

Contacts:

If you have any questions please contact Matt Montgomery –
MatthewM@nbhis.com or Stuart Ashford – StuartA@nbhis.com



中国·宁波

华茂国际学校

NINGBO HUAMAO INTERNATIONAL SCHOOL



MYP/DP/NAP 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 14th September.

The CCA programme will start the week beginning 24th September and run all the way until December 7th 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.

Overview of Activities

Team Sports

Team Basketball (Gr 6-9, NAP boys/girls)
Team Basketball (Gr 6-9, NAP boys/girls)
Team Volleyball (Gr 8-12, NAP boys/girls)
Team Frisbee (Gr 6-12, NAP boys/girls)

Recreational Sports

Archery
Badminton (possible school team)
Dance
Football (possible school team)
Softball
Dance K-Pop
Yoga
Ball Hockey
Tennis
Gaming
Martial Arts

Societies

Yearbook	Advanced Math
MUN	Get more from your Phone Camera
Film Club	Baking
Polymer Clay Modelling	Migrant Activities
Independent Learning Club	Newspaper
World Scholars Cup	3D Printing
Study Support	Old Peoples Home
Chinese Debating Club	Round Square
Chinese Theatre	Behind the Scenes Design
Science Club	Music Ensemble
United Academic Tournament	Drama

Activities Details

Sports BADMINTON (Boys & Girls)



*Open to Grades: 6-12, NAP
Mon 4.00-5.00pm*

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.

Team Basketball (Gr 6-9, NAP Boys & Girls)



*Grades: 6-9, NAP
Mon & Weds 4.00-5.15
Cost: 500rmb*

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.

Sports Floorball/Hockey (Gr 6-9 & NAP Boys & Girls)



*Grades: 6-9/NAP
Tues 4.00-5.15pm
Cost: 500rmb 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!

Archery (Gr 6-12 & NAP Boys & Girls)



*Grades: 6-12, NAP
Tues 4.00-5.15pm
Cost: 500rmb 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

Sports Softball (Gr 6-12 & NAP Boys & Girls)



*Grades: 6-12, NAP
Thurs 4.00-5.15pm
Cost 200rmb*

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.

Team Volleyball (Gr 6-12 & NAP Boys & Girls)



*Grades: 6-12, NAP
Tues & Thurs 4.00-5.15pm*

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.

Team Basketball (Gr 10-12, NAP Boys & Girls)



Grades: 10-12 & NAP
Mon & Weds 4.00-5.30pm
Cost: 600rmb

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.

Dance (Gr 6-12 & NAP Boys & Girls)



Grades: 6-12/NAP
Weds 4.00-5.15pm
Cost: 100rmb

The focus of this dance group will be western pop and hip-hop. We would like to this for our main communities are Gr 6-12 & NAP students. To make sure that everyone is interested we will make a survey asking which type of dance they are interested in. We are also considering in maybe running some workshops to raise awareness in PYP.

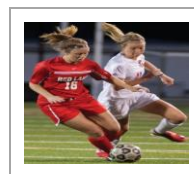
Yoga (Gr 6-12 & NAP Boys & Girls)



Grades: 9-12, NAP
Weds 4.00-5.15pm
Cost: 500rmb

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.

Sports: Football (Gr 6-12 & NAP Boys & Girls)



Grades: 6-12 & NAP
Mon & Thurs, 4.00-5.15pm

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.

How to get the most out of your smartphone camera (Gr 6-12 & NAP, Boys & Girls)



Grades: 6-12 & NAP
Tues 4.00-5.15pm

How to go beyond auto shooting quickly so you can take quality photographs to your smartphone's highest capability. We will get to know your smartphone's user guide and the settings so you can take better; selfies, portraits, landscapes, food pics, etc. We will also learn about the photo editing tools and build a portfolio that you can use for the rest of your life.

Drama (Gr 6-12, NAP Boys & Girls)



Grades: 6-12 & NAP
Mon 4.00-5.00pm
Cost 100rmb

In Drama Club this term we will be working on creating one or more plays for the end of year drama festival. The plays we do will be comedies, and we'll be focusing on using our bodies and voices to make our audience laugh. There will be big parts and small parts, so if you want to be a star or just want to try acting in front of an audience, join the Drama Club!

Gaming (Gr 6-12, NAP Boys & Girls)



Grades: 6-12 & NAP
Tues 4.00-5.00pm

The Gaming CCA is an activity for those interested in studying, learning about, and of course playing computer games. You will be expected to play a range of different games from different periods and genres, give presentations to the class about games and gaming, and work on improving your gaming skills. You will need a windows laptop for this CCA.

Music (Boys & Girls, selected only)



Grades: Selected students only
Tues 4.00-5.15pm

NBHS Music Band is offered to students by invitation. These trained musicians will work together to build a repertoire of songs to perform for school events and for the community as well as mentor younger musicians.

Model United Nations (Gr 6-12 & NAP, Boys & Girls)



Grades: 8-12
Mon 4.00-5.15pm
Cost: conference fee

MUN, also known as Model United Nations is a traditional CCA here at NBHIS, it gives student a taste of how the real UN operates. NBHISMUN had been running for several years and won all sorts of awards within the country, and around the world. The CCA itself started small with 7~8 members, but now we had tripled the number. We welcome students that identify themselves as a global citizen to join us, as well as ones that are interested in politics, economics, health care, and international relationship. Here at NBHISMUN will be a shorter route to connect you with the world today.

Behind the Scenes, Design (Boys & Girls)



Grades: 8-9
Tues 4.00-5.00pm
Cost: 200rmb

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 (Gr 6-12 & NAP, Boys & Girls)



Grades: 6-12, NAP
Weds 4.00-5.15pm

The Yearbook CCA is about putting your entire memoirs for the year in a colorful, creative & artistic manner in one place. It would be a fun experience for you to join the Yearbook CCA as it would enhance your visual arts skills and at the same time, give you a chance to be a better presenter. We would be getting some of the best pictures, entice students to share their experiences and to cover all relevant & important occasions to ensure that students can remember their best years in school when they are much older.

United Academic Tournament (Boys & Girls)



Grades: 10-12
Tues 4.00-5.00pm
Cost: Conference Fee

The United Academic Tournament is a new CCA started from last term. However, within the term, we had won 1st, 2nd, 3rd place in different tournaments both inside and outside the province. We welcome new members of all grade that's interested in business competition, debate, and other academic competitions. The UAT will provide you with all sorts of opportunities which you could choose from, it's a great competition platform for ones who have passion. Join the UAT, show your talent, and be a more competitive candidate when applying university. But what's more important is to enjoy the process and make friend with students from all over the world.

Newspaper (Gr 6-12 & NAP, Boys & Girls)



Grades: 6-12, NAP
Weds 4.00-5.15pm

The Husky Post will be meeting every Wednesday. You might have seen our past editions around, and if you have, you know the writers have complete creative control over how the club is run and how the final product turns out. Join our club if you want to be able to write about things you care about, voice your opinions, affect change in a tangible way, and be part of a team. All types of students are needed to make the Newspaper work!

3D Printing (Gr 8 – 12 & NAP, Boys & Girls)



Grades: 8-12 & NAP
Weds 4.00-5.15pm
Cost: 500rmb

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.

Study Support (Gr 6-9 Boys & Girls)



Grades: 6-9,
Tues 4.00-5.15pm

This CCA will provide subject-related vocabulary for students who need to elevate their use of English to improve their engagement with academic content. This is a supplementary English CCA aimed at students who wish to improve their performance at school. Students who are identified as candidates for this CCA will be notified.

World Scholars Cup (Gr 6 – 12, Boys & Girls)



Grades: 6-12
Weds 4.00-5.15pm
Cost: Conference Fee

We are interested in offering a new CCA opportunity for students called the World Scholar's Cup. It is an academic competition that takes place in 140 cities around the world each year with tens of thousands of students participating. The competition consists of four key events that focus on students' abilities to think critically and communicate persuasively. Students from Year 6 through 12 are welcome to join our first season as a World Scholar's Cup school, though students in Year 6 - 8 will need to show that their English ability is high enough to participate effectively in the activity. Students compete in teams of 3, and in order to offer this activity we will need at least 3 teams of students to join. There will be a regular competition here in Ningbo in March which will give students a great chance to dive in and see what the activity is all about. <http://scholarscup.org/>

Migrant Activities (Boys & Girls)



Grades: 8-12, NAP
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 organise 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! (In the last session of the semester, we will take migrant students to see the movie! If you are interested at that, join us!

Old Peoples Home (Gr 8-12 & NAP, Boys & Girls)

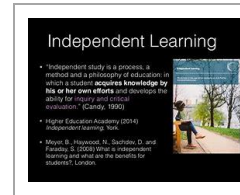


Grades 8-12, NAP
Weds 4.00-5.15pm

For old people's home, it is a service group that we try to help the old or the disabled people who live in the old people's home to improve their life quality as possible as we can. Every week we go to the old people's home once to have some conversation and interaction with the old, also we have to help clean the house and look after the old people, to give warmth to them. In this way, students can improve their social awareness because we are actually doing services, also, it can help a student to become more friendly and comprehensive. IT IS NOT BORING! IT IS FREE!

PLEASE JOIN US!

Independent Learners Club (Boys & Girls)



Grades: 6-12, NAP
Mon 4.00-5.15pm

Are you interested in learning something but there's no club or activity for that? Maybe it's a foreign language we don't offer, or a computer / IT skill we don't teach, or a subject you have a real interest in but there's no class for it. If this sounds like you, then the Independent Learner's Club (ILC) may be a great chance for you to start learning what you want! Mr. Beard will be accepting applications to join this club, and each student who is approved will have the chance to create his/her own learning plan and pursue his/her own learning goals during CCA time. Speak with Mr. Beard if you are interested to learn more about the new ILC!

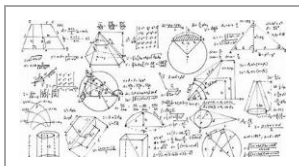
Film (Gr 8-12 & NAP, Boys & Girls)



Grades: 8-12, NAP
Mon 4.00-5.15pm

The purpose of this project is to Expand the cultural horizon of academic contention, Explore the value orientation of art. after the research of different types of film and television, we will start filming and editing our own clips.

Advanced Math (Gr 10-12 & NAP, Boys & Girls)



Grades: 6-12, NAP
Weds: 4.00-5.15pm
Cost: Conference Fee

This CCA is designed for students, from grade 9 to 11, who are interested in Math and have the ability to deal with unfamiliar problems which involve multiple topics. During the programme, students will be exploring different type of questions that usually appear in Math competitions. The expectation is that NBHIS will be able to send students for some math completions in the near future.

Round Square (Gr 8-12 & NAP, Boys & Girls)



Grades: 8-12, NAP
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.

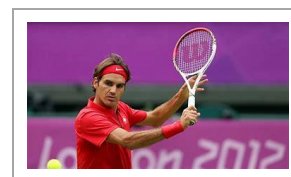
Science Club (Gr 10-12 & NAP, Boys & Girls)



Grades: 10-12, NAP
Tues: 4.00-5.15pm
Cost 100rmb

Do you want to have fun doing awesome experiments? Do you want to improve your practical and writing skills for IA and EE? Join Science Club and perform the experiments.

Sports: Tennis (Gr 6-12 & NAP, Boys & Girls)



Grades: 6-12, NAP
Weds 4.00-5.15pm

Tennis 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 outdoor facilities using. We are looking to expand the current teams, create new double pairings and organize more competitions throughout the year. Targets: improve playing standard, understand the rules and compete in matches.

Chinese Debate Club (Gr 6-12 & NAP, Boys & Girls)



Grades: 10-12, NAP
Mon 4.00-5.15pm

If you want to improve you debating skill
If You want to get higher grade on Chinese
If you want to practice your logical mind
Please join us!!!!
we set the best club in NBHIS!!
we are the best team for debate!!
we have the best leader for debate!!

Chinese Debate Club (Gr 6-12 & NAP, Boys & Girls)



Grades: 6-12, NAP
Weds: 4.00-5.15pm
Cost: Conference
Fee

If you want to improve you debating skill
If You want to get higher grade on Chinese
If you want to practice your logical mind
Please join us!!!!
we set the best club in NBHIS!!
we are the best team for debate!!
we have the best leader for debate!!

Science Club (Gr 10-12 & NAP, Boys & Girls)



Grades: 10-12, NAP
Tues: 4.00-5.15pm
Cost 100rmb

Do you want to have fun doing awesome experiments? Do you want to improve your practical and writing skills for IA and EE? Join Science Club and perform the experiments.

Chinese Drama (Gr 6-12 & NAP, Boys & Girls)



Grades: 6-12, NAP
Thurs: 4.00-5.15pm
Cost: 100rmb

Hey, everybody, this year we are having a Chinese Drama Club, we hope people that are interested in acting in Chinese can come and join our club!!!
Our Drama club will be at every Thursday and we will charge 50 RMB per student if you want to join our club.
And for our drama club this semester, if somebody is not interested in acting can also come, because you can be in charge of stage props, however, we only need 5 people for helping back stage. We still need more people which are interested in acting to join our club
For our Chinese drama club this semester, we would like to perform something close to our real life.

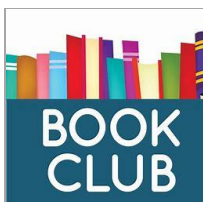
DIY Club (Gr 10-12 & NAP, Boys & Girls)



Grades: 10-12, NAP
Thurs 4.00-5.15pm

Make anything if you like or if we can! As long as you finish the works, this work belongs to you and you're able to take them home! What's more, this is a splendid opportunity for you guys to develop your manipulative ability and cultivate creativity. So, JOIN US!

Book Club (Gr 8-12 & NAP, Boys & Girls)



Grades: 8-12, NAP
Thurs: 4.00-5.15pm

Book CCA is basically aiming to help students fall in love with reading and learn more from the book, When students come to this CCA. We will make them read one book every 2 weeks and we will hold on a presentation at the third week, to let them share what they've read and how is it, and what have they learned from the book, our supervisor will be invited to the presentation and give some advices to the students. About the book, me and Ken will make topics for them to look for, for instance, the first three week will be science fiction, and they will read these kinds of book during these three weeks.

Polymer Clay Modelling (Gr 8-12 & NAP, Boys & Girls)



Grades: 6-12, NAP
Thurs: 4.00-5.15pm

Learn how to use the tricks, tools, and techniques of professional polymer clay modellers. With polymer clay you can shape lifelike creatures, or be completely imaginative. We will look at examples and aspire to create professional looking polymer clay figurines.

Martial Arts (Gr 6-12 & NAP, Boys & Girls)



Grades: 6-12, NAP
Weds 4.00-5.15pm

Come and learn the martial arts of Asia, including the ancient arts of the Philippines, China, and parts of South East Asia. Not only will students be exposed to some valuable self-defense skills, they will also receive some major health benefits as well, for both the mind and the body, and having lots of fun while doing so! A new sense of confidence, discipline, and an overall positive outlook will be hard not to notice within the first few lessons. Don't miss out!



If you want to improve you debating skill
If You want to get higher grade on Chinese
If you want to practice your logical mind
Please join us!!!!
we set the best club in NBHIS!!
we are the best team for debate!!
we have the best leader for debate!!

*Grades: 6-12, NAP
Weds: 4.00-5.15pm
Cost: Conference Fee*