

DULWICH COLLEGE | SHANGHAI PUXI |

上海德威外籍人员子女学校（浦西）



Co-Curricular Activity Programme

**Term 1 September to December
Senior School (Year 7 - Year 11)**

Dear Parents,

Please find the Dulwich College Shanghai Puxi Co-Curricular Activity (CCA) Programme for Term 1 of the 2020-2021 Academic Year. Please read the information below carefully and complete your child's selections using Schools Buddy. Please note that lunch time activities will be arranged separately by staff and pupils will have chance to take part in lunch time activities if they so choose.

Co-Curricular Activity (CCA) Programme 2020 Term 1

Senior School pupils in Years 7 to 11 have the option to take part in a number of after school Co-Curricular Activities from 3.30-4.40pm. Some activities will run beyond 4.40pm until 5.00pm. Please take note when completing your child's sign up on Schools Buddy. Pupils will meet in the restaurant after school at 3.30pm for snacks and registration.

Dates

After school CCAs will run for 10 weeks from Monday 14th September until Friday 27th November. (There will be no CCA on Thursday 1st October and Friday 2nd October due to the national holiday and the week 21st-25th September due to residential.)

Collecting Pupils

This year there will be a second school bus run on Tuesday, Wednesday and Thursday at 4.40pm. Pupils can take the second bus home from College after CCAs or parents can collect children after CCAs. On Monday and Friday there will not be a second bus run and pupils MUST be collected by parents from College at 4.40pm or 5.00pm. Please note that all children must have left the College premises by 5.15pm.

Schools Buddy

Please complete your child's CCA selections on Schools Buddy.



Please log in to your Schools Buddy account, complete the sign up and click save and confirm to complete the selections. Sign ups MUST be complete by Monday 7th September. After this date details will be collated and I will confirm all selections. You will receive an email showing the activities that your child has been selected for. In most cases all students will be confirmed for their chosen activity.

Externally Provided Activities and Payments

If your child is taking part in an externally provided activity then you should make payment to the external provider within the first two weeks of CCAs beginning. By signing your child up for externally provided CCAs, in the event of non-payment, you are agreeing to allow the College to share your email address to the external providers so that they can contact you. All payment details can be found at the end of this booklet.

Please do feel free to email me at any time to ask any questions about the programme:

grace.stewart@dulwich-shanghaiminhang.cn

**Ms Stewart
Director of Sport**

| | |
|---------------------|---|
| Week 1 | Monday 14th September to Friday 18th September |
| Week 2 | Residential Week |
| Week 3 | Monday 28th September to Wednesday 30th September No CCA Thursday and Friday for Golden Week Holiday |
| Week 4 | Monday 5th October to Friday 9th October |
| Week 5 | Monday 12th October to Friday 16th October |
| Week 6 | Monday 19th October to Friday 23rd October |
| Week 7 | Monday 26th October to Friday 30th October |
| Week 8 | Monday 2nd November to Friday 6th November |
| Week 9 | Monday 9th November to Friday 13th November |
| Week 10 | Monday 16th November to Friday 20th November |
| Week 11 | Monday 23rd November to Friday 27th November |
| Make up week | Monday November 30th to Friday 4th December Make up week is for any session that may be cancelled after the programme has started due to weather or other factors. |

TYPES OF ACTIVITY- YEAR 7 - YEAR 11

Senior and Junior Orchestra Year 7 -Year 11

Monday, 3:30 - 5:00

All students who take instrumental lessons inside or outside of school regularly are welcome to join the Junior or Senior Orchestra. There is no audition for Junior orchestra, however students should be able to play at approximately Grade 2/3 ABRSM level. An audition is required for students to join the Senior orchestra. Please ask Mr Haslett for more details. If selected this is a compulsory session that pupils will be required to attend.



Hip hop Dance Year 7 -Year 11

Tuesday, 3:30 - 4:40

Calling all budding dancers to join Spotlight's Hip Hop CCA! Hip hop dancing is very dynamic and refers to dance styles developed from several cultures including jazz rock, tap, and American and Latino cultures. In this class students will dance to their favourite tracks, learn fun routines focusing on Hip Hop techniques such as popping and locking, as well as break dancing.

**This is an externally provided paid activity*



Senior Swim Squad **Year 7 -Year 11**

Tuesday & Thursday, 3:30 - 4:40

The swimming squad will be selected from time trials. If your child is selected there will be a number of days that your child can choose to train. There is a commitment of 2 sessions per week. During the year The College will enter a number of swimming galas against other International schools in Shanghai.



Mustangs football **Year 7 -Year 11**

Thursday, 3:30 - 4:40

The senior boys football squad will train every Thursday in preparation for CISSA fixtures on Thursday in Term 1. The senior boys football squad is by selection only.



Mustangs Netball

Year 7 -Year 11

Thursday, 3:30 - 4:40

Netball is a very popular sport at Dulwich College Shanghai Puxi. Senior girls netball practice is a selected activity to enable training for upcoming fixtures for the U19, U15 and U13 teams.



Leadership

Year 7 -Year 11

Monday, 3:30 - 4:40

This CCA is for Senior School students who hold a leadership position in the school. Each Monday the student leadership team will meet to discuss plans for the year and responsibilities of each leader. This CCA is also reserved for students who need time to meet other stakeholders or simply time to plan an event, write a proposal or a news article.



ABRSM Scale Violin
Year 7 -Year 11

Tuesday, 3:30 - 4:40

This activity will help your child prepare for the ABRSM violin examinations. It focuses on the skills required to perform basic scalic patterns, articulation, tone production, sight reading and listening skills as outlined by the ABRSM board requirements.

**This is an externally provided paid activity*



ABRSM Scale (Cello)
Year 7 -Year 11

Tuesday, 3:30 - 4:40

This activity will help your child prepare for the ABRSM Cello examinations. It focuses on the skills required to perform basic scalic patterns, articulation, tone production, sight reading and listening skills as outlined by the ABRSM board requirements.

**This is an externally provided paid activity*

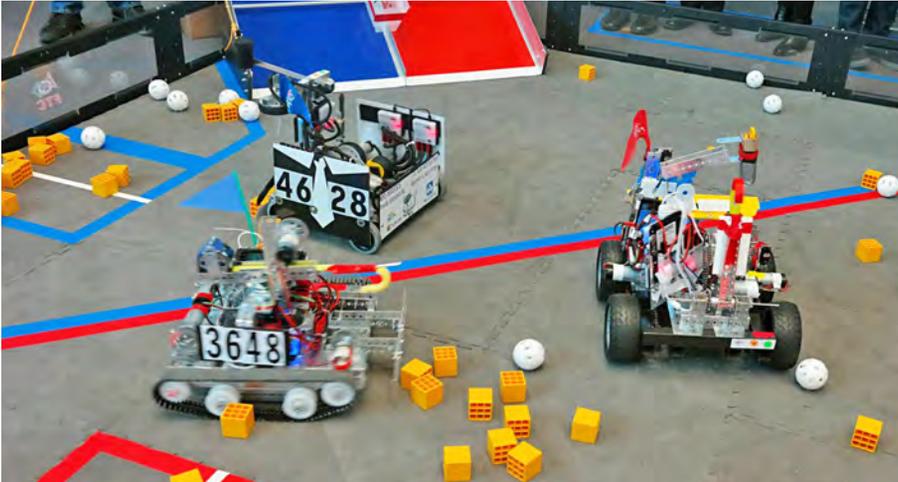


Advanced Robotics

Year 10 -Year 11

Wednesday, 3:30 - 4:40

We will use a powerful single board computer (SBC) and attach sensors so that it can capture images and sounds from the surrounding environment. We will then learn to use artificial intelligence, image classification and speech recognition to process the information. Strong working knowledge of Python (IGCSE level or above) is required.



Forte Choir

Year 7 -Year 11

Wednesday, 3:30 - 4:40

The choir at Dulwich College Shanghai Puxi is a strength of The College. Senior school choir practice will take place on Wednesdays. We endeavor to ensure that our choir remains an important part of the growing College.



Weiqi Club
Year 7 -Year 11
Wednesday, 3:30 - 4:40

An abstract strategy board game, in which the aim is to surround more territory than the opponent. The game was invented in China more than 2,500 years ago and is believed to be the oldest board game continuously played to the present day.



Music Theory ABRSM
Year 7 -Year 11
Thursday, 3:30 - 4:40

This course is aimed at students who have reached the level of musical instruments equivalent to the level of ABRSM 3 or above and for students who are beginners wishing to take the ABRSM exams.

The objective of this course is to help students better prepare ABRSM Music Theory exam. This course is helpful to their sight-reading, listening, rhythm, creativity in basic composing and to taking their musical skills to higher level.

**This is an externally provided paid activity*

A musical staff with two lines, treble and bass clefs, showing intervals between notes. The notes are numbered 1 through 16. Above the staff, intervals are labeled: octave (1-2), perfect fourth (2-3), minor third (3-4), supermajor second (4-5), "lesser tone" (5-6), lesser undecimal neutral second (6-7), lesser tridecimal 2/3-tone (7-8), and just diatonic semitone (8-9). Below the staff, intervals are labeled: perfect fifth (1-2), major third (2-3), subminor third (3-4), "greater tone" (4-5), greater undecimal neutral second (5-6), greater tridecimal 2/3-tone (6-7), and septimal diatonic semitone (7-8).

Kayaking **Year 7 -Year 9**

Friday, 3:30 - 4:40

Year 7-9 pupils have the chance to take part in the fun sport of kayaking. Pupils can enjoy learning the basic skills of kayaking and have fun in the pool in the Dulwich College Shanghai Puxi House coloured kayaks.



Senior School Basketball Club

Year 7 -Year 11

Friday, 3:30 - 4:40

Does your child love basketball? If so, they should join the basketball club on Friday after school. They will develop their basketball knowledge, understanding and skills as they play for fun against their friends. Pupils will develop dribbling, shooting and passing skills with a firm emphasis on pupils enjoying themselves and playing basketball for the love of the game.



Fencing
Year 7-Year 11
Tuesday, 3:30 - 4:40

A fantastic opportunity for our pupils to enjoy the Olympic sport of fencing. Your children will have the chance to receive training from an expert fencing coach.

**This is an externally provided paid activity*



Fun Volleyball
Year 7 -Year 11
Tuesday, 3:30 - 4:40

Senior school fun volleyball is to play games and enjoy friendly competitive matches amongst friends after school. The CCA will be game based with some skill elements included to develop performance.



Badminton
Year 7-Year 11
Friday, 3:30 - 4:40

A very popular sport at Dulwich College Shanghai Puxi and an opportunity for our senior school students to play recreational badminton, learn skills and have lots of fun competing against each other. They may even get to play against some of the teachers!



LAMDA – Acting
Year 7-Year 11
Monday, 3:30 - 4:40

Join Spotlight's Acting CCA to explore core acting skills and performance techniques in a fun, creative environment taught by industry professionals. Our Senior Acting CCA will cover improvisation to build confidence and creativity in ideas, movement to explore storytelling through physicality, spoken voice work: focusing on breath control, accents, tone and modulation to create engaging characters. Using the LAMDA Examination syllabus, students will delve into a range of contemporary and classical play texts to produce imaginative, original performances, as well as touching upon directorial projects. Students will have the opportunity to enter for their LAMDA Acting Examinations in December 2020.



LAMDA - Public Speaking

Year 7-Year 11

Monday, 3:30 - 4:40

The Spotlight Public Speaking CCA provides a wonderful foundation for students to develop self-confidence in a fun, creative and practical environment. Using a series of drama-based techniques students will cover a wide range of communication skills to enhance confidence and conviction when speaking in public.

Students will explore debate techniques, body language, speech writing and interview tips, while also developing their improvisational skill-set. Students will gain a foundational understanding of voice theory and vocal delivery - such as breath control, vocal projection and clarity of speech to create dynamic, coloured vocal performances. Students will have the opportunity to enter for their LAMDA Speaking in Public Examinations in December 2020.



STEAM ART

Year 7-Year 9

Tuesday, 3:30 - 4:40

STEM + Art = S.T.E.A.M

This program includes musical instrument production, interior design and product design. Students will create different hand crafts with various themes which are inspired by original story videos. After the CCA students can also scan the QR code to continue listening to the interesting stories and create at more at home!

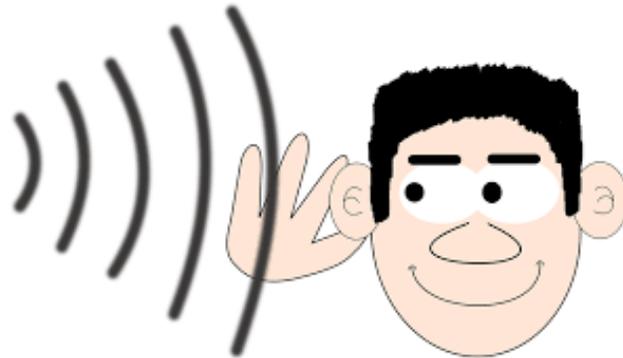
**This is an externally provided paid activity*



ABRSM Music Aural
Year 7-Year 11
Friday, 3:30 - 4:40

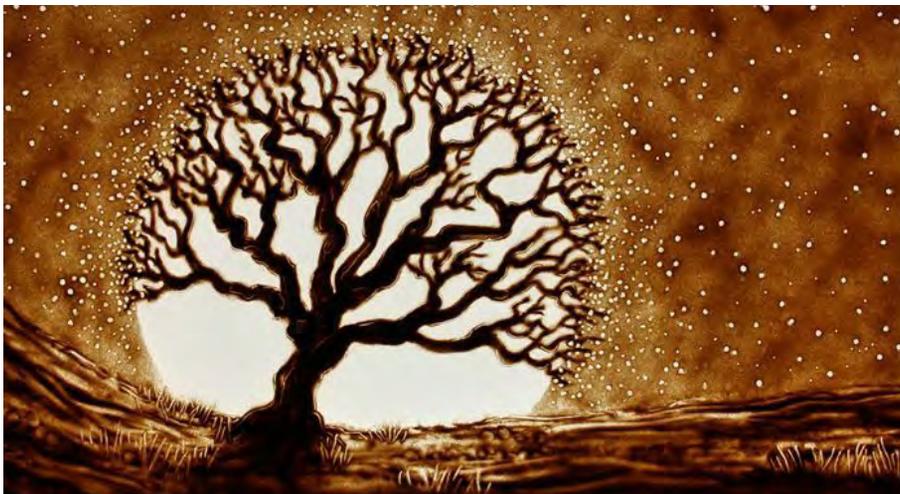
The aural listening test is one of the most important parts of the ABRSM examinations. Children need to pass both the aural test and instrument to get the ABRSM certificate. This CCA will help children understand how the ABRSM aural exams works, develop their aural skills to pass the exam with confidence. Children will also learn to develop their 'musical ear', learn how to play in tune, develop their musical memory and spot any mistakes while playing their instruments – all while having fun!

**This is an externally provided paid activity*



Sand Painting
Year 7-Year 11
Wednesday, 3:30 - 4:40

Sand painting integrates painting, light effect to bring people a full range of visual enjoyment. Students will start from the basic drawing skills, such as how to spread and erase sand, draw the outline, mark shapes and more details with sand on the white glass. Students can be able to create their unique image formed with sand by applying painting skills.



Art/eco entrepreneurs

Year 7-Year 11

Wednesday, 3:30 - 4:40

Were you part of the winning team for the Pioneering Spirit Grant? Or would you like to join their team? Now is your chance...

We have two student winning bids that now need to make their ideas a reality. The two winning projects are 'Dog N Kitty' which aims to create support packages and information for dogs that need a home and the 'Eco-Dulwich Shop' which aims to produce eco-friendly products such as soap to sell at the Puxi Pop up store as well as creating educational videos for the school community.



Stop motion animation

Year 7-Year 11

Wednesday, 3:30 - 4:40

Stop Motion Animation is a technique used in animation to bring static objects to life on screen. This is done by moving the object in increments while filming a frame per increment. When all the frames are played in sequence it shows movement. Be creative and tell your own story through photos and film!

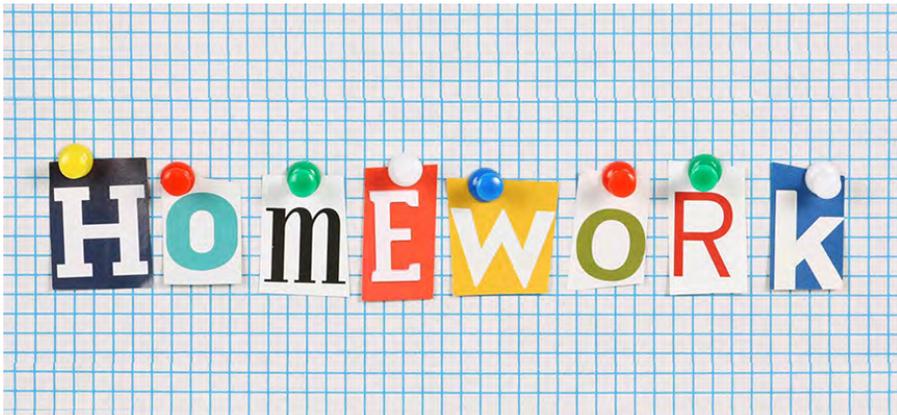


Homework Club

Year 7-Year 11

Wednesday, 3:30 - 4:40

Homework club in Senior school is designed to support and assist students in completing homework out of school hours. Homework club is by invitation only and Ms Hearn and Ms Sneath will send out the invitations.



YEAR 7- 11 CO-CURRICULAR ACTIVITIES

Please find below the after school Co-Curricular activities available to Year 7 to 11 pupils in Term 1. Please view the activities available and make selections via Schools Buddy. You will need to access this via your Schools Buddy account. The sign up deadline is **Monday 7th September** and a confirmation email will be sent to you to confirm selections after the deadline. Please be aware of the finish times when selecting activities as some CCAs run beyond 4.40pm until 5.00pm. For externally provided activities the payment details can be found later in this booklet. **Please make payment directly to the external providers before the first CCA session.**

| Year 7 - Year 11 Co-Curricular Activities – 3.30-4.40pm Some activities finish later. | | | | | | |
|--|--------------------------|--------------------------|--------------|-----------------------|-------------------------------------|----------------|
| Day | Activity | Venue | Kit Required | Leader | Cost | Maximum Number |
| Monday (3.45-5.00pm) | College Orchestra | Music Rooms | N/A | Mr Haslett | FREE | SELECTED |
| Monday | LAMDA - Acting | Drama Room/Theatre | N/A | Miss Ivey/Spotlight | 2,475 RMB | 20 |
| Monday | LAMDA - Public Speaking | Black Box/ KS4 Classroom | N/A | Miss Ivey/Spotlight | 2,475 RMB | 20 |
| Monday | Leadership | KS4 Classroom | N/A | Ms Hearn/ Miss Sneath | FREE | 16 |
| Tuesday | STEAM Art | Art Room | N/A | Muzika | 3000RMB | 20 |
| Tuesday | Senior School Swim Squad | Pool | Swim kit | Mr Stanton | FREE | SELECTED |
| Tuesday | Fun Volleyball | Sports Hall | PE kit | Ms Stewart | FREE | 24 |
| Tuesday | ABRSM Scale Violin | Music Room | N/A | Muzika | 4560rmb (includes theory + technic) | 12 |
| Tuesday | Hip hop dance | Drama room | PE kit | Spotlight | 1,980 RMB | 20 |
| Tuesday | Fencing | Sports Hall | PE kit | Matthew Haynes | 1300rmb | 12 |

| | | | | | | |
|-----------|--------------------------|----------------|----------|--------------------------|---------|----------|
| Wednesday | Weqi Club | Maths Room | N/A | Mr Haworth | FREE | 25 |
| Wednesday | Sand painting | KS3 class-room | N/A | Miss Yang | FREE | 10 |
| Wednesday | Art/eco entrepreneurs | Art room | N/A | Ms Hearn/ Miss Sneath | FREE | 16 |
| Wednesday | Forte Choir | Music Room | N/A | Mr Haslett | FREE | SELECTED |
| Wednesday | Advanced robotics | KS4 room | N/A | Mr Lee | FREE | SELECTED |
| Wednesday | Stop motion animation | Film room | N/A | Miss Ivey | FREE | 12 |
| Wednesday | Homework Club | Library | N/A | Senior School Staff | FREE | SELECTED |
| Thursday | Senior School Swim Squad | Pool | Swim kit | Mr Stanton | FREE | SELECTED |
| Thursday | Music Theory ABRSM | Music Room | N/A | Miss Yiyang Jiang | 2400rmb | 20 |
| Thursday | Girls Netball | Sports Hall | N/A | Ms Stewart | FREE | SELECTED |
| Thursday | Mustangs Football | Sports Field | PE kit | Mr McGilly | FREE | 22 |
| Friday | Kayaking | Pool | N/A | Mr Ren/Mr Yu | FREE | 12 |
| Friday | Badminton | Sports Hall | PE kit | Ms Stewart | FREE | 20 |
| Friday | Basketball | Sports Hall | PE kit | Mr McGilly | FREE | 20 |
| Friday | ABRSM Music Aural | Music Room | N/A | Yiyang Jiang | 2400 | 20 |

EXTERNAL PROVIDER PAYMENT DETAILS

Please make payment with the required amount for the full 9 or 10 sessions, to the relevant external provider before the first session takes place by scanning the QR code below. Please ensure payment is made before the second week of CCAs.

| Activity | Day | Weeks | Coach | Payment Details | Amount (RMB) |
|-------------------------|---------|-------|---|---|--------------|
| ABRSM Violin | Tuesday | 10 | Muzika rebecca.cheng@muzikaland.net |  | 4,560 RMB |
| Fencing | Tuesday | 10 | Matthew Haynes MatthewJohnHaynes@hotmail.com | 抬头: 上海德威外籍人员子女学校 开户行及账号: 渣打银行上海分行 9800058000000 (Please quote name, fencing and year group) | 1,100 RMB |
| LAMDA - Acting | Monday | 10 | info@spotlighttheatreschoolofexcellence.com |  | 2,475 RMB |
| LAMDA – Public Speaking | Monday | 10 | info@spotlighttheatreschoolofexcellence.com |  | 2,475 RMB |

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|--------------------|----------|----|---|---|-----------|
| Hip hop dance | Tuesday | 10 | info@spotlighttheatreschoolofexcellence.com |  | 1,980 RMB |
| STEAM Art | Tuesday | 10 | Muzika rebecca.cheng@muzikaland.net |  | 3,000 RMB |
| Music Theory ABRSM | Thursday | 9 | Yiyang Jiang yiyang.jiang@dulwich-shanghaiminhang.cn |  | 2,400 RMB |
| ABRSM Music Aural | Friday | 9 | Yiyang Jiang yiyang.jiang@dulwich-shanghaiminhang.cn |  | 2,400 RMB |

DULWICH COLLEGE

| SHANGHAI PUXI |

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