

CO-CURRICULAR ACTIVITIES CATALOG

2024-25





LEADERSHIP

RESILIENCE



CONFIDENCE

COMMUNITY
APPRECIATION



INTERNATIONAL
MINDEDNESS

INDEPENDENCE



Why Choose a Co-Curricular Activity (CCA)?

Over 70% of HIS students opt-in for a CCA each year. 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 range of CCA across many specialty areas allow students to explore many areas of interest and find new passions which can be developed further through CCA, through curriculum, and beyond HIS. These include athletics, artistic, technology, science, performance, and culture. Through many of these activities, students will have opportunities to interact with students from other classes and grade levels at HIS, and upper school students experience travel throughout China and abroad to attend tournaments and conferences with other like-minded international students.

IMPACT ON ACADEMIC ACHIEVEMENT

Our IB results show a positive correlation between student involvement in co-curricular activities and outstanding academic grades. In each of the last 6 years, the top scoring IB graduate has been involved in one or more co-curricular activities with IB scores for these students ranging from 42-44. There is also a positive correlation between the average IB results of our graduates, and their involvement in co-curricular activities. These activities include CCA, Athletics, Performing Arts, Community Service and Student Leadership. In addition to these great academic results, faculty report a low incidence of behavior issues which is a testament to our holistic approach to developing community spirit, positive mindset, and personal responsibility.



CCA Overview 2024-25

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

LANGUAGE, LITERATURE, AND CULTURE

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- Travel in Books and Documentaries
- We Are LIT (Librarians In Training)
- Chinese Writing Mastery Club
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- Longyin Club
- Tea Club

PHYSICAL ACTIVITY

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- Yougo Sports - Flag Football
- HIS Tennis Club
- Mixed Martial Arts and Boxing for Kids
- Taekwondo
- Grade 3-4 Basketball
- Grade 3-4 Football (Soccer)
- Kickball
- Rebounding
- Pilates for Kids
- Artistic Swimming
- Cricket
- Golf
- HIS Kayaking Club
- HIS Rowing Club
- Brazilian JiuJitsu
- Table Tennis
- Yoga & Mindfulness
- Water Polo
- Athlete Preparation Program (APP) / Physical Conditioning for Teenagers (After School) (Morning Session)

MUSIC, INSTRUMENT, AND PERFORMANCE

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DESIGN AND TECHNOLOGY

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- Snap Circuit Electronics
- Coding Club
- Scratch Programming
- FPV Drone Racing
- Middle School Robotics Club
- Artificial Intelligence and Machine Learning- Coding with Python
- Varsity Robotics Team

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

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

GAMES

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- The Missing Piece
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SCIENCE

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- Philosophy Club

ART AND CREATIVITY

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- Mandala Creations
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- Healing Art Club
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- The Art of Weaving
- DIY Club
- DIY Quiet Book
- Illustrators Unite
- Spin and Create: Pottery for Beginners
- Chinese Traditional Handcraft - Cloisonné
- Knot Just Beads
- Paper Quilling
- Perler Bead 2D Creations
- Chinese Brush Calligraphy
- Ceramics
- Sustainable Fashion Development
- HIS Podcasters
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ACADEMIC ENRICHMENT AND SERVICE

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- Career Exploration
- Economics Club
- Homework Club
- International Volunteers Club
- GIN Club
- Competitive Universities Club
- Model United Nations (MUN)

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

Language, Literature, and Culture

CHINESE PENCIL HANDWRITING

Kindergarten, Grade 1

This CCA is designed to introduce young students to the fundamentals of writing Chinese characters. The session will begin with pencil control training, where students will practice purposeful and controlled movements to improve their dexterity and precision when handling a writing instrument. This will be followed by stroke practice, where students will learn the basic strokes that form the building blocks of Chinese characters. Using a step-by-step approach, students will practice writing individual strokes, then progress to forming complete characters. Throughout the activity, the emphasis will be on proper grip, posture, and technique to build a strong foundation for future Chinese handwriting development. By the end of the session, students will have gained confidence and skills in controlling a pencil and forming the basic elements of Chinese characters.

MANDARIN BOOK CLUB

Kindergarten- Grade 2

Welcome to the Mandarin Book Club, a vibrant space where young readers can explore captivating stories and expand their love for reading! In this club, we will introduce a selection of engaging Mandarin books that spark curiosity

and imagination. Through lively discussions and fun activities, participants will dive into diverse themes and characters, enhancing their language skills while fostering a lifelong passion for literature. Join us for an exciting journey of discovery and creativity!

This CCA will be presented mainly in Mandarin.

TRAVEL IN BOOKS AND DOCUMENTARIES

Grades 3-5

The history and geography of China are rich and varied, and learning about Chinese history and geography outside of the classroom can help us understand Chinese language and literature. The purpose of this CCA is to expand on what they have learned in class, and to help students understand China's long history, culture and rich geography in the form of videos and questions.

This CCA will be presented in Mandarin.

WE ARE LIT (LIBRARIANS IN TRAINING)

Grades 3-10

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, help the school community where needed and so much more!

CHINESE WRITING MASTERY CLUB

Grades 5-10

The Chinese Writing Mastery Club is an engaging activity that aims to help students enhance their Chinese handwriting skills and cultivate an appreciation for the art of calligraphy. Through a variety of interactive and creative exercises, participants will have the opportunity to improve their character writing fluency.

CHINESE READING CLUB

Grades 6-10

This CCA course is for native learners of Chinese as a first language.

At the middle school level, teachers encourage students to complete at least four Chinese extracurricular books per school year and complete a reading log of each book. Students who join this CCA program can read Chinese extracurricular books and learn how to write reading notes in the class and develop an interest in reading. Chinese B students who want to improve their Chinese reading skills can also join this CCA.

LONGYIN CLUB

Grades 6-12

Longyin Club is a student-led club focused on Chinese culture. We carry out a series of activities where students have the opportunity to make new friends, collaborate with others, and jointly complete major projects. If you're interested, please join the Longyin Club!

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 today and drink nice tea!



Physical Activity

MINI TENNIS

Kindergarten - Grade 3

Mini Tennis is intended for complete beginners to Tennis. It teaches the fundamental skills of tennis with the guidance of qualified coaches. Students will learn in groups with coach: student ratio no larger than 1:5. This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. Cost will be 180RMB per lesson.

Lessons will be delivered in Mandarin

* Please note that this FRIDAY activity will be held indoors at HIS and is specifically designed for K-G3 beginners. Tennis lessons on full-size courts are also offered Monday-Friday (HIS Tennis Club CCA)

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 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.

This activity is provided in English and Mandarin



HIS TENNIS CLUB

Kindergarten-Grade 12

HIS Tennis Club is for all ability levels and teaches the fundamental skills of tennis with the guidance of qualified coaches. Students will learn in groups with coach:student ratio no larger than 1:5. This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. Cost will be 180RMB per lesson.

Lessons will be delivered in Mandarin

* Please note that on FRIDAYS, we also offer a Mini Tennis option through the same instructors which will be held indoors at HIS and is specifically designed for K-G3 beginners.

MIXED MARTIAL ARTS AND BOXING FOR KIDS

Kindergarten-Grade 12

This activity focuses on Muay Thai and Boxing and will promote physical fitness, self-defense techniques, and safe falling/landing techniques using arms, hands, legs, feet.

A typical lesson will consist of 10-15 minutes of warm-up and preparation activities, 30-40 minutes of technical instruction and training, 10-15 minutes of stretching and relaxation and after-lesson summary. The focus is on developing physical abilities through sports games, exercise and specialized functional training.

This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. CCA 1 price will be 1980RMB or students can be registered for the entire year (CCA 1,2,3) for 4800RMB.

This activity will be delivered in Mandarin but we have had non-mandarin speaking students involved who have still been able to fully-participate.

TAEKWONDO

Kindergarten-Grade 10

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.

This activity is provided in Mandarin but we have found that non-mandarin speakers have participated and developed well even if they are not capable Mandarin speakers.

GRADE 3-4 BASKETBALL

Grades 3-4

This activity for boys and girls will focus on the development of the fundamental skills of Basketball - Passing, Catching, Dribbling, Shooting, Defending. These will be learned through fun activities and gameplay.

GRADE 3-4 FOOTBALL (SOCCER)

Grades 3-4

This activity for girls and boys will focus on the development of the fundamental skills of Football - Passing, Receiving, Dribbling, Shooting, Defending. These will be learned through fun activities and gameplay.

KICKBALL

Grades 3-5

Kickball (also known as soccer baseball in most of Canada and football rounders in the United Kingdom) 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 practice while having fun. Kickball has all of the strategy of baseball without the difficulty and danger.

REBOUNDING

Grades 1-5

Rebounding is a fun, low impact and high intensity fitness class that focuses and improves fitness level, stability, co-ordination, flexibility as well as lymphatic drainage. This class has high energy levels and is a wonderful and fun way to stay active and get rid of any extra energy your child might have!

Each student will have their own rebounder (trampoline) that will be used throughout the class. The school will provide the rebounder and all equipment needed. Students need to bring a water bottle, towel and a change of clothes.

Please take note that this class focuses on overall fitness and following instructions to improve your child's fitness level. It is not the same as an indoor trampoline park.

PILATES FOR KIDS

Grades 4-7

Pilates is a full body and mind workout that improves muscle tone, flexibility and strength. Benefits include good movement habits, muscle strength, balance and coordination, good posture, body confidence as well as managing stress and being mindful. Pilates is a wonderful way for your child to be calm and focus on connecting their mind and body wellness.

Please note that the environment for this class is strictly calmness and relaxation.

ARTISTIC SWIMMING

Grades 4-12

Do you want to extend your swimming abilities and impress your friends and family with cool swimming tricks? Expression, challenge, and fun are all part of artistic swimming! Formerly called

'synchronized swimming', artistic swimming is a chance for those with previous swimming experience to perform a routine in the water to music. We will be practicing basic artistic swimming skills, figures, dance, and creative ways to move our body in the water. This CCA is open to those from grade 4 and above, and everyone is welcome! No previous artistic swimming experience is required, only a strong swimming foundation. Come join artistic swimming with Ms. Kira, a previous artistic swimmer and trainer, and enjoy dancing in the water!

CRICKET

Grades 4-10

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 lessons.

Instructors will deliver this activity in Mandarin.



HIS KAYAKING CLUB

Grades 1-12

Through this activity you will learn many skills including paddling, entering and exiting the kayak safely, maneuvering the kayak, water safety, and performing rescues using your kayak. The activity is delivered by fully qualified and experienced instructors off-campus near HIS. Students will be transported to/from the location by HIS, but parents can arrange to collect them from the location if they wish.

This activity is provided by a private company endorsed by HIS and all payments are made directly to the CCA provider. Cost for the CCA will be 3080RMB.

This activity will be delivered predominantly in Mandarin.

HIS 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 center 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 center on Xianghu Lake by HIS and parents will then need to arrange collection of their child from the training center 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.

BRAZILIAN JIUJITSU

Grades 5-10

Brazilian Jiu-jitsu (BJJ) is the world's fastest-growing martial art and sport. Jiu-jitsu is both a self-defense and sporting martial art, having made its international competitive debut at the recent Hangzhou Asian Games. It is a grappling art with no punches or kicks involved in the application of its broad and varied techniques that occur in the standing and ground position.

Coach Suresh has been training jiu-jitsu since 2014 and is from the world renowned Checkmat BJJ



team. He intends to develop student resilience, creativity and problem solving skills through games, drills and situational training.

Participants are required to purchase a jiu-jitsu gi and white belt to take part in gi training.

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 and all payments are made directly to the CCA provider. All ability levels are welcome to join. Classes can be delivered in small groups of 4 or 2.

Prices for 1:4 classes are 1540 RMB for CCA I, and for 1:2 classes are 3080 RMB for CCA I.

Coaches are predominantly Mandarin speakers.

YOGA & MINDFULNESS

Grades 4-12

Through mindfulness and yoga students will have the opportunity to learn and apply tools

to develop emotional resilience and mental and physical well-being. During our sessions, students will learn and explore breathing techniques, body postures and engage in fun and relaxing activities and games.

Some of the wonderful benefits of mindfulness practices include:

- Improved Physical and Mental Health
- Effective Brain Development
- Balance and coordination
- Enhanced Memory
- Better Concentration
- Reduced Stress
- Reduced Eye Strain and Headaches
- Increased Motivation and Self-Esteem
- Better Sleep Quality
- Collaboration

WATER POLO

Grades 6-12

Water Polo is a new sport at HIS this year and invites students who have a good level of swimming ability to come and try this team sport. Water Polo involves teams scoring goals by throwing a ball into nets placed at either end of the pool. It is fun,

develops great fitness, and requires teamwork and strategy. Swimming ability is needed but you don't need to be a great swimmer. Come and try this new aquatics activity.

Please note this activity will run from 4:30-5:30pm, so you can join after one of your other sports practices or CCA if you have one on that day.

ATHLETE PREPARATION PROGRAM (APP) / PHYSICAL CONDITIONING (AFTER SCHOOL)

Grades 9-12

Students will be exercising under supervision and following a fitness training plan according to their desired areas of development. This is a great way to develop strength, endurance, power, and general fitness to help with your sports also to help you maintain good physical health.

Note this is the AFTERNOON PROGRAM which takes place between 3:15-4:30pm. Registration for the morning program is done separately.

ATHLETE PREPARATION PROGRAM (APP) / PHYSICAL CONDITIONING (MORNING SESSION)

Grades 9-12

Students will be exercising under supervision and following a fitness training plan according to their desired areas of development. This is a great way to develop strength, endurance, power, and general fitness to help with your sports also to help you maintain good physical health.

Note this is the MORNING PROGRAM which takes place between 7:00-7:45am. Registration for the afternoon program is done separately.



Music, Instrument, and Performance

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. Students wishing to learn any other instruments such as guitar, piano etc. can also do this through this activity upon request to the CCA providers.

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.

Instruction is provided mostly in Mandarin.

GRADE 4-5 CHOIR

Grades 4-5

Students who register for this CCA will need to attend on both days each week- Tuesday and Thursday.

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.





AERIAL DANCE AND HOOP

Grades 3-7

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.

MUSICIAN CLUB

Grades 6-10

Musician Club provides a supportive and nurturing environment for students to come after school and work on developing their musical skills. Whether it's practicing their instrument, working on vocal technique, or preparing for a performance, students have access to experienced music teachers who can offer guidance and feedback. The club has a variety of practice rooms and resources to facilitate focused and productive practice sessions. Students can sign up for one-on-one lessons or join small group classes covering topics like music theory, vocal performance, and instrumental performance. The goal of the club is to build students' confidence and competence as musicians through regular practice and personalized instruction from passionate and knowledgeable teachers.

CHINESE SINGING CLUB

Grades 8-10

Are you interested in exploring the rich musical traditions of China? Then the Chinese Singing Club is the perfect CCA for you. Open to singers of all levels, this vibrant club offers a welcoming space for students to come together and learn the art of Chinese vocal performance. Under the guidance of experienced instructors, members will enjoy singing Chinese songs and delving into the cultural significance behind the songs. Beyond mastering the melodies, the club organizes regular in-class karaoke experiences, allowing participants to bond over their shared passion. Whether you're a seasoned vocalist or curious to try something new, the Chinese Singing Club promises an enriching extracurricular experience. Join us and let the captivating sounds of China inspire your musical journey in high school.

Life Skills

MINI CHEFS

Kindergarten - Grade 1

Students in this activity will learn basic food preparation techniques such as cutting, mixing, measuring, slicing and peeling. Participants work in small groups to develop their communication, collaboration and problem-solving skills. At the end of each session, they will have created a simple snack that they can eat or take home.

Please note Mini Chefs will be offered on Tuesdays and Thursdays. Students will not be included in both days.

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.

BUSHCRAFTS AND OUTDOOR EDUCATION

Grades 3-5

Bushcraft is an exciting way for kids to explore and connect with nature while learning important survival skills. In bushcraft, you'll get to do fun activities like building shelters using branches and leaves, starting a campfire safely, and finding your way using a compass. You'll also learn how to identify plants, track animals, and create useful tools from natural materials. Not only will you become more confident in the outdoors, but you'll also learn how to work as a team, solve problems, and respect the environment. Bushcraft is all about adventure, discovery, and becoming a true nature explorer!

MIDI CHEFS

Grades 2-4

Students will learn some basic skills and techniques such as mixing, measuring, folding, cutting, stirring and following recipe instructions to prepare simple foods and meals that they can take home and eat at the end of each session. Teamwork, listening skills and attention to detail are key areas for development in this CCA.



SPECTACULAR SPAN KIDS

Grades 3-5

Join Spectacular SPAN Kids to become a student leader in our Lower School Community. In the Spectacular SPAN Kids CCA, students in Grades 3-5 will identify ways we can help our student community and create action plans to put their thoughts into action. Last year, the Spectacular SPAN Kids worked with an international book-making company to create welcome books for the HIS community, started a lunch bunch for grade 4-5 students to build stronger friendships, began planning a peer tutoring CCA, and much more! If you are interested in becoming a social leader in our HIS community, then this CCA is for you! We look forward to making a positive impact on our community together!

MIDDLE SCHOOL OUTDOOR EDUCATION CLUB

Grades 6-8

The goal of this program is to build confident capable students who have a connection with the natural world and leadership capabilities. This CCA is an excellent starting point for students who would like to participate in the globally recognized Duke of Edinburgh International Award which HIS offers students in Grades 9-12.

Students will participate in and develop the following skills with the guidance of an experienced supervisor: Trail navigation, outdoor safety, map reading, environmental stewardship, basic First Aid, plant/animal identification, knot tying, preparing food in the backcountry, weather reading, create a personal survival kit.

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.

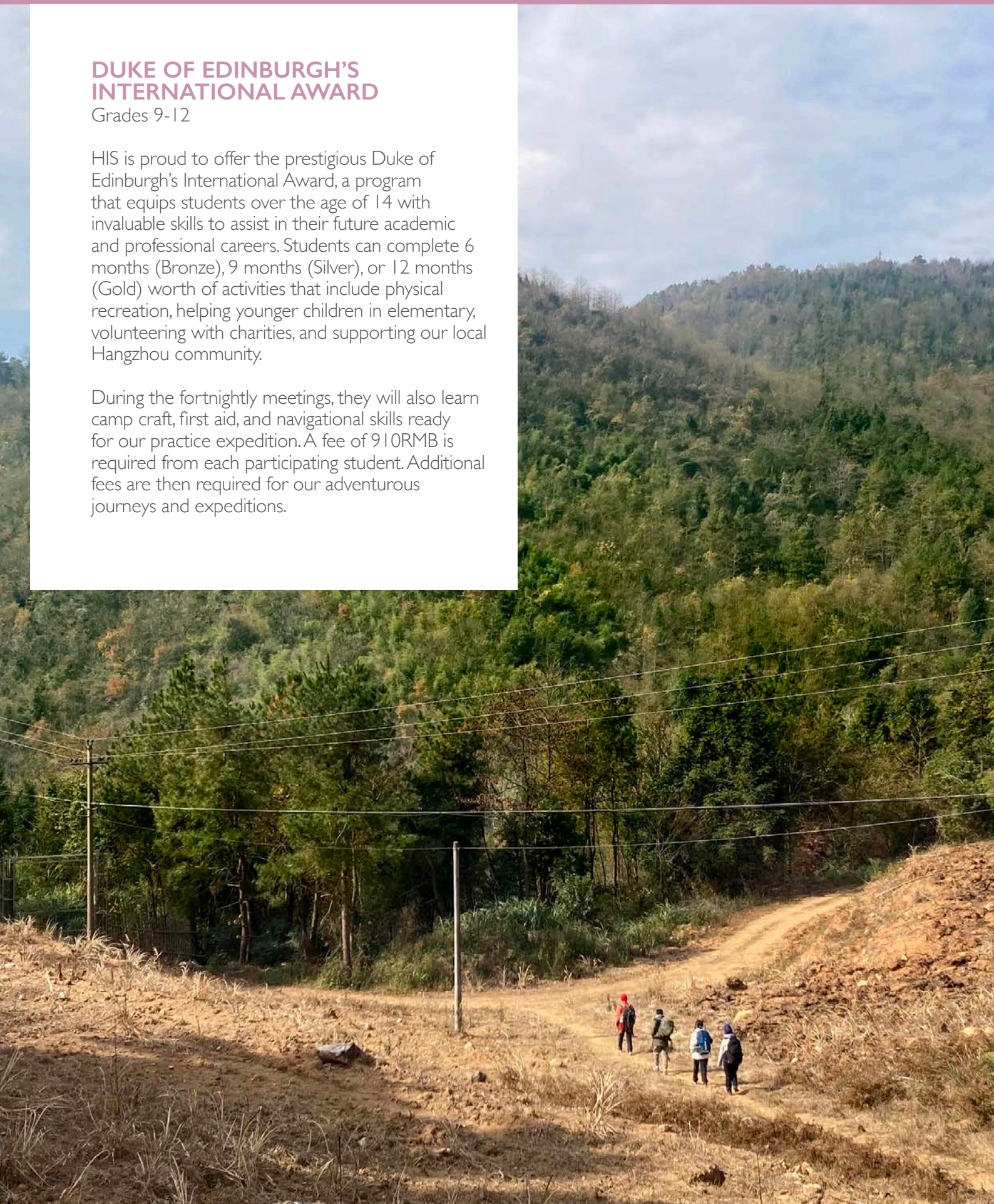


DUKE OF EDINBURGH'S INTERNATIONAL AWARD

Grades 9-12

HIS is proud to offer the prestigious Duke of Edinburgh's 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 9-12

An internationally renowned, hands-on lifeguard course that is highly interactive and physically enduring. The course is a comprehensive training program that promotes objective-driven and performance-based training for individuals wishing to obtain a new ILTP certification for shallow water and pool, in various water depths ranging from less than 5 feet of water up to any depth. Our International Lifeguard Training Programs (ILTP) are 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. This course requires students to perform each concept taught in the course, through student demonstrations of all skills concepts and skills instructed. 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.

Pre-requisites:

ILTP Shallow Water Certification

Minimum age 15, Swim 50 yards without stopping using front crawl (freestyle) and/or breaststroke. Be able to swim underwater for a distance of 10 ft. in a maximum depth of 5 ft. of water. Be able to retrieve a 10-lb. brick and bring it to the surface. Be able to climb out of the pool without a ladder in 5 ft. of water. Certification is NOT VALID for wave and open water environments. (Earn 2.2 CEUs)

ILTP Pool Certification

Minimum age 15, swim 100 yards without stopping using front crawl (freestyle) and/or breaststroke. Be able to perform a feet-first surface dive, retrieve a 10-lb. brick, and bring it to the surface. Be able to tread water without using arms for 1 minute. Be able to climb out of the pool without a ladder. (Earn 2.3 CEUs)

SWIM INSTRUCTOR COURSE - JEFF ELLIS SWIMMING (JES)

Grades 10-12

Are you interested in learning how to teach others how to swim? The JES Swim Instructor course is an interactive hands-on course that teaches how to teach swim lessons at an aquatic recreational facility. Learners taking this course will learn new in the water teaching techniques for teaching swim lessons and participate in classroom exercises that include designing swim lesson plans. Learners are evaluated on skill level performances, teaching demonstrations and in-class exercises.

Pre-requisites:

Candidates must:

Be 15 years of age and own an individual copy of all course materials. Read the Jeff Ellis Swimming (JES) Swim Instructor manual before the first class start date. Be able to tread water for at least 2 minutes and conduct a feet first surface dive into the water and retrieve a 10lb object (dive brick) from the bottom of a pool. Be able to swim 25 meters in each of the below strokes: Freestyle, Breaststroke, Side stroke, Elementary backstroke, Backstroke

Be able to swim 25 meters in Butterfly stroke for teaching the higher levels of the JES program.

Possess a valid healthcare provider CPR and First Aid certification (can be included in the course)

Design and Technology

SNAP CIRCUIT ELECTRONICS

Grades 1-4

Students will learn to build and create circuits to power fans, light lights, and play noise. Students will challenge themselves to include switches and resistors.

CODING CLUB

Grades 4-5

Students will be introduced to coding using block code on the platform code.org. This provides a visual way to reason about fundamental concepts in computer programming. Many of the concepts covered like control loops, conditionals, sprites for graphics are taught in more advanced courses, but students get exposure here using an intuitive and fun problem-solving method. Students can take this course several times and will work at their own pace, picking up the course where they left off if taken a second time.

SCRATCH PROGRAMMING

Grades 5-8

Students will learn to block programs through Scratch Programming, making games, and learning strategies they can apply to robotics and other programming languages.

FPV DRONE RACING

Grades 5-11

FPV Drone building and racing is an exciting co-curricular activity that combines elements of technology, engineering, and sportsmanship, encouraging students to develop skills in areas like problem-solving, teamwork, and critical thinking.

The activity promotes creativity and technical skills, as students design and build their drones, troubleshoot issues, and continuously improve their racing strategies. It's a thrilling way for students to engage in technology and develop a sense of community through competition. As they progress, they can participate in races, navigating through outdoor or indoor courses filled with obstacles, which enhances their hand-eye coordination and reaction times.



There is a cost of 200RMB per participant to purchase a drone which they will build and keep.

MIDDLE SCHOOL ROBOTICS CLUB

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. This is a stepping stone for students interested in later moving up to our Varsity Robotics Team to compete in tournaments around China.

ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING - CODING WITH PYTHON

Grades 6-12

This CCA is for Python coding beginners who are trying to get familiar with how to use Python code as a tool for machine learning algorithms. The lessons will introduce students to Python and show them how to analyze and visualize data with Python and how to create predictions with data. Students will also explore the ideas of regression and classification models.

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 throughout the year. 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.



Games

THE MISSING PIECE

Grades 1-5

This club will bring students together one piece at a time. They will use collaboration and strategic thinking skills to complete puzzles. Students will be provided with a calm space to work independently or with small groups. Come bond with peers who have a similar interest!

SCRABBLE QUEST

Grades 3-8

Students will have fun improving their vocabulary while playing games! Scrabble presents a wonderful opportunity to practice social skills while also making gains in English. Every week, students will be given goals to accomplish while playing, such as using specific word types or scoring using challenging vocabulary words. Who's ready to level up their English and complete the Scrabble quest?

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.

CARDESTY

Grades 6-12

Learn how to manipulate playing cards, do impressive card tricks and impressive card shuffling. These tricks involve cuts, shuffles, spins, twirls. It is visually captivating and it's a great skill to improve dexterity and your hand-eye coordination. Some skills that you might want to learn is making a fan with the cards, and spreading each card evenly on the table (wow!)

CHINESE TRADITIONAL GAMES

Grades 6-12

Students will be exercising under supervision and following a fitness training plan. Students will get to know and play some Chinese traditional games such as Ti Jianzi, Touhu, Chinese Chess, etc.



Art and Creativity

MANDALA CREATIONS

Kindergarten-Grade 2

Coloring Mandalas is a creative journey that immerses children in a world of concentration, mindfulness, and artistic expression. As they explore the intricate patterns of a mandala, children are encouraged to exercise their patience, developing a steady hand and an eye for symmetry and balance. Welcome into Mandala World!

CREATIVE ZENTANGLE PAINTING FUN

Kindergarten-Grade 2

Zentangle painting is not only a kind of artistic creation, but also can make people physically and mentally happy, so it is called “mind yoga.” It helps to develop kids’ intelligence and enrich their imagination. By drawing Zentangle, the human brain can easily enter a relaxed state of mind, so that the brain is more focused, with exquisite lines to repeat the irregular graphics, and then in such a state of consciousness, people feel happy and more confident.

HEALING ART CLUB

Kindergarten - Grade 1

The Healing Art Club primarily uses mandala as the main artistic medium. In the early stages of our course, we mainly let children color according to their preferred color schemes. This allows them to relax while also familiarizing themselves with mandala patterns. In the later stages, we transition from coloring to creating our own mandalas, experiencing mental healing during the creative process.

LEGO FUN

Kindergarten - Grade 1

Children use their imagination to build using Legos. They can collaborate with their peers or build independently. When done building, they can transfer their structure to paper and draw their creation!

THE ART OF WEAVING

Kindergarten - Grade 2

By observing, comparing, and analyzing, kids can discover and describe different weaving laws and characteristics. This helps them constantly develop their logical thinking skills and spatial awareness. They learn to choose the right materials for weaving while continuously experimenting with various weaving techniques. They understand the basic weaving techniques and constantly challenge themselves by exploring different forms of weaving. They also try designing their own weavings and are able to weave and create based on their designs.

DIY CLUB

Grades 3-5

Dive into a world of imagination and innovation, where your artistic talents can truly shine. At the DIY Club, explore exciting projects like fun cross-stitching, crafting with wool felt, or even creating your very own handmade diary. Unleash your skills and join us for a creative adventure!

DIY QUIET BOOK

Grades 3-4

Students will experience the fun of putting the materials together to make different scenes. Students will not only experience the fun of assembling various materials but also unleash their creativity as they construct unique and engaging scenes in a book. Through this hands-on activity, they will bring their imaginative visions to life.

ILLUSTRATORS UNITE

Grades 3-5

In this creative CCA students will have an opportunity to draw some of their favorite movie characters and TV stars! We will use a step-by-step method to see how illustrators use patterns and shapes to draw and help characters come to life! This CCA is suited to anyone interested in cartoons and art, but you need to be very patient as work together as a team.

SPIN AND CREATE: POTTERY FOR BEGINNERS

Grades 3-5

This is an exciting hands-on class that will introduce participants to the art of pottery making using a clay spinning wheel. Over the course of the classes, beginners will learn fundamental wheel-throwing techniques to shape and form clay into beautiful, pottery pieces. Beyond just learning how to work with the spinning wheel, students will also explore different clay types, glazing methods, and firing processes. This will give them a well-rounded understanding of the full ceramic arts. The classes will have a fun, creative atmosphere that encourages experimentation and self-expression. No prior pottery experience is necessary - just an eagerness to get your hands dirty and unleash your inner artist. All skill levels are welcome, from those trying the wheel for the very first time to those looking to build on existing skills.

CHINESE TRADITIONAL HANDCRAFT - CLOISONNÉ

Grade 3-7

Cloisonne is also known as copper padding thread enamel. It's all about sticking copper wire onto a pattern on a base plate and filling in the design with colored sand. This will be a fantastic opportunity to enjoy a unique crafting experience while we practice fine motor skills and patience together!

KNOT JUST BEADS

Grades 2-5

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.

PAPER QUILLING

Grades 4-6

Paper quilling allows for the creation of a wide variety of designs, from simple geometric patterns to more complex and intricate floral. It is a

versatile craft that can be used to make greeting cards, framed artwork, jewelry, home decor, and more. The craft has a long history, dating back to the Renaissance era, and continues to be a popular hobby and art form for both hobbyists and professional artists.

PERLER BEAD 2D CREATIONS

Grades 4-6

Come have fun and be creative with Perler Beads. This is your opportunity to make your own 2D creations using a variety of different templates. Once you have created your design, beads are melted and moulded to make decorative art pieces and key chains. There are endless possibilities for you to use your creative talents as well as discovering your hidden ones!

CHINESE BRUSH CALLIGRAPHY

Grades 4-10

Explore the ancient art of Chinese brush calligraphy in this CCA. Students will learn fundamental techniques like brush handling and stroke formation, developing an appreciation for the beauty of this traditional practice. Through guided instruction and hands-on activities, participants will create their own original calligraphy pieces, blending technical skills with personal creativity. Beyond the art form, they will also discover the cultural significance of Chinese calligraphy.

CERAMICS

Grades 6-10

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.

SUSTAINABLE FASHION DEVELOPMENT

Grades 8-12

In this CCA, participants will focus on studying and discussing the fashion industry from the sustainability aspect. Fashion garments production is an unmissable industry in the society; However, it emits around 10% of the total carbon dioxide emission severing global warming. Participants will first conduct research and case study for the first few weeks, to gain a deeper understanding on the impact of fast fashion on human society (consumer behavior) and natural environment (pollution, solid waste, carbon emission), related discussion, activities will be carried during weekly meetings. After basic knowledge establishes, participants will organize and present information to larger communities (HIS and social media) in forms of poster, videos, recyclable artworks, and social media posts. As an output, a final exhibition will be hosted at the end of the project to acknowledge and educate the HIS community about the effect of fast fashion production and consumption.

HIS PODCASTERS

Grades 6-12

The Podcasting CCA is a student-run organization that provides a space for students to explore the art of audio storytelling. The club meets weekly and offers members the opportunity to learn various aspects of podcasting, including:

- Recording Techniques
- Scriptwriting and Interviewing
- Audio Editing and Production
- Podcast Hosting and Distribution

Throughout the year, the Podcasting CCA organizes opportunities for members to collaborate on group projects, share their work with the school community, and even participate in local and national podcast competitions. The club aims to nurture students' creativity, technical skills, and storytelling abilities, empowering them to find their unique voices and share their perspectives with the world through the medium of podcasting.



THE BROADCAST BUZZ

Grades 6-12

Are you passionate about journalism, broadcasting, and keeping our Upper School community informed? Then The Broadcast Buzz is the club for you! As part of this exciting after-school activity, you'll have the opportunity to research, write, and produce a monthly school news broadcast that will air on our very own Upper School Radio.

You'll develop valuable skills in reporting, interviewing, scriptwriting, and on-air presentation, all while shining a spotlight on the incredible achievements and events happening across our campus. Whether you're a budding journalist, a tech-savvy student, or simply enjoy staying up-to-date on school news, we invite you to join our Broadcast Buzz team and become a voice for our community. Spots are limited, so sign up today and be the first to deliver the latest updates to your fellow Dragons!



Science

MINI SCIENTISTS

Kindergarten - Grade 1

The children will do basic science experiments and investigations to develop their understanding of the world around them. This activity will open up a world of Science to young inquiring minds who love to experiment with different medium and aspects of Science.

AIRCRAFTS AND AVIATION

Grades 3-5

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. It will open the parents' minds about exciting yet not well-known careers for their children. Now is the time to prepare children to a bright professional future.

1. Basic Level

Stress will be put on the interaction between aviation and Chinese history and its successful achievements. PPT and videos will be extensively used. We are going to use more interactive activities, like quizzes, radio communication simulations, building a project. From lesson 3, on a continuous basis, we shall practice radio communication so that at the end of lesson 11, a video can be made, where students move their model airplane around the finished model airport. This model airport improvement and the creation of an airline can be the project of CCA2 advanced class for the kids willing to continue.

2. Advanced Level

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 Luna rover while learning about astronautics, the journey into Space, and other hands-on projects.

This activity is provided by an external company endorsed by HIS and all payments are made directly to the CCA provider

Basic Level: 380RMB/lesson

Advanced Level: 400RMB/lesson

This instructor for this CCA is fluent in English and Mandarin

HIS SCIENCE FAIR PLANNING COMMITTEE

Grades 5-12

This CCA provides an opportunity for students interested in being leaders and taking action in HIS. Members of this CCA will be responsible for planning and implementing the 2024-25 HIS Science Fair and will have agency to design this event in the best way possible. This CCA is ideal for students interested in being leaders in their community, those who want to develop organizational skills, or those interested in design. Please note that this CCA is a committee to plan the science fair. Students of HIS will be able to submit entries and projects for the science fair and do not need to be a member of the planning committee to submit a project to the fair.

PHILOSOPHY CLUB

Grades 8-12

This club will promote critical thinking and share knowledge about philosophical concepts that influence the way we think about human existence, ethics and logical reasoning. Anyone who is generally interested in philosophy can join.

Philosophy is the study of how we think about ourselves, society and the world at large. Analyzing philosophical texts, evaluating existing arguments and exposing fallacies allow us to think deeply and articulate our ideas. From Plato to Kant, and from Socrates to Nietzsche, our club will closely examine and debate the merits of each of the philosophers' ideas.

Academic Enrichment and Service

CAREER EXPLORATION

Grades 6-8

Not sure what you want to do in the future once you finish High School? This is the PERFECT CCA for you! In this, you will explore and self-assess your skills and abilities, you will understand your personal strength and areas for growth, and context for career planning. In addition to identify your own skills, you will understand the variety of skills necessary in different careers. Link your personal attributes to career path. Students will research specific careers and learn how to connect your interest to potential career pathway. Students will be able to understand the importance of high school course selection, how that will be linked to university major, and even your future career. Students will be able to learn the changes that will be happening in the future job market, importance of durable skills, and be future-ready.

ECONOMICS CLUB

Grades 6-12

This is a 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.

HOMEWORK CLUB

Grades 6-12

The Homework Club is available for students to attend even if they are not registered through the CCA. Upper School students are welcome to simply show up any day they choose if help is needed with some work.

Homework Club is a supervised area where students can go to receive some additional support with their school work if necessary. This is in addition

to daily office hours that students can use to visit specific subject teachers in their classrooms from 3:00-3:30. Students can be registered for Homework Club on any or all of the 4 days.

INTERNATIONAL VOLUNTEERS CLUB

Grades 7-12

International volunteer work encompasses far more than just cultural exchange and education. It also includes a wide range of other activities such as environmental conservation, community outreach, and medical aid. For example, during their summer vacation, three of our HIS students traveled to Sri Lanka to teach at local elementary schools. In addition to supporting the students' studies, they also engaged in cultural sharing, showcasing various aspects of Chinese traditions like martial arts, tea ceremonies, and musical instruments. Additionally, three of us also helped protect local sea turtle populations. We hope to inspire more of our classmates in HIS to get involved in these types of meaningful volunteer experiences.

GIN CLUB

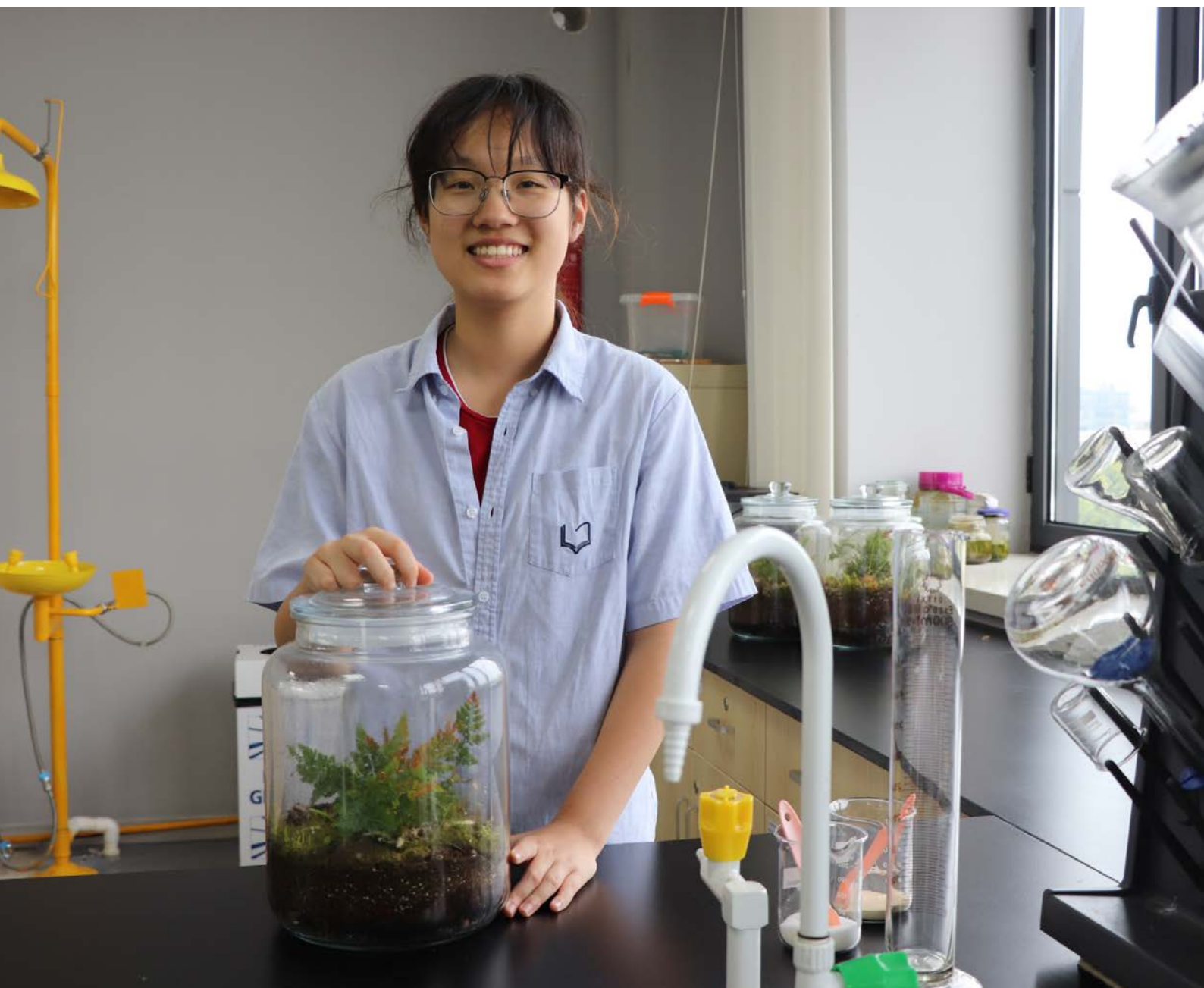
Grades 6-12

The GIN Club strives to incorporate students interests in all fields of Science, Mathematics, Design and Robotics, to study the changes caused by humans that threaten the stability of ecosystems, and to find viable solutions. The goal of the GIN Club is to continue and complete the Bryophyte Oasis Project, sponsored by ACAMIS. A selected team of students will lead the club and continue to establish a network of self-sustaining urban bryophyte terrariums. They integrate their science skills and work with the robotics club and design teams, to build self-watering sensor and robotic systems. The sensor systems will monitor air quality, moisture and temperature. This project will enable further student-led studies to be conducted on how indoor terrariums contribute significantly to indoor air purification, while serving as educational resources for students and the community. The Bryophyte Oasis Project is a successful indicator of how the GIN Club can support students with both their community and personal

projects and integrate their initiatives into a whole-school and ultimately, a community-supported project. Furthermore, educational programs will be developed to engage students and the community in understanding the importance of bryophytes to improve air quality in buildings and help mitigate climate change.

Members of the GIN Club will assist and support this project until its completion and then exciting new assignments can be initiated by all students.

The achievements and projects of the club will be displayed to the wider HIS community; events such as the Welcome Back BBQ and the Winter Fair. Future endeavors may include following-up with food waste reduction in the school cafeteria; minimizing single-use plastics at school; increasing our use of biodegradable plastics; improving soil quality in our school gardens; producing chemical-free, hypoallergenic health products; and studying the effects of micro- and nano plastics in our environment.



COMPETITIVE UNIVERSITIES CLUB

Grades 9-11

Are you interested in applying to selective universities in the future? Want to understand how they admit students and how you can right now begin to better prepare yourself for applying? Then come join the Competitive Universities Club where you will learn:

- How the application and selection process vary from country to country and what each country looks for in applicant;
- How you can as early as Grade 9 start to plan a four year application strategy that can enhance your chances at university application;
- What you want in a university and create an initial school list;
- What demonstrated interest is and begin to engage with universities;
- What self-directed projects are and their potential impact in the application process and much more!

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.



Our Partners

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

Aircrafts and Aviation
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Rowing
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YouGo Sports Flag Football





Once a Dragon, Always a Dragon!



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Founded in 2002, Hangzhou International School was the first international school in Hangzhou and remains the only non-profit, WASC accredited, IB World School in Zhejiang province.