



Hangzhou International School

Co-Curricular Activities Catalog

2023-2024



Why Choose a CCA?

Over 70% of HIS students opt-in for a CCA. CCAs bring together students with similar interests, and provides them with an opportunity to learn from one other. Being grouped with peers of different ages and grade levels helps to build friendships and improve emotional and social skills.

BUILDING FUTURE LEADERS

CCAs prepare students for the future with a wide range of skills that are transferable to any career path. Our West Lake MUN program nurtures public speaking, collaboration, and creative problem-solving skills. This can help students go on to careers in advocacy, social justice, and international law. Similarly, our athletic CCAs can ignite a passion and pathway into a professional sporting career. HIS is proud to be part of a larger network of associations including HISAC, SISAC, and ACAMIS to allow students opportunities in other cities and countries. Throughout the school year, students start at domestic competitions, leading up to international tournaments building confidence and skills along the way.

IMPACT ON ACADEMIC RESULTS

Our IB results show a positive correlation between CCAs and high academic grades. In the last five years, the top scoring IB student has always been a single or multiple sport athlete, with final scores ranging from 42-44. In addition, faculty overall report low incidence of behavior issues, a testament to our holistic approach to learning on positive behavior and community spirit.

Leadership



Resilience



Confidence



Community Appreciation



International Mindedness



Independence



CCA Overview 2023-24

● LS: Early Years-Kindergarten ● LS: Grades 1-5 ● US: Grades 6-8 ● US: Grades 9-12

LANGUAGE, LITERATURE, AND CULTURE pg. 6	MUSIC, INSTRUMENT, AND PERFORMANCE pg. 15
<ul style="list-style-type: none">●● Fun Book House●●● Mother-Tongue Language German● Chinese Geography Club● Learning Chinese Idioms, History and Geography● Mandarin Book Club● Multicultural Exploration through Games● We Are Lit! Librarians In Training●● Chinese Character Writing●●● Poetry Club●●● Word Games●● Book-to-Film Club●● Creative Writing●● Chinese Tea Club●● Longyin Club● Chinese Debate Club	<ul style="list-style-type: none">● Lower School Choir●● Chinese Instrumental Music●● Upper School Dance
	LIFE SKILLS pg. 16
	<ul style="list-style-type: none">●● Mini Chefs● PowerUp Girls for Life●● Spectacular SPAN Group!●● Time Management Skills for Students●●● Community Gardeners●● Baking Club● International Award (Duke of Edinburgh)● International Lifeguard Training Program
PHYSICAL ACTIVITY pg. 9	DESIGN AND TECHNOLOGY pg. 19
<ul style="list-style-type: none">●●● Yougo Sports - Flag Football●●● Taekwondo● Basketball● Kickball● Rebounding Trampolines● Football● Touch Rugby●● Aerial Dance and Hoop●●● Brazilian JiuJitsu●●● Cricket●●● Golf●●● Rowing Club●●● Table Tennis●● Athlete Preparation Program (APP) / Physical Conditioning for Teenagers●● Nature Walks and Hikes	<ul style="list-style-type: none">●● Design and Build● Coding Club● Digital Photography● Snap Circuit Electronics●● Aircrafts and Aviation●● Robotics Club●● Online Drawing and Vector Graphic Design● Varsity Robotics Team
	GAMES pg. 21
	<ul style="list-style-type: none">●● Traditional Chinese Folk Games●●● Chess Club●●● Table Top Gaming●● Dungeons and Dragons

*This list is subject to change and not all activites will run every term.

● LS: Early Years-Kindergarten ● LS: Grades 1-5 ● US: Grades 6-8 ● US: Grades 9-12

ART AND CREATIVITY pg. 22
<ul style="list-style-type: none">●● Arts and Crafts●● Creative Light Clay●● Knot just Beads●● Mandala Creations●● Paper Folding, Origami, Paper Crafts● Beading Fun● Chinese Traditional Handcraft - Cloisonné● Drawing 101● Movie Cinema Exploration● Scrapbook Decoration●● Drawing and Sketching●● Knitting and Crochet●● Origami and 3D Paper Figures●● Ceramics●● Filmmaking Club●● Illustration Techniques●● Phone Photography●● Podcasting
SCIENCE pg. 25
<ul style="list-style-type: none">● Mini Scientists● Junior Scientists
ACADEMIC ENRICHMENT pg. 26
<ul style="list-style-type: none">● Fun Mathematics● Homework Club●● College Application Jumpstart Program●● GIN Club●● Model United Nations (MUN)●● Psychology Club●● TEDx Speakers● Economics Club

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Language, Literature, and Culture

FUN BOOK HOUSE

Kindergarten, Grade 1

Join us for a wonderful time reading picture books. You may want to make a creative book of your own after being inspired. We will support you in presenting the story in different ways including light shadow, puppet, and storytelling.

MOTHER-TONGUE LANGUAGE GERMAN

Kindergarten - Grade 12

This CCA requires a separate registration process and is run by private instructors. If German is your native language, we'd love to hear from you! Register your interest through Mr. Filipe or with Ms. Andrea during enrollment.

CHINESE GEOGRAPHY CLUB

Grades 3-5

China has some amazing landforms to explore such as mountains, rivers, and deserts. Many of them are some of the largest in the world. In this CCA, we will learn about the main geographical features of China.

LEARNING CHINESE IDIOMS, HISTORY AND GEOGRAPHY

Grades 2-5

In this CCA we will learn Chinese idioms, history and geography through documentaries and videos. Students will get to know the origin and meaning of idioms, different traditional cultures, and learn how language is connected with Chinese history and geography. Please note this CCA will be presented in Mandarin.

MANDARIN BOOK CLUB

Grades 1-3

This Chinese Reading Club involves sharing exciting stories and inspiring children to read! Reading is not only a process of knowledge intake but also a process of spiritual nourishment. Let's wander in the sea of books!

MULTICULTURAL EXPLORATION THROUGH GAMES

Grades 1-4

Each week we will have fun activities in which we will be exploring different countries and cultures through games and activities. These activities will vary from playing sports to cooking, indoor activities and more.

WE ARE LIT! LIBRARIANS IN TRAINING

Grades 3-5

Do you like reading? Would you like to help the community make the library even better? Then We Are LIT (Librarians in Training) is the perfect CCA for you. Please come prepared with a positive attitude to help with Battle of the Books, to read different books, give student recommendations, help to decorate and organize the library and so much more!

CHINESE CHARACTER WRITING

Grades 4-8

This CCA will help students practice different styles of Chinese characters using pen. Students will learn how to use pens to write Kaiti, Xingkai, and more. They will also learn some Chinese literature while writing.

POETRY CLUB

Grades 4-12

Do you like writing songs, poems and sharing a piece of your mind? We're searching for creative minds to join us for Poetry Club!

WORD GAMES

Grades 3-12

Do you enjoy playing with words? Want to improve your spelling skills and increase your vocabulary while having tons of fun? Well, here's the perfect CCA for you! Each week, we will play various word board games such as Bananagrams, Boggle, Scrabble, Quiddler, and Upwords. Come join us and become a wordsmith!

BOOK-TO-FILM CLUB

Grades 6-12

In the Book-to-Film Club, students will embark on a captivating cinematic journey that explores the intersection of literature and film. Through

engaging screenings and discussions, members will have the opportunity to delve into the world of literary adaptations, where classic and contemporary books are brought to life on the silver screen. Students will immerse themselves in thought-provoking movie adaptations, analyzing the choices made by directors, screenwriters, and actors in translating the written word into visual storytelling. They will explore themes, character development, and narrative techniques, comparing and contrasting the cinematic interpretation with the original literary work. Additionally, the club will foster lively discussions, allowing students to share their insights, interpretations, and personal connections to both the books and the films. By participating in the Book-to-Film Club, students will enhance their critical thinking, deepen their appreciation for literature and film, and gain a richer understanding of the creative processes involved in adapting stories across different mediums.

CREATIVE WRITING

Grades 6-12

Come and write a brand new story. In this CCA we free-write creative stories and share them with one another. Random writing prompts give us fun and creative twists for new stories and our curve-ball-draw will have you learn to add random and strange elements into your story. Write a new story every week or run one story over the whole CCA term.

CHINESE TEA CLUB

Grades 6-12

In China, Tea art is a beautiful artistic conception that includes the appreciation of tea tasting techniques and artistic operation methods, as well as the appreciation of a beautiful environment for tea tasting. The process reflects the unity of form and spirit, and the tea art formed during the tea drinking process mainly includes a series of contents such as



tea selection, water selection, tea cooking techniques, tea set art, and environmental selection and creation. Let's enjoy the beauty of tea art over a nice cup of tea!

LONGYIN CLUB

Grades 6-12

This is an enriching club for students who have strong interest in Chinese language and culture. In this CCA we work collaboratively to promote Chinese culture and Chinese learning in the community. Over the years, Longyin club has successfully organized various activities, such as establishing a Chinese reading corner that houses a rich collection of Chinese literacy books for students to enjoy, conducting a new year's product sale, and hosting a variety of cultural events around school.

CHINESE DEBATE CLUB

Grades 9-11

Students can practice their debating skills in the Chinese Debate Club, enjoy the opportunity to work on issues with their peers, see multiple sides of an issue, and improve their confidence and ability to express themselves. Please note that this CCA will be delivered in Mandarin.



Physical Activity

YOUGO SPORTS - FLAG FOOTBALL

Kindergarten-Grade 7

Introduce your child to the fun and excitement of flag football. Flag Football is a safe and child-friendly version of tackle American Football where you pull off the flag of the ball carrier instead of tackling. Flag Football is a fast game which requires agility, a good sense of balance, and athleticism. This activity is conducted by the experienced coaches of Yougo Sports. This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. K-Grade 3, 60 minute length. Cost is 180RMB per session. Grades 3-6, 90 minute length. Cost is 200RMB per session. There may also be additional costs for purchase of uniforms and equipment for participants.

TAEKWONDO

Kindergarten-Grade 12

Introduce your child to the ancient art of Taekwondo. This activity is suitable to all ability levels and ages. Students will be guided by qualified instructors and learn the skills, movements, and disciplines associated with Taekwondo. This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. Cost for each 60-minute session is 120RMB.

BASKETBALL

Grades 3-5

This CCA introduces students to one of the most popular sports in China and the world: basketball. Participants will learn and develop all the fundamental skills of the sport through fun, non-competitive activities. This is great preparation for students who may wish to join our teams when they enter Middle School.





KICKBALL

Grades 3-5

Kickball (also known as soccer baseball in Canada and football rounders in the UK) was invented in the United States. Youth kickball is a great way for kids to build social skills, develop teamwork and an active lifestyle. The game combining elements of baseball and soccer, in which a soccer ball (soft ball) is thrown to a person who kicks it and proceeds to run the bases. Sports fundamentals like kicking, throwing, and catching are learned and practiced while having fun. Kickball has all of the strategy of baseball without the difficulty and hazard risk.

REBOUNDING TRAMPOLINES

Grades 1-5

Rebounding is a fun, low impact exercise that is done on a small trampoline using music. It is a excellent way to encourage children to be active and learn to have a healthy lifestyle. Studies have shown that rebounding has the following benefits:

- bilateral motor skills develop (as both sides are used at the same time)
- co-ordination, spacial awareness and balance will improve
- better muscle control and building a strong core and bones
- rhythm improves as children follow music while exercising

Rebounders and accessories will be provided but students should bring a water bottle, towel and clothes to exercise in. We will rebound without shoes.

FOOTBALL (SOCCER)

Grades 3-5

A fun, non-competitive activity which will introduce participants to the core skills of football and allow them to develop skills, friendships, and confidence. This is a great activity for those looking to join our HIS football teams when they reach Middle School.

TOUCH RUGBY

Grades 3-4

Come and learn the skills of this inclusive and fast-paced sport, introduced through safe and active practice activities. Students will develop their coordination, communication, and social skills. This is excellent preparation for students interested in joining our Middle School Touch Rugby team in future years.

AERIAL DANCE AND HOOP

Grades 3-6

Have you ever seen the Cirque du Soleil? Do you want to learn how to fly? In this CCA you will be learning about how to do aerial dancing with large fabrics and a hoop. You will build strength, and flexibility while learning this beautiful dance practice.

BRAZILIAN JIUJITSU

Grades 5-12

Brazilian Jiujiutsu (BJJ) is a self defence martial art that focuses on ground control and submission techniques. Participants will develop their physical attributes including balance, agility, strength and coordination. It is the fastest growing martial art in the last 30 years because of the growing popularity of mixed martial arts. The Hangzhou Asian Games saw Jiujiutsu exponents competing for the very first time. Our instructor, Mr. Suresh, is a purple belt from the Checkmat Association, one of the top 3 international BJJ teams.

CRICKET

Grades 4-11

Cricket has it all! Throwing, Catching, Batting, Bowling, Running and more. In this CCA we will learn and practice the core skills of cricket using fun games and activities and then use them with weekly mini games in our CCA group. All ability levels are welcome!

GOLF

Grades 1-12

Want to learn how to play Golf? There are classes each afternoon from Monday to Friday. Classes are split into 2 ability levels - Beginners and Advanced. This CCA is delivered by accredited coaches from JG Golf Academy who are certified by the China Golf Association. Students will learn all of the skills/shots used in Golf. All equipment is provided. Students will practice at a purpose-built golf training area at HIS. Each coach will assist a maximum of 6 students. This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. Cost for each 60-minute session is 260RMB for Beginners lessons, 350RMB for Advanced.

ROWING CLUB

Grades 4-12

Rowing is a team sport practiced in high-tech boats. It develops coordination and whole body physical strength. This CCA is provided by a local training centre and offers high-level coaching for participants of all ages and ability levels. The coaches are all accredited and include former Chinese national team representatives. Students who join in this CCA will be transported to the training centre on Xianghu Lake by HIS and parents will then need to arrange collection of their child from the training centre at the completion of each activity. There is a minimum height requirement for this activity due to the size of the boat - all participants must be at least 135cm tall. This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. The cost for one 10-week CCA is 6800RMB. Students who join at the beginning of the year can pay a total of 16800RMB for the full-year.

TABLE TENNIS

Grades 2-12

This CCA offers students the opportunity to receive small group coaching from qualified coaches. This activity is provided by a private company endorsed by HIS. All ability levels are welcome to join. Coaches are predominantly Mandarin speakers. 1:4 classes are 2800RMB for 10 lessons, 1:2 classes are 4800RMB for 10 lessons.

ATHLETE PREPARATION PROGRAM (APP) / PHYSICAL CONDITIONING FOR TEENAGERS

Grades 8-12

This activity is for those who want to learn about how to effectively and safely use free-weights and fitness equipment to improve their physical conditioning and well-being. Students will learn and practice correct techniques in order to get the most from their training and reduce the risk of injury. This CCA is a must for all student-athletes wanting to perform at the best!

NATURE WALKS AND HIKES

Grades 6-12

This CCA invites students to explore the natural beauty surrounding our school grounds. Students will engage in gentle hikes, observing local flora and fauna, and learning about ecosystems. This activity aims to foster a deeper connection with nature, promote physical well-being, and deepen an appreciation for environmental stewardship. Join us as we step into the great outdoors, fostering a sense of curiosity and mindfulness in a neutral and inclusive environment.





Music, Instrument, and Performance

LOWER SCHOOL CHOIR

Grades 2-5

Welcome to the world of choir! In this musical journey, students come together to explore the proper singing techniques, harmonies, melodies, and rhythm. Our choir offers a fantastic opportunity for young voices to blend and create beautiful music as a united ensemble. Through exciting rehearsals and engaging performances, students not only develop their singing skills but also build friendships and a deep appreciation for the art of music. Our repertoire will include pop songs, musical and Broadway pieces and traditional elementary school music. You will only need to bring your beautiful singing voices and a music folder to keep all of the sheet music you will receive.

CHINESE INSTRUMENTAL MUSIC

Grades 1-12

Learn how to play Chinese music on traditional instruments. Choose to learn any of the instruments listed below under the guidance of qualified instructors. 二胡、琵琶、古筝、中阮、柳琴、扬琴、竹笛、葫芦丝、笙、鼓. This activity is provided by a private company endorsed by HIS and all payments are made

directly to the CCA provider. Cost for each *60-minute lesson will range in price depending on size of the group: 180RMB (groups of 6-8), 210RMB (3-5 per group), 280 RMB (2 per group), 400 RMB (individual). *Individual lessons are 45-minutes duration.

UPPER SCHOOL DANCE (ADVANCED BEGINNER LEVEL)

Grades 8-12

Dance (advanced beginner level) is offered for students with at least 2-3 years of dance training. Highly passionate dance lovers with a great deal of perseverance are also welcomed. The sessions will focus on developing skills that enable dancers to become authentic performers. Each session will include a warm up, some physical conditioning and/or various movement sequences followed by the learning of choreography. Multiple dance genres and occasional technical trainings will both play equally large roles in the program. Students will be encouraged to finetune movement details, open up as performers while beginning to master the expressiveness of the face and the body. Participants will grow as dancers, gain confidence as performers and last but not least improve stamina and overall fitness. This CCA will require attendance on both Tuesday and Thursday.

Life Skills

MINI CHEFS

Kindergarten- Grade 4

Our Mini Chefs will learn the basics of cooking and make their own cookbook. They will be encouraged to make things independently and build their confidence in the kitchen. The class will consist of being safe in the kitchen, cooking/ baking, and creating their own mini cookbook. Fun, simple recipes that are achievable and easy to follow. A fun and creative cooking experience!

POWERUP GIRLS FOR LIFE

Grades 4-5

In this CCA, girls from grade 4 and 5 will learn practical tools for building self-esteem and confidence without entitlement, positive body image, safe social media use, ways of coping with stress, empathy and assertiveness, problem and conflict solving, and much, much more using the PowerUP Girls for Life curriculum. We will be a supportive group where girls get to cultivate community, have fun, build friendships, and build self-esteem to last them their whole lives through. We will have guest speakers and engaging activities in a safe space for all participants.

SPECTACULAR SPAN GROUP!

Grades 4-8

Have you ever been a new student? Do you remember what it feels like to join a new school or have to make new friends? Do you want to be an important leader in our HIS school community? Are you a student in Grade 4-Grade 8? Well then, this is the CCA for you! The Safe Passages and Networks (SPAN) Committee is excited to offer this new CCA to serve our HIS community in meaningful ways, such as hosting meet-ups, helping new families adjust to life at HIS, and supporting students who will move on to new adventures around the world. In this CCA you will plan fun games, events, and outreach programs to make our community at HIS even more amazing.

TIME MANAGEMENT SKILLS FOR STUDENTS

Grades 4-8

This CCA will introduce a new concept about using right tools to help organize your time no matter if it is for schoolwork, sport events, free times. There are two systems for junior

and senior students based on the age level. The organizers will introduce students to different methods that best suit their needs.

HIS COMMUNITY GARDENERS

Grades 1-9

Students will gain an appreciation of the outdoors and how food is grown in the community garden. Students will prepare the soil plant seedlings and seeds and harvest the plants. Students will learn about the nutrients plants need and how best to deliver these nutrients. Older students may choose to work with hydroponics or help younger students work in the garden.

BAKING CLUB

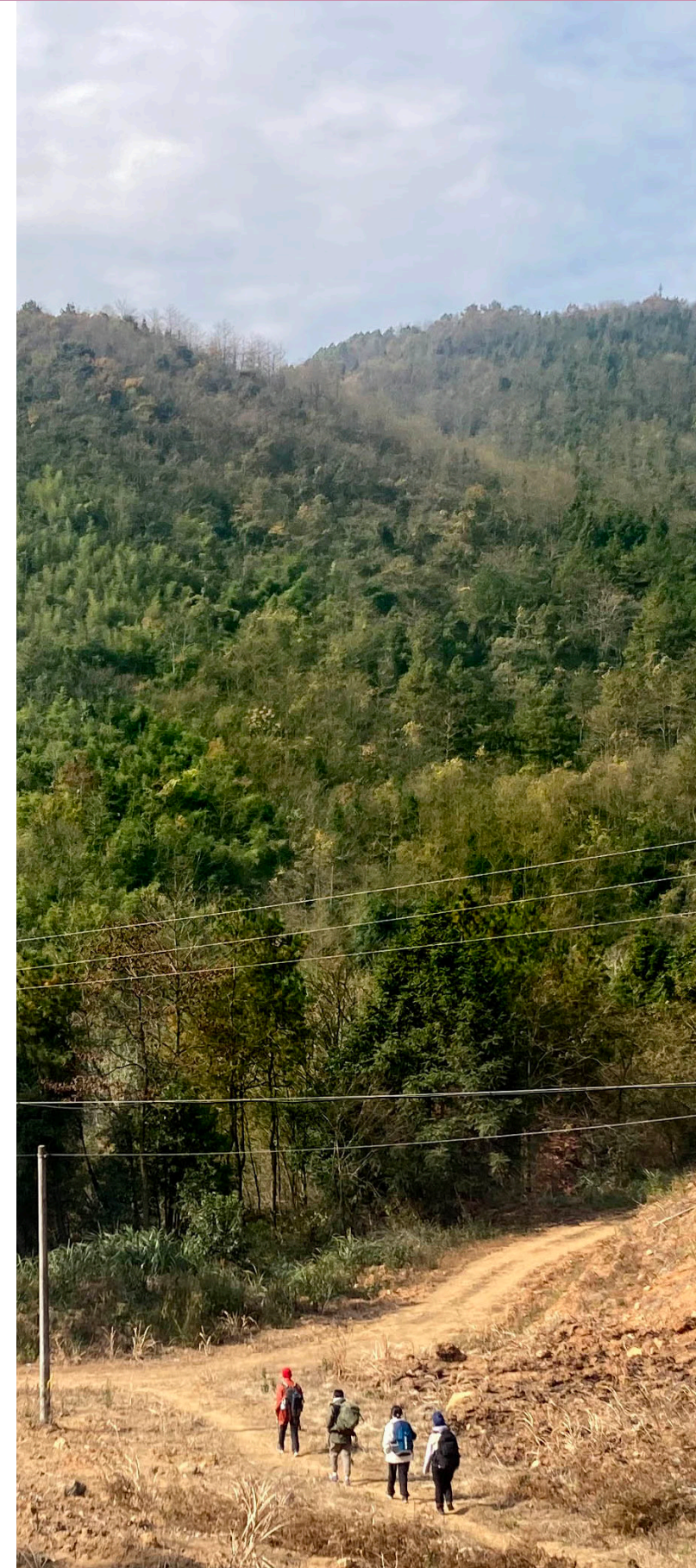
Grades 8-12

The best thing about this CCA is that you get to eat all the delicious food that you bake each week! Come and practice your cooking skills by making some baked delights each week in a small group setting.

INTERNATIONAL AWARD (DUKE OF EDINBURGH)

Grades 9-12

HIS is proud to offer the prestigious Duke of Edinburgh (DofE) International Award, a program that equips students over the age of 14 with invaluable skills to assist in their future academic and professional careers. Students can complete 6 months (Bronze), 9 months (Silver), or 12 months (Gold) worth of activities that include physical recreation, helping younger children in elementary, volunteering with charities, and supporting our local Hangzhou community. During the fortnightly meetings, they will also learn camp craft, first aid, and navigational skills ready for our practice expedition. A fee of 910RMB is required from each participating student. Additional fees are then required for our adventurous journeys and expeditions.



INTERNATIONAL LIFEGUARD TRAINING PROGRAM

Grades 10-12

The International Lifeguard Training Program (ILTP) is an internationally renowned, hands-on lifeguard course that is highly interactive and physically enduring. ILTP is designed and intended to be delivered as part of an integrated curriculum that includes water rescue techniques, First Aid, Health Care Provider CPR, Emergency Oxygen Support, and Automated External Defibrillation as a first responder. Students will participate in lifeguarding roles throughout the class and are expected to perform lifeguard duties as first responders. Students will perform on deck and in water simulations, drills and exercises for rescue techniques as an individual and in team scenarios as part of multiple rescuers drills. Students who successfully complete the course obtain an ILTP certificate that is valid for one (1) year. Annual renewal is required. **PRE-REQUISITES:** Participants enrolling in this CCA must be at least 15 years or 16 years of age dependant upon certificate desired, and be competent swimmers.



Design and Technology

DESIGN AND BUILD

Kindergarten-Grade 2

In this CCA, students will have the opportunity to design and build using their imagination. They will have access to a variety of building materials (legos, manga tiles, and blocks). Each week, they will have a different prompt and will first create a design before building. Through this CCA students have the ability to learn about the design process and work collaboratively with their peers to create and build with one another.

CODING CLUB

Grades 4-5

Students will learn the essential computer algorithms using a powerful but intuitive coding system called Blockly. This system allows students to master advanced programming concepts without the high overhead of learning the grammar of formal computer languages. Students will work at their own pace and receive one on one tutelage when needed from the instructor. Many students take the CCA two or 3 times and pick up where they left off in the last session. Many have become very competent programmers ready for the next steps in Computer Science and Robotics.

DIGITAL PHOTOGRAPHY

Grades 3-6

Unleash your imagination and learn how to frame breathtaking shots, using iPads, that make the ordinary things around us seem extraordinary! The Digital Photography CCA will take you on a journey of light, angles and creative expression, and we will learn some of the 'tricks' photographers use to bring subjects to life. We will view, and discuss great photography, then experiment with capturing some awesome snapshot moments. Then, we'll work on editing in order to make those moments you have captured pixel-perfect. So, zoom into digital photography and exhibit your 'lensational' talent!

SNAP CIRCUIT ELECTRONICS

Grades 2-3

Snap Circuits teaches basic engineering, electronics and circuitry concepts by building components with snaps to assemble electronic circuits. The resulting projects function like the printed circuit board found in most electronic products. This activity leads into Grade 4/5 Coding CCA and our Upper School Robotics programmes.

AIRCRAFTS AND AVIATION

Grades 3-6 (Beginner Level)

Grades 3-7 (Advanced level)

The Chinese aviation/aerospace industry will need millions of employees within 15-20 years. This course is designed to help students interested in aviation or aircrafts to take that first step on the road towards becoming pilot or working in aviation/aerospace field by introducing them to the science, uses, and operation of aircrafts. Now is the time to prepare children for a bright professional future. Go further into the World of Aviation, continuing on from the basic level to learn more about the science and engineering of airplanes, what to do in an emergency, and how airports are designed. Make your own Lunar rover while learning about astronautics, the journey into Space, and other hands-on projects. These classes will be 75 minutes in duration. This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. The cost for CCA1 is 4400RMB (400RMB per lesson).

ROBOTICS CLUB - MIDDLE SCHOOL

Grades 6-8

Come and learn how to design, build and then use VEX Robotics systems. Use coding, problem-solving and creativity to use robots to compete in various challenging games.



ONLINE DRAWING AND VECTOR GRAPHIC DESIGN

Grades 6-10

This CCA focuses on learning how to use the online drawing and designing tool Figma. Students will learn how to create different shapes and lines with the website and how to use them to draw a full picture. Students can then apply these skills in drawing as a hobby, designing webpages, constructing diagrams, sketching for design projects, and many more.

HIS VARSITY ROBOTICS TEAM

Grades 9-12

This year HIS will form it's first Varsity Robotics Team which is open to High School students and practicing throughout the year to prepare for competitions against students from various international schools in China in September, December, February and March. Students will meet once a week as a group but will also be able to access the Robotics Room any day of the week to further develop their skills with the VEX Robotics System. Please Note: Students who register for this in CCA1 would be expected to continue in CCA2 and CCA3.

TRADITIONAL CHINESE FOLK GAMES

Kindergarten, Grade 1

In Traditional Chinese Folk Games we will gather together to explore interesting traditional games such as: Old Wolf Old Wolf What Time Is It, Dropping Handkerchiefs, 123 Wooden Man, Jumping Houses, Eagle Catches Chick, Tug of War, Blind Man's Buff, Many Little Fish Came Here, and more. Since these folk games involve tongue twisters, nursery rhymes, there will be a lot of Chinese integrated in the activities.

CHESS CLUB

Grades 3-12

Come to practice and play Chess with other students from a variety of grade levels. Any level or rank is welcome to join. Emphasis is on participation and fun! There will be a possibility for a competitive student experience.

TABLE TOP GAMING

Grades 3-12

Table Top Gaming is for anyone who enjoys Board Games, Card Games, Dice Games or Role Playing Games. We will have a variety of options for students of different ages and interests. Tabletop games is an opportunity to not only develop critical thinking skills through systems navigation, but also social skills through competitive and cooperative peer interaction.

DUNGEONS AND DRAGONS

Grades 6-12

Students will play Dungeons & Dragons together in campaigns of 5-6 students each. Some students will be Dungeon Masters (DM's) and they will need to create campaigns and plan activities for each CCA.



Art and Creativity

ARTS AND CRAFTS

Kindergarten-Grade 2

In this CCA, students will have lots of fun making some crafts and doing paintings in the class. We look forward to seeing all the children who love to be creative join us for arts and crafts!

CREATIVE LIGHT CLAY

Kindergarten - Grade 3

The meaning of handcrafting lies in experiencing the joy of creating with your own two hands. In creative clay classes, children can use ultra-light clay to make all kinds of interesting and delicate items - an exquisite necklace, tempting donuts, or a colorful animal world. Children experience the fun of light clay crafts through hands-on practice and operation.

KNOT JUST BEADS

Kindergarten-Grade 5

Explore your creative talents while you develop your fine motor skills and make new friends as we create beautiful things with different beads and goodies.

MANDALA CREATIONS

Kindergarten-Grade 2

Mandala is traditionally created as a form of art using a variety of shapes, colors and symbols. It is a spiritual and ritual symbol in Hindu and Buddhist cultures representing the universe. The use of Mandalas has many benefits, including helping to reduce stress, improve concentration, and promote emotional healing. Mandalas can help build inner peace and balance, aiding in the development of spiritual awareness and understanding.

PAPER FOLDING, ORIGAMI, PAPER CRAFTS

Kindergarten- Grade 2

This CCA will have students folding and tearing

paper to make the most exciting crafts. From science to math and history, students will craft their way to making animals, buildings and so much more.

BEADING FUN

Grades 4-5

A class of creativity through craft activities using small beads. You will be able to use your imagination to make fun pictures through different patterns and designs.

CHINESE TRADITIONAL HANDCRAFT - CLOISSONNÉ

Grade 2-5

Cloisonné is also called copper padding thread enamel. Students first stick the copper wire onto a pattern on a bottom plate and then fill the colored sand into the pattern. Finally, after the sand has dried, put protective glue on it and the work is completed.

DRAWING 101

Grades 1-2

In this “how to draw” CCA, children will have step-by-step instructions to draw various things. The children will have access to multiple writing tools and art materials to add to their drawings each week. This is targeted at children who love drawing but are at the beginning stages.

MOVIE CINEMA EXPLORATION

Grades 3-5

Do you enjoy watching films? Come discover films from around the world. We will inquire on how different films impact our community. We will identify the setting, plot, characters, theme, moral, etc. Can you be a critic? Inquire on what lesson the director is trying to teach the audience. What can we learn from films?

SCRAPBOOK DECORATION

Grades 3-5

We will create different themed scrapbooks. Leave beautiful memories for your school life or vacation time. Meanwhile we will deepen our understanding on “How we organize ourselves” and enjoy art and life in the process of creating handmade scrapbooks.

DRAWING AND SKETCHING

Grades 3-9

To improve the level of hand-drawn design, systematic practice and mastering the characteristics of lines are essential. To draw the beauty of lines, we will do a lot of practice, including fast lines, slow lines, straight lines, broken lines, arcs, circles, continuous lines, etc. This CCA aims to foster creativity, observation skills, and attention to detail as students gain mastery over lines.

KNITTING AND CROCHET

Grades 2-10

Students will learn the fundamentals of knitting or crochet, depending on their preference. Beginners can work on basic pieces such as

dishclothes and work toward more advanced pieces like hats or scarves as their skills progress. Students will develop their fine motor skills and ability to follow patterns and instructions as they learn these amazing traditional arts. Knitting and crochet are also proven activities to decrease stress and practice mindfulness. No previous experience is required!

ORIGAMI AND 3D PAPER FIGURES

Grades 6-8

Origami has many benefits for our students. It helps to develop hand-eye coordination, sequencing skills, attention skills, patience, temporal spatial skills and problem solving abilities. It is also a great stress reliever!

CERAMICS

Grades 6-11

A ceramics-pottery class for students who are interested in learning and developing their knowledge and skills in clay. Students will be introduced to all basic aspects of sculptural pottery and develop their understanding of the procedures of working with clay and different techniques and tools for building.



Science

FILMMAKING CLUB

Grades 6-12

The Filmmaking CCA is a way for students to get creative and explore their interests in the medium of film. This activity involves students learning the basics of filmmaking, such as storyboarding, cinematography, and basic editing. Students work in small groups to create short films, documentaries, or even animated stories. During the activity, students have the opportunity to develop their own unique ideas and collaborate on projects with their peers. Students will gain valuable hands-on experience in filmmaking, increase their problem solving skills, and gain confidence in their own creative abilities.

ILLUSTRATION TECHNIQUES TO EXPRESS YOUR CREATIVITY!

Grades 8-11

Do you like to draw? If so, then join this CCA to create expressive drawings and artworks. We'll explore some mixed media techniques and different drawing styles. You'll learn how to use color and composition in your art, too, so that your drawings really stand out!

PHONE PHOTOGRAPHY

Grades 6-12

Have you ever wondered how you can take better photos on your phone? In this CCA, we will explore the use of light, perspective, space and color in photos. We will learn how to take portrait, candid, landscape, and still life photos all on your phone. In the final weeks, students will share their favorite photos from the semester with the group. Each student will need a phone with a camera for this CCA.

PODCASTING

Grades 7-12

Students will learn the basics of podcast creation. From creating scripts, finding a niche and analyzing existing podcasts, students will learn how to create a form of modern day broadcasting. Students will learn how to record content and use sound editing tools on their computers in order to create an effective podcast. Students will also practice doing research and interviews when creating their product. Students should bring their phone and computer so they can record and edit their podcast.

MINI SCIENTISTS

Grades 2-3

Students will conduct experiments through the Scientific Method (ask a question, form a hypothesis, experiment, collect data and reach a conclusion). These are hands on experiments that will excite your child, bring curiosity into their minds, and inspire them to be scientists. They will test 2 or more items for each hands on experiment. This CCA covers a variety of sciences and is suitable for any level of knowledge.

JUNIOR SCIENTISTS

Grades 3-5

Students will have the opportunity to learn science and the scientific process through fun, hands-on tasks. Our aim is to spark their curiosity and inspire an interest in science. Each CCA will feature experiments and practical tasks for children to take part in. Students attending the CCA do not need to bring any special equipment, only an interest in the subject. This CCA aims to cover different aspects and branches of science and is suitable for children with any level of scientific understanding.



Academic Enrichment

FUN MATHEMATICS

Grades 1-3

Students will play math board games and other fun activities to help them develop a love of Math.

HOMEWORK CLUB

Grades 2-5

A homework club is a safe, supportive place to assist students in completing their homework.

- A safe, quiet, and calm space for students to concentrate
- A supportive environment
- One-to-one or small-group support
- A chance to share knowledge

COLLEGE APPLICATION JUMPSTART PROGRAM

Grades 8-11

What are selective universities? What are they looking for? How do they differ between US, UK, Canada and Hong Kong universities? In this CCA you will understand the answers to the above questions and gain a clear understanding of the different university application processes. You will as well start a school search and look at what you need to start doing now to maximize your chances at getting accepted into a most selective university. Students will also look at application strategies and be introduced to the different writing components involved in the various university application processes.

GIN CLUB

Grades 6-12

The GIN Club focuses their efforts on environmental education and undertakes projects to promote recycling awareness, composting and waste management. All GIN members should have some existing leadership qualities and must have an interest in researching global issues, finding measures to improve environmental education, solving



positive contributions in HIS, and to reach their own personal IB goals. The GIN Club will be collaborating with Grade 11 Environmental Systems and Societies (ESS) and MUN, with emphasis on the sustainable development goals of the United Nations.

MODEL UNITED NATIONS (MUN)

Grades 6-12

Model United Nations (MUN) simulations are popular exercises for those interested in learning more about the UN. Hundreds of thousands of students worldwide participate every year in MUN at all educational levels – from primary school to university. Many of today's leaders in law, government, business and the arts participated in MUN as students. Students who join this CCA will be expected to participate in West Lake MUN Summit which HIS will host and also be given the opportunity to join in other MUN conferences held throughout China and overseas during the year.

PSYCHOLOGY CLUB

Grades 8-12

Psychology club provides students opportunities to acquire knowledge and enjoy interesting activities related to psychology. It works to explore human nature in depth, discuss the development of modern psychology, and the impacts of mental disorders on teenagers. The students will give insight into fun psychological topics, including personality, mental problems, personal identity or relationships. Furthermore, the club members will work together to conduct meaningful investigations, experiments or exhibitions for the purpose of creating a warmer and healthier study environment for students.

TEDX SPEAKERS

Grades 6-12

This year HIS will be hosting a TEDx speaking event. If you are interested in public speaking then this is the CCA for you to develop your confidence and techniques.

ECONOMICS CLUB

Grades 9-12

This is a student-led activity which aims to provide both students studying economics and students who are interested about economics and a desire to experience and understand real-world development. Students will have opportunities to review current economic and financial issues and report on them in a magazine publication. Students will also participate in economics and business competitions with other international schools, engage in stock market simulation games, discuss real-world events to develop deeper understanding, and go on field trips to companies within Hangzhou and surrounding cities to experience real businesses.

Our Partners

The following activities are provided by a private company endorsed by HIS:

Aircrafts and Aviation
Chinese Instrumental Music
Golf
Table Tennis
Taekwondo
Rowing
YouGo Sports Flag Football



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