the Design Room and come up with possible solutions to meet those needs and present them to our clients. Students then go through the process of planning and ordering and ultimately in creating the solutions, which are then delivered to our clients.

## Yearbook (Boys & Girls)



*Open to Grades: 6-12,  
NAP  
Commitment: yearly  
Tues 4.00-5.15pm*

The yearbook is an annual publication giving information and listing events or aspects of the current year, and contains photographs of all the classes and school activities.

## Cooking (Boys & Girls)



*Open to Grades: 11-12  
Commitment: Semester  
Tues 3.45-5.00pm*

Our baking club is very colourful and interesting. Because we will making all different kinds of dessert every week, such as the cookies, cupcakes or the pizzas.

In our club, you will not only harvest the lots of new skills of the baking, but also can enjoy the delicious food and make different friends at same times here! In here you can create your ability of the wonderful creativity.

If you are interested in the baking, please join our family!



## Newspaper (Boys & Girls)



*Open to Grades: 6-12, NAP  
Commitment: yearly  
Weds 4.00-5.15pm*

We would like to create a newspaper for the school, the goal from this is to learn how to run and organize a newspaper. We have already organized some ideas for this club and would like your different article ideas from across the school, an opportunity to developed your writing and photography skills.

## 3D Printing (Boys & Girls)



*Open to Grades: 8-12  
Commitment: Semester  
Weds 4.00-5.15pm  
Cost: 450rmb*

What is 3D printing?

It is a process of making three dimensional solid objects from a digital file.

If you are expertise in this field, you can almost create everything you want.

We will teach you some basic skill to how to make the 3D printing digital model by different assignments. Hence, you will be better at it. Finally, we can lead you to create your own 3D model.

The requirement for 3D printing? You just need a computer. However, I highly recommend you have windows system, because that can solve you a lot of time.

## Robotics (Boys & Girls)



*Open to Grades: 8-12, NAP  
Commitment: yearly  
Weds 4.00-5.15pm*

*Cost: 450rmb*

We running this project in order to lead student open their mind and do something creative. My partners are Ben and we will do it together. Also, we will teach them to make their own robots with program, and do organize things. Its simple work to make a program but not simple to make it run well.

We want to in line with the international standards, we hope that through our efforts, students can understand programming and learn simple programming. You can get a boost in programming

## Migrant Activities (Boys & Girls)



*Open to Grades: 8-12, NAP  
Commitment: yearly  
Thurs 4.00-5.15pm*

In this activity we need to play games or teach some things with the students from the other school. Every week, we will change a leader to lead people to organize the activities. Sometimes we will prepare in advance (eg. Like paper cutting, drawing, music, drama), and sometimes we will make powerpoint to let them know the rules of the game and the content clearly.

In our activity, you can make new friends here and do the services for that poor students!

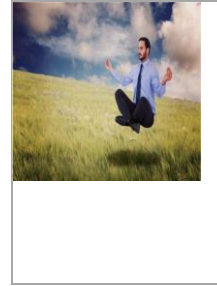
## Old Peoples Home (Boys & Girls)



*Open to Grades: 8-12, NAP  
Commitment: yearly  
Weds 4.00-5.15pm*

Communicate with old people to make them feel loved. Help them with their daily lives, such as tidying up their plates, mopping the floor and massaging them. Organize activities, communicate and be alone with them. Learn how to take care of your life and appreciate your parents and teachers, how hard it is to take care of a person.

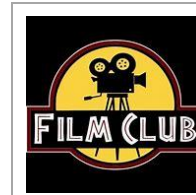
## Meditation (Boys & Girls)



*Open to Grades: 6-12,  
NAP  
Commitment: yearly  
Thurs 4.00-5.15pm*

As the increasing popularity of meditation as a global activity, we are leading you to a global living style. Meditation is a habitual process of training your mind to focus and redirect your thoughts. You can use it to increase awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration and healthy sleep patterns. We strongly invite all of the MYP and DP students to join our club and escape from the stressing schoolwork to immerse yourselves in a relaxing atmosphere and you will be obsessed with this magical activity to start a new journey.

## Film (Boys & Girls)



*Open to Grades: 8-12,  
NAP  
Commitment: yearly  
Mon 4.00-5.15pm*

The purpose of this project is to  
Based on the theoretical research of film and television  
Pay attention to the creative trend of director performance  
Expand the cultural horizon of academic contention  
Explore the value orientation of art school.

## Math Club (Boys & Girls)



*Open to Grades: 10-12,  
NAP*

*Commitment: yearly  
Weds 4.00-5.15pm*

'Math peer tutoring club' for this semester so that students who are struggling with math can get help and develop math skills. This club will be helpful not only for those who are being helped but also for students who help others since they can increase their depth of understanding on math.

## Ideals (Boys & Girls)



*Open to Grades: 8-12,  
NAP*

*Commitment: yearly  
Tues 4.00-5.15pm*

The purpose of the Round Square IDEALS CCA is to create a sense of service and community within our school population and beyond through action under the six IDEALS of round square. This year we hope to include biking, hiking and day water rafting trips as well as volunteer days or weekends with migrant schools and organizing the role of MYP and DP students on days like Earth Day and UN Day.

## Karaoke (Boys & Girls)



*Open to Grades: 6-12, NAP  
Commitment: Semester*

*Mon 4.00-5.15pm*

Karaoke is a form of interactive entertainment or video game developed in Japan in which an amateur singer sings along with recorded music using a microphone. The music is typically an instrumental version of a well-known popular song.