

CISB Middle/High School Athletics, After-School Activities and Clubs

Athletes Club Schedule

Season 1 August – October 2022

U19 Volleyball
U14 Soccer
Cross Country (all ages)

Season 2 November 2022- February 2023

U19 Basketball
U14 Volleyball

Season 3 March – May 2023

U19 Soccer
U14 Basketball
Track & Field (all ages)

Middle High After-School Activities and Clubs Semester 2, 2022 – 2023

Sign-up dates will be released at the beginning of the semester. Please get in touch with the program/club supervisor if you have any questions.

Name of activity	Names of supervisor(s)	Supervisor Email	Age group	Duration	Times/Days	Location	Cost
Chinese Board Games	Ms. Jessie Chen, Ms. Mary Wang	jessie.chen@cisbeijing.com mary.wang@cisbeijing.com	Gr. 8 - 12	Semester 2	Monday 1:00-1:30	E320	None

Chinese reading club	Ms. Kelly Li, Ms. Lily Li, Ms. Kate Wu	kelly.li@cisbeijing. com lily.li@cisbeijing.c om kate.wu@cisbeijin g.com	Gr. 10 - 12	Semester 2	Monday 1:10PM-- 1:35PM	E318	None
Digital Media Club	Mr. Robert Hambrook	robert.hambrook @cisbeijing.com	Gr. 9 - 12	Semester 2	Wednesday after school until the late bus	E301	None, but participants need access to either a smartphone or a digital camera.
Embroidery	Ms. Nancy Liu	nancy.liu@cisbeiji ng.com	Gr. 6 - 12	Semester 2	Every Thursday	E214	50-100RMB
Ballet	Ms. Ariel Liu	ariel.liu@cisbeijin g.com	Gr. 9 - 12	Semester 2	Tuesday 3:45 - 4:45pm	Dance Studio	None
Visual art studio	Mr. Kai Wen Fei	kaiwen.fei@cisbeij ing.com	Gr. 10 - 12	Semester 1 & Semester 2	1:30-5:00 pm every Wednesday	W415-417	None
Badminton	Dr. Sajid Khursheed, Ms. Carol Wang	sajid.khursheed@ cisbeijing.com carol.wang@cisbei jing.com	Gr. 6-12	Semester 1 & Semester 2	10:00am- 12:00am on Saturdays Sep 22nd- May 23rd	Gym A	None
Green Ribbon Society	Mr. Jason Tai, Ms. Saima Hina	jason.tai@cisbeijin g.com sima.hina@cisbeiji ng.com	Gr. 6-12	Semester 1 & Semester 2	1st Semester to 2nd Semester	E214	None

CISB Instrumental Ensemble	Ms. Christine Wu, Mr. Shawn Kim	christine.wu@cisbeijing.com doohyung.kim@cisbeijing.com	Gr. 5 - 11	Semester 1 & Semester 2	Every Tuesday 3:45 to 4:45	W 421	None
Grad Committee	Ms. Leila Rabord, Ms. Rebecca Henriksen	leila.rabord@cisbeijing.com rebecca.henriksen@cisbeijing.com	Gr. 12	Semester 1 & Semester 2	Lunch time 1.10 to 1.35 pm	TBD	None
CISB TEDx Club	Ms. Tilda Qian, Ms. Ghazala Sajid, Dr. Sajid Khursheed	tilda.qian@cisbeijing.com ghazala.sajid@cisbeijing.com sajid.khursheed@cisbeijing.com	Gr. 6 - 12	Semester 1 & Semester 2	Monday during lunch 1.10-1.35pm	E416	None
Badminton Club	Dr. Sajid Khursheed, Ms. Carol Wang, Dr. Francisco de la Serna Sabate	sajid.khursheed@cisbeijing.com carol.wang@cisbeijing.com francisco.delaserna.sajid.khursheed@cisbeijing.com	Gr. 6 - 12	Semester 1 & Semester 2	September 2022 to May 2023 (Sat 10:00 - 12:00)	Gym A	None
Model United Nations (MUN)	Mr. Matthew Alessi-Friedlander (teacher) Henry Han (Student leader)	matthew.friedlander@cisbeijing.com	Gr. 6 - 12	Semester 1 & Semester 2	Thursday, 1:10-1:35	E118	None
Cross Country/Running club	Mr. Flynn Boyle	flynn.boyle@cisbeijing.com	Gr. 6 - 12	Semester 1 & Semester 2	Tuesday 3:45 - 5:15; Saturday	Soccer field and off-	None

					8:30 – 10:00	campus if COVID protocols allow	
Arts and Craft Club	Ms. Michelle Norman, Mr. Adam Yhap	michelle.norman@cisbeijing.com adam.yhap@cisbeijing.com	Gr. 5 - 7	Semester 1 & Semester 2	Tuesday, September 13, 2022 3:45 - 4:45 PM	E217	500 RMB
Roots & Shoots	Ms. Jenny Jiang, Mr. Kyle Mullin	yi.jiang@cisbeijing.com kyle.mullin@cisbeijing.com	Gr. 6 -8 & Gr. 12	Semester 1 & Semester 2	Tuesdays, 3:40 - 4:40 pm	E419	None
Cooking	Ms. Saira Umair	saira.umair@cisbeijing.com	Gr. 6 - 12	Semester 1 & Semester 2	Wednesday , After School	Kitchen	100 RMB per week
StageCats	Mr. Matthew Schmidt & Mr. Paul Steffan	matthew.schmidt@cisbeijing.com paul.steffan@cisbeijing.com	Gr. 6 - 12	Semester 1 & Semester 2	Wednesday , 3:45- 5:45pm	Auditorium	None
Wargames/Boardgames Club	Dr. Francisco de la Serna Sabate	francisco.delaserna@cisbeijing.com	Gr. 7 - 12	Semester 1 & Semester 2	Thursday 3:45 - 4:45	E410	Initially free, later to be discussed with the students as necessary

Descriptions

Name of activity	Description of activity
Chinese Board Game	Learning Chines culture through different Chinese Board Game

Chinese reading club	Chinese reading Club offers fun way to spend time with friends and do required reading and/or share your favorite books. Here are some reasons for joining: You will make new friends. You might read a book you wouldn't have read otherwise which will open your mind to new possibilities/perspectives. You will get out of your comfort zone a little bit. Making a club improves leadership skills, teamwork, communication habits. Improves your fluency in reading, vocabulary, comprehension etc. Holds you and your members accountable and responsible to actually read the assigned book on time.
Digital Media Club	The Digital Media Club will focus on filming CISB in action and promoting our school. Ideally, videos will be playing on the TVs in the cafeteria and the main foyer. As well, some may be shared with the wider school community. Sports, drama and other ASAs could be potential mini-projects. Students will learn how to use either iMovie or Final Cut Pro on their MacBooks and learn about the editing process. Meetings will be used for editing and learning new skills. Filming will take place outside of the meeting time normally so students should be prepared to dedicate at least one more hour per week for this ASA.
Embroidery	In this project, beautifully intricate patterns are created with a simple running stitch using thick cotton thread which is also called spaghetti and Fruiti 12wt cotton thread.
Ballet	We practice dancing according to the vocational graded syllabus from Royal Academy of Dance.
Visual art studio	It is providing opportunities to plan then produce something unique and original. The ability to create art and reflect on original products encourages students to use art as a creative way to express their thoughts and process emotions. Including the creation of 2D and 3D artworks. Such as painting, drawing, sculpture, photography and so on. Just like any visual art made in the studio.
Badminton	The students will have the opportunity to learn and practice playing badminton with peers and badminton coaches.
Green Ribbon Society	Here, we would like students to share their feelings or thoughts, together with me and the school counsellor. We aim to promote mental health and mental wellbeing. We are not professional mental health care. Nonetheless, we would like to be place where students can share their concerns or share their troubles in promotion of better mental health.
CISB Instrumental Ensemble	Students who play a musical instrument are welcome to sign up for this activity. We'll rehearse once a week and perform at school concerts.
Grad Commitee	The Grad Committee is student-led. Gr 12 students organize events throughout the year for their grade and also participate in the Graduation's preparations.
CISB TEDx Club	Students from grade 6 to 12 will participate as volunteer or as a speaker for the CISB TED talk.
Badminton Club	Students from grade 6 to 12 can participate.

Model United Nations (MUN)	In MUN, students learn to tackle world issues in a simulation of the United Nations as delegates of various countries. The goal is to attend at least one conference this year. What do we do?: learn about basic MUN procedures and mock debates in preparation for upcoming conferences. What can I gain from it?: Public speaking skills, Collaboration and communication skills. Also counts as CAS hours for DP students. (Checked with Mr. Manderville already)
Cross Country/Running club	Cross country team members and students wanting to join for social/recreational runners are all welcome. Sessions include stretching, technique drills and training advice.
Arts and Craft Club	We will be creating different crafts such as: buttons, jewelry and tie dying, etc...
Roots & Shoots	Roots & Shoots is a global community action programme that was founded by Dr. Jane Goodall in 1991 with the goal to improve our planet. Our CISB Roots & Shoots group aim to initiate and carry out projects each year that can make positive change happen for our communities, for animals, and for our environment.
Cooking	Cooking with children in school promotes the lifetime skill of healthy cooking starting at a young age. A kitchen is a learning lab for children that can involve all of their senses. While kneading, tossing, pouring, smelling, cutting, and feeling foods they have fun and learn without being aware of it. Children who like to cook indicate a “sense of accomplishment,” self-confidence, and feeling of contributing to their families. Recent research indicates that nutrition knowledge may be incomplete without the experiential learning or hands-on activities associated with food preparation that involves handling food and cooking equipment. Children learn lifetime skills through practicing basic math skills such as counting, weighing, measuring, tracking time; they also gain social skills by working together and communicating in the kitchen.
StageCats	After school Drama club, that builds theatrical skills and stages whole school productions.
Wargames/Boardgames Club	This club is an introduction for students to wargames such as Warhammer and Warhammer 40k, it's core and variants included. Students will be introduced not only to the games themselves, but also I would like to teach them how to paint miniatures, create scenery and produce realistic dioramas. Students will also be introduced to more complex boardgames, such as Eldritch Horror and others, where they will have to play collaboratively and make use of their Critical Thinking and English skills.