

High School Activities and Clubs

ABA Ambassadors

The ABA Ambassadors are a group of students who work closely with the PTA, athletics departments, and other school-sponsored groups to provide event planning and management for community events such as MESAC tournaments and international cultural fairs. This is an opportunity for students to develop their communication and collaboration skills in a professional atmosphere.

ABA Coding Club

The ABA High School Coding Club is an opportunity for novice and experienced coders alike to learn from each other. This student-led club, with assistance from ABA Computer Science teachers, will prepare students on how to develop creative coding projects, and improve their skills in Python and other programming languages. Those interested in a challenge will also be eligible to compete in University of Waterloo's Canadian Computing Competition in February.

ABA Media Club

A platform where students can feature the activities in our school and the accomplishment of our ABA community through social media and the school website while working with our school Communications Director.

Activities Council

The Activities Council will meet once a week. The council will consist of students from Grade 9-12.

The council aims to:

- Create school spirit
- Be a contributing voice in our extra-curricular program
- Assist in the running of activities/events/tournaments

Amnesty International

Amnesty ABA is a group of students interested in local and global events concerning human rights. This club runs activities and discussions that support a chosen campaign. The main aim is to bring awareness to current topics in the global news to High school and Elementary school students.

What we can do:

Fun activities, Posters and Murals, Letter writing, Fundraising, Working with Elementary students, Writing to MPs,

What we campaign for:

The release of all prisoners of conscience

Fair and prompt trials for all political prisoners

**AMNESTY
INTERNATIONAL**



An end to death penalty
An end to torture and inhumane treatment
An end to excessive force by law enforcement officials
An end to 'disappearances'
An end to deliberate killings
An end to children taking part in armed conflict

What we oppose:

Hostage taking
Return of refugees to countries where they may be at risk of abuse
Military, security and police transfers from one country to another where they are likely to be abused.

Art with Artists

This is an amazing opportunity for students to have workshops with artists beyond our ABA community here in school. There will be exploration and experimentation in various materials. Every other session will be with an artist and the other with Ms.Malena to give more time for development of the products from the workshops. Dr. Nasser who will lead 4 of the sessions with the title "The Method of Creative Imagination" is a well known artist in the Muscat art community and he is also a professor at the Scientific College of Design.

Badminton

Welcome to yet another year-long ASA the Badminton club held every Saturday from 9 am to 11 am from October through April this year. This is for all students who are interested in playing the MESAC tournament (TBC) and for recreation purposes. Please make sure you bring your own rackets to play. All participants are responsible to put up the nets and bring them down every session and collect all the birdies provided.

Blue & Gold

This year-long club is for students who love writing and journalism. Open to any aspiring journalists, novelists, poets, copywriters - the aim is simple: to write more and to write better. We'll seek out and create opportunities for our work; in print, online, live readings, slams and recitals. Our school interdisciplinary magazine (Blue & Gold) accepts a range of mediums including creative fiction, non-fiction, performance, page poetry, scriptwriting, opinionated pieces, club coverage articles, fine art, photography, prose and more! Whatever work works, works for us!

Breaktime Music

Sunday, Monday, Tuesday & Wednesday First Break

All Year

September-May

Breaktime Music is a time for musicians and beginner musicians to mix, chat, socialise and play their instruments. Tuition will be given plus performance opportunities. Open to aspiring musicians and no prior experience necessary!

Chess Club

Chess club is open for students grade 9 -12. This club is a venue for chess enthusiasts to share their passion for the game or for beginners to learn the basics. There will be an opportunity to play against other players on a regular basis, informal discussions about *openings* and *endgames* will help participants improve their technical skills. Also, there will be a monthly chess tournament during the season for those who wish to compete. Chess Club will run October through April.

Comedy Club

The primary function of the comedy club is to prepare for the ABA Comedy Night which will be hosted in May in the theatre (TBA)

Students will become familiar with a variety of comedy types, such as parody, farce, and observational, before setting out to create their own acts. All kinds of performances are welcome! From solo acts such as simply telling jokes or performing tongue-in-cheek songs, to group sketches and audio-visual performances. The theme will be mainly school related – teachers, leaders, rules and all the rest.

Concert Band

Mondays

(September 2022 - May 2023)

Concert Band is the MS/HS outlet for those who love to play music. Members of the band may represent ABA for MESAC, Junior Fine Arts, Fine Arts Evenings, ABA Graduation and other events. All Brass, Woodwind, percussion and String players are welcome to join. We will set a new standard for performance at ABA this year.

Students in grades 6 through 12 are welcome to join. Some prior knowledge necessary.

Duke of Edinburgh's International Award Program

The International Award is an exciting and challenging self-development program that encourages young people from Grade 9 to 12 to discover what they are made of, make an impact on their community, develop a set of life skills (planning, negotiation, communication, problem solving, research and presentation skills), learn how to work together in challenging environments and, most of all, have fun!



The International Award has three levels; Bronze, Silver and Gold which are all offered at ABA.

Participants must complete all four sections: Service, Skill, Physical Recreation and Expedition in order to achieve their Award, and are required to log their hours, much like CAS. At the Gold level, participants also complete a Residential Project.

The Expedition Section of the International Award

The expeditions vary in length and require a good level of fitness, as students are hiking for the duration of their expedition.

At all levels, students work in teams and are responsible for carrying all of their own camping supplies and kit; navigating routes; setting up and breaking down camps, planning, preparing and cooking all of their own meals for the duration of the expedition. Students practise these skills on the Practice Expedition, and are then assessed by IA DofE qualified Assessors during their Qualifying Journey.

- The **Bronze** Award Expedition runs over 2 days and 1 night
- The **Silver** Award Expedition runs over 3 days and 2 nights
- The **Gold** Award Expedition runs over 4 days and 3 nights. (this duration does not include travel time)

For further information on the award, please visit: <http://www.intaward.org>

Eco Soc

Do you want to see action on the environment? Are you tired of learning about environmental problems in school and feeling powerless to do much about them? Now that 'Sustainability' is part of ABA's new mission, vision and values, Eco-Soc aims to meaningfully increase sustainability at the new campus in a range of areas. This will be done through:

- A total review of ABA's school's environmental practices and to work as part of a team to create and implement practical solutions including: use of renewable energy, recycling, increasing biodiversity and sustainable food production
- raising awareness across the whole school community about how our actions locally can have wider impacts on the environment that are both negative and positive.

Eco-Soc is open to students from Grades 9-12. We meet once a week and the club is facilitated by student leaders. We are looking for students who show team spirit, commitment and willingness to turn good ideas into action.

Flippin' Pages Book Club

A club that provides a commonspace to read and partake in book related activities such as blind book dates and short story writing sessions.

High School Student Council

The ABA High School Student Council is a body of students that seeks to be a voice for their peers, recognize student concerns and interests and create a positive school climate. The council aims to:

- Encourage and create student enthusiasm in school activities
- Be a contributing voice in our school
- Be a visible and approachable outlet for the students to express their views
- Unite the student body for a common purpose of equality, fairness, and respect.

The Council consists of the Executive Committee: President, Vice-President, Secretary and Treasurer; and additional representatives, one student from each Homeroom. Examples of activities organized by the council are: Spirit Days, Teacher Appreciation Day, Valentine Grams, Art Exhibition and Prom. Any money raised by the student council is donated to charitable organizations either in Oman or abroad. The High School Student Council meets once a week after school for one hour.

Mathletes

Math club designed to train students in solving competition math problems. We hope to prepare them for the CEMC, AMC, and COMC Math competitions.

Middle East South Asia Conference - MESAC

MESAC Academic Games (AG)

Academic Games will run this season with weekly friendly matches against the MESAC schools before the MESAC tournament in November. If you are interested in quizzes this is an activity you will want to be involved in. In addition to the quiz rounds in AG there are 6 Academic Olympiads: (1) Arts, Music and Culture, (2) Current Events and Global Issues, (3) Engineering, (4) Geography and Science, (5) Math, and (6) Humanities. Students compete by completing various tasks in each of the 6 Olympiads.

To see a presentation about AG:
https://docs.google.com/presentation/d/1P7HCYERH_fChtWXJ51LnuQbvqH4IncgMqgvn5yN-OGM/edit?usp=sharing

MESAC Golf

MESAC golfers will practice regularly at PDO golf course and will host and represent the Vipers at the upcoming MESAC tournament in November.

MESAC Sports General-Tennis, Football, Volleyball, Basketball, Cross Country, Track and Field, Badminton,

Teams will practice three times a week which may include Saturdays, with games against local schools, a concluding MSSL tournament and participate in the MESAC competition either here at ABA or at the member schools around the region.

MESAC Swimming

ABA Vipers Swim Team practice and compete year round. During season 1 we compete at the MESAC Swimming Championships. When you join you will be coached and trained to show your best at this meet. Our teams currently hold records at JV and Varsity level and are the

defending Boys JV champions. The commitment is a minimum of 3 contacts a week consisting of swim sessions and gym sessions.

MESAC Speech and Debate

Team members choose to debate , act , write, or speak in various categories against other teams

MESAC Senior Fine Arts

This is not a competition but a bringing together of like minded artists who will explore the arts in a productive manner that will include a festival choir and band, dramatic opportunities and art workshops which will conclude with a performance or exhibition.

Model United Nations

The MUN club meets on a weekly basis to discuss a wide variety of global issues. Students take on the role of ambassadors of different countries and debate issues from the perspective of that country and its policies. This club allows for students to develop their public speaking and debate skills as well as become more knowledgeable and aware of important matters in our world today.

The MUN club has participated in both local and international conferences. Anyone who has an interest in global affairs or international relations definitely will find interest in this club!

National Honor Society

The purpose of the NHS chapter is to create enthusiasm for scholarship, to stimulate a desire to render service, to promote leadership, and to develop character in the students of secondary schools. The selection of the members is based on those four criteria: scholarship, leadership, service, and character.

Robotics

Interested in a career in a STEM area? Like to build things? Want to develop some programming skills?

Then perhaps ABA Robotics is for you! Throughout semester two, you will be set monthly challenges to develop robots that can carry out specific tasks based on your engineering skills and your skill in programming. If you have no previous experience do not worry, as the group is keen to develop your skill set.

SING!

A community vocal group for students and staff.

Build technique, confidence and have fun while singing as part of a group.

We will be working towards winter and spring performances with a range of traditional and non-traditional music.

Startup

This club serves to bring [MIT's Launch X program](#) to ABA with a deeper interest in solving real world problems with operative solutions. The club serves as an incubator for entrepreneur pursuits by investigating diverse real-world case studies. Collaboration with entrepreneurs will be sought to build entrepreneurial mindsets. Additionally, the club also provides opportunities for students to network with founders and college students embarking on their entrepreneurial ventures, further aiding them to initiate real business' projects of the future.

Students Against Prejudice (SAP)

Students Against Prejudice is a student-led organization whose mission is to fight the act of discrimination by promoting acceptance, social awareness, unity and understanding. SAP raises awareness about different forms of prejudice within society but more importantly, within ourselves. SAP organizes and celebrates events such as Mix It Up Day, Day of Silence, Random Acts of Kindness, Peace Day, Live Below the Line and more. SAP holds an annual Diversity Workshop on a weekend in which students experience various activities pertaining to different forms of prejudice. SAP also supports a charity project which is chosen by the members after a series of discussions . In addition, SAP holds many out of school and evening projects throughout the year such as visits to migrant worker camps, embassy shelters, volunteer activities and more.

SWIFT - Sustaining Women in Financial Turmoil (Microfinance)

SWIFT is a student-led microfinance organization that targets and lends specifically to marginalized women or groups containing women. The organization runs based on the principles of microfinance and plans to acquire sponsorships and lend locally to Omani women. SWIFT's primary goals include alleviating poverty and reducing financial/gender-based inequalities. The primary lending of monies from the organization currently occurs through the KIVA MFI Portal. All club members are required to attend short 30-min or less weekly meetings to discuss upcoming events and projects (mostly involving fundraising). Club members in addition to fundraising will also be assisting in the lending process by finding and evaluating potential borrowers.

TAPS

TAPS directs students towards creative action through the photography of scenery, landscapes, and people. The goal of the group is to raise awareness and donations for low-income children's education in global and local settings through the use of photography.

Teens Giving Back (TGB)

TGB's initiative will continue in the instance by which we give back to our community by supporting Oman Cancer Association. TGB is now led by Grade 12 Students Vaishnavi, Krishnendu, and Mukesh, supervised by Dr. Bina for the academic year 2022-2023. Funds will be raised through many creative ideas such as in Semester 1: Spooktacular and Christmas/New Year Card Sale Orders; in Semester 2: Walkathon Paul Uche's Tribute day, to commemorate cancer awareness and his goodwill (tentative). Other ongoing activities would be constructive and interesting workshops (developing various skills) for members.

Webgo

WebGo creates websites for NGOs for free in order to help improve digital presence. So far, we are helping 11 NGOs from 4 countries. We have now also expanded to teaching, having conducted web development workshops for rural schools in India as well as having larger courses available with potential schools. We need help with coding, social media and NGO communications.

Yearbook

The yearbook agency is a space where students can have a real-life learning experience while working on a specific project that contributes to the school community and its culture. Structured it to run like a design agency where different leadership roles can be taken/ assigned according to skills and expertise. Editor in chief, Chief photographer, Chief Illustrator, Chief Journalist, Chief of concept and design. These student leaders will work with a group of other students interested in the specific area, guiding them and sharing their experience with them.