



**Co-curricular
activities (CCAs)**

Enrichment



Writing Club

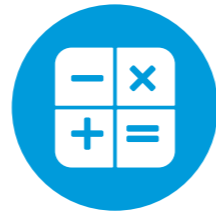
This is a club for independent writers who want to be known for the quality of their writing.

This is economist and writer, Malcolm Gladwell's "10000 Hour Rule" in action: if you want to be a writer, you need to practice. That means taking ownership of your learning. You'll need to find a competition that appeals to you. Decide your writing's focus, taking into consideration the rules. Make a plan to get your writing finished, polished and submitted on time, to give you the best possible chance of being noticed - and possibly becoming a laureat.

This club will take a passion you've identified, and encourage you to make a difference, to be heard, with your beautiful words that are also tough, honest and motivational. This is empowerment.

Previously, this club aimed to have CIS students' writing published on a CIS platform - Mosaic or the Student Voice. I'd like to open up the places you can go with your writing, and form a club that has a wider, international reach and appeal.

Writers will meet on Thursdays at SMART, with a follow up on Fridays' SMART.



Sat Math test prep.

Have you already narrowed down your University selections?
Do any of those Universities require that you submit a score from the SAT I test?
Do you know the mathematics score required for entry to your chosen university?

Not all universities require the SAT test but if yours does, please feel free to join us for some timed practise SAT Math tests, receive feedback on how to **improve your speed and your accuracy**.

Since you do not have to show any work and you are allowed to use your approved graphing calculator (TI-84+, TI-Nspire CX but not CX CAS), the SAT Math questions are timed to be answered MUCH faster than IB speed (and way faster than MYP math speed).

If you can not attend the sessions, feel free to email melissa.akey@cis.edu.sg to receive the resources to use on your own time.

3:45-4:45 pm each Monday (each season is just a repeat of previous sessions so attendance for one season will complete this activity).



First League Lego Robotics.

As members of the FIRST LEGO League team we are inspired to research, build, and experiment, and by doing so, live the entire process of creating ideas, solving problems, and overcoming obstacles, while gaining confidence in our abilities to positively use technology.

In teams, we will be building robots to solve challenges on a game board. This involves both building the robots and programming them. This year-long activity will culminate in an international tournament in which robots build and programmed by teams from all over the world compete to solve as many challenges as possible in as little as time as possible. The theme of the game for this year is CITY SHAPERS.

Besides the robot game, we will also have to present our knowledge on a physical or social problem faced in contemporary city planning. We do so by researching the chosen problem and designing an innovative theoretical solution to it.

The FLL team meets every Thursday between 15:45 and 16:45 in NW607. Closer to competition dates we will also meet two Saturdays. The activity is a year-long commitment.



Green Machine.

As members of Green Machine you will help inspire yourself another in the community to create a better world. From changing your own habits and attitudes, to changing those around you, Green Machine will help you develop knowledge and initiatives that make a difference. Most of our work aligns with promoting 6 living habits: Zero Waste, Carbon Positive, Plant-based, Minimalism, Advocacy and Biophilia. The club is for anyone that cares (or is thinking about caring) about the future of the planet.



Junior Model United Nations. (Grades 7-8)

MUN is a group that exists across the world in international and local schools that are interested in learning more about the United Nations and processes that they follow in order to create peace and educational opportunities.

MUN can improve your speaking and debate skills as well as give you a chance to meet other students at schools in Singapore and abroad. MUN allows students to collaborate to write resolutions to global issues and debate those issues. Members can participate in conferences with students from other schools in Singapore and around the region. Conferences take place over the course of a weekend and are great opportunities to apply the skills you have learned in the proper MUN format.

MUN meetings will be every **Tuesday** at **SMART** in **EW410**. Prior to conference dates we may also meet after school to run simulations. The activity is a year-long commitment.



Senior Model United Nations. (Grades 9-12)

MUN is a group that exists across the world in international and local schools which are interested in learning more about the United Nations and processes that they follow in order to create peace and educational opportunities for those in need.

MUN can improve your speaking and debate skills as well as give you a chance to meet other students at schools in Singapore and abroad. The idea of the group is to represent a country in the United Nations, working on issues with a team of other delegates to solve global issues. You will work on writing resolutions and debating the language or ideas of the resolution to come to a consensus. Periodically we attend conferences that fall on the weekend which will give you an opportunity to hone your skills that we teach during our meetings.

The MUN meetings will take place **Thursdays** during **SMART** in **WW405**. Closer to conference dates we may also stay after school for simulations and more intensive training. The activity is a year-long commitment.

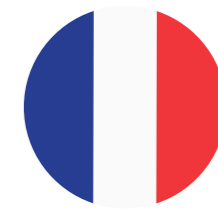


STEAM Club.

Are you interested in Science?
Do you enjoy building things?
Do you enjoy doing cool Science experiments?

If yes, come join the STEAM club. The main aim of the STEAM club is to develop students' interest in science and technology and learn about all scopes of science from medicine to chemistry to physics to the environment. We discuss how to apply conceptual knowledge to the applications in the real world and conduct fun experiments (including explosions!!!). We plan to take some trips to Science centre and Jurong Park as well. **COME JOIN US AND HAVE FUN!**

We meet every week on Thursday room EW511 from 3:30 to 4:30.



French Club.

You are already learning French BUT...
Would like to take it beyond the classroom?
Would like to become more proficient in the language?
Would you like to explore the culture of French speaking countries through fun activities?

The French Club is for YOU! At the FC, you will be offered to:

1. participate in various activities such as board games, petanque, karaoke, cooking;
2. discover the culture of different French speaking countries through songs, movies, food (!) and UN week performance;
3. prepare for and challenge yourself in inter-school competitions vs other International Schools (French Debates, French Idol, Genies en Herbes (general knowledge, etc);
4. and when the time has come, and for those who wish to take it, prepare for the French DELF exam.

The French club will run two days every week: **Monday** after school and **Friday SMART**.

You can join for one of the sessions or both.



Student Council.

Student Council is an excellent way to develop your leadership skills, to be a voice for your entire grade, to be a part of positive change, and to help create a fun and comfortable CIS community. For those interested in Student Council, there are three ways to get involved:

Representatives

There are two elected representatives per grade and they provide a voice for their whole grade level. They attend a committee meeting every Thursday at SMART period and a representatives' meeting every Friday at SMART.

Committee Members

There are four committees in Student Council: arts, sports, academics, and social. Committees meet every Wednesday at SMART period.

Marketing Team

The marketing team is open to students in grades 10 - 12. They work with a particular committee to help them advertise their events, take pictures and videos of events, and provide pictures, blurbs, and stories to the CIS marketing and communication department regarding our events. Meetings will be with committees, every Wednesday at SMART period.

All Student Council roles are year-long commitments. Students who are interested in joining Student Council should be in good academic standing and must uphold the values of CIS regarding behavior.



Knitting for Nepal Club.

Do you enjoy knitting? Do you want to learn how to knit? Why not make a hat to warm the adults and children in Nepal? Just using two types of stitches, you will learn how to turn a ball of yarn into a variety of beautiful hats with patterns using a cable needle. You are only limited by your creativity! The finished hats with your personalized notes will be brought by our very own Grade 11 students to distribute to the people in the villages during their excursion trip.

Knitting Club meets **every Thursday in room EW413 from 3:30pm to 4:30pm**. You have to commit to complete at least one hat in a season. Due to limited resources, there are only 26 spaces available every season.

Do come and make a hat as a gift to the people to Nepal!



Yoga for Secondary students

Do you like yoga? Do you like mindfulness? Come join the Yoga Enrichment Club!

YOGA Involves breath control, simple meditation and body postures to improve health and relaxation. This mind and body practice is from ancient times and engaged by many across the globe. It requires little or no equipment and helps relax and tone the body besides keeping one healthy.

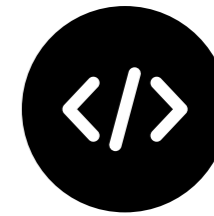
When: Tuesday 3.45p.m to 4.45p.m

Where: Senior Library

Season 1 (Aug 26 - Nov 8)

Season 2 (Nov 11 - Feb 7)

Season 3 (Feb 17 - end of year)



Code club.

Beginner coders, amateur coders, and experienced coders, all are welcome to join. Come work alongside your peers learning the art of coding. Computer programming is a valuable skill that allows you to create and make your ideas come alive using technology.

We will explore all facets of coding from basic concepts, block-based, javascript, html, hardware integration, and much much more. We will meet every Monday after school from 3:45-4:30 in the sixth floor design pod.

Arts and Creativity



Drama Production 'The Merchant': Cast

A (slightly musical) Shakespearean tragedy set in the amoral world of 1980s corporate business, complete with big hair, big phones, and even bigger questions: On this crazy ball spinning around in the darkness, what does it mean to be human? What does it mean to be humane? When we look in the mirror, what do we see?

Come claim your pound of dramatic flesh in Season 1, 2020 - we need backstage helpers, actors, singers, dancers, set & property makers, hair-stylists, the works... all welcome!



Grade levels
7 - 12



Seasons
1 and 2



Coordinators
Peter Anderson and Susan Somers



Drama Production Sets and Props

Students will design, plan and create the sets and props for the drama production.



Grade levels
7 - 12



Seasons
1 and 2



Coordinators
Janet McGifford



Production Hair and Make-up

Students will be able to use their artistic talents and creativity to assist in makeup creations and hairstyles for the Secondary School Production. Students will be taught the basic fundamentals of makeup and hair and will use the knowledge acquired in addition to their preexisting knowledge to create the aspired characters of the selected production



Grade levels
7 - 12



Seasons
1 and 2



Coordinators
Lizz Rossi



Drama Production Costumes

Costume Crew:
Learn new skills! Develop skills in design, sewing and organizing of costumes for the CIS production: The Merchant of Venice.



Grade levels
7 - 12



Seasons
1 and 2



Coordinators
Denise Mireau



Lighting and Sound Crew

The theatre technical crew have significant responsibilities to ensure that a production runs smoothly. There are numerous performances, throughout the year, that give students the opportunity to learn how to set up, rig, program, monitor and operate lighting and sound.



Grade levels
7 - 12



Seasons
1, 2 and 3



Coordinators
Peter Anderson and Ash Singh



Drama Production Stage Crew

The stage crew supports the designers, directors and performers with the running of theatre rehearsals and performances. Students will learn how to set the stage, change scenery, and work with props and special effects.



Grade levels
7 - 12



Seasons
1 and 2



Coordinators
Peter Anderson



Drama Production Marketing and Film Festival

Season 1 - School Show Marketing Team Work to develop and implement the marketing campaign for the show. This involves helping with the promotion and advertising for the production. Areas include poster, program and trailer design, as well as managing ticket sales and production photos.

Season 3 - Film Festival Organization



Grade levels
7 - 12



Seasons
1 and 3



Coordinators
Erin O'Rourke



Chinese Drama Club

- Script writing
- Stage physical movement
- Lighting and sound
- Props making and poster design



Grade levels
7 - 12



Seasons
1, 2 and 3



Coordinators
Celia Shi



Empty Bowls

Empty Bowls is a Service Activity that raises funds for a non a non-profit organization, First Hands. Students create ceramic bowls using left over clay and glaze from the MYP Visual Art units. Students are taught clay techniques, how to use manual banding wheels, and basic glazing techniques. These bowls are then fired and sold at CIS events.



Grade levels
7 - 12



Seasons
1 and 3



Coordinators
Lizz Rossi



Memory Project

The Memory Project is a meaningful CCA that invites teachers and students to create portraits to youth around the world who have faced substantial challenges, such as violence, disasters, extreme poverty, neglect, and loss of parents. Students learn about portraiture styles, realistic drawing techniques, and how to use a variety of media to create their portraits. Their artwork, along with a personal message, is then hand-delivered to each child through the non-profit organisation, The Memory Project. For our students it is a special opportunity to creatively practice kindness and global awareness while making each child feel valued and important.



Grade levels
7 - 12



Seasons
3



Coordinators
Elizabeth Sarich



Painting Club

Painting Club is offered to Grade 11-12 students who want to build their portfolios.



Grade levels
11 - 12



Seasons
3



Coordinators
Bryn Barnard



Symphonic Band

Students in grades 9 to 12 who have played their instrument for two years or more may audition for this performance ensemble. This ensemble features brass, woodwinds, and percussion playing students with intermediate to advanced skills. This ensemble provides leadership opportunities for members and offers multiple performance events throughout the year where students represent the secondary school among our Primary Division and in the local community. Additionally, Symphonic Band enjoys a partnership with Fuhua Secondary School Military Band, a local Singaporean school, where students join forces for rehearsals, concerts, and social events.



Grade levels
9 - 12



Seasons
1, 2, and 3



Coordinators
Tom Anderson



Concert Band

Students in grades 7 & 8 with at least one year of experience on their instrument may audition for this performance ensemble. Wind instruments and percussion comprise our ranks and students can expect to perform throughout the year for concerts, assemblies, and various school events. This ensemble develops students' music fundamentals, listening skills, reading skills and performance skills.



Grade levels
7 - 8



Seasons
1, 2, and 3



Coordinators
Tom Anderson



Rock Band

Rock Band offers students the opportunity to join a musical group, rehearse regularly, and perform live at several events throughout the school year. The driving spirit behind Rock Band is that students should have the opportunity to enjoy playing music with their friends, and for their peers. **It is important that members have some level of familiarity with an instrument but we accept members from grades 7 to 12 with a wide variety of musical experience.** CIS provides dedicated rehearsal spaces and students can use school instruments, although they are encouraged and to use their own. Students can form bands with their friends, as often happens, or their teachers will support them in networking with other musicians. Rock Band offers students the opportunity to make new friends, learn new skills, enjoy new experiences and have an abundance of fun! Students are expected to rehearse regularly, communicate clearly with each other and their mentor teacher, work together to solve problems, and then perform at selected events through the school year. Rock Band has gone from strength to strength over the last few years. Last year we had 10 bands vying for the spotlight at school shows. Performing live, with your friends, to a large group of your peers, is a wonderful, memorable, enriching experience.



Grade levels
7 - 12



Seasons
1, 2, and 3



Coordinators
Richard Toner



Senior Choir

"The Harmonics" is an auditioned ensemble made up of male and female singers, accompanied by a backup band. Students will develop proper singing techniques, performance skills and stage presence. The choir will perform a variety of styles of music, including contemporary choral, jazz, pop, fusion and musical theatre. The group will have the opportunity to perform in various school and community concerts, throughout the year.



Grade levels
9 - 12



Seasons
1, 2, and 3



Coordinators
Ann Zellhoefer



Junior Choir

Junior Choir is made up of male and female students that love to sing from grades 7 and 8. The choir meets once a week for 45 minutes to learn a varied repertoire of music, ranging from musicals, to arrangements of pop music, to some good ol' classics. Together at the beginning of the year, we choose our music. This is inclusive of opportunities for solos. If singing is your passion, then this is the place for you. Contact Mrs. Jasmine Heath for any inquiries you may have.



Grade levels
7 - 8



Seasons
1, 2, and 3



Coordinators
Jasmine Heath



Vivaldi Strings

Vivaldi Strings is an auditioned string ensemble for students who play a string instrument at a beginner to lower intermediate level. In our rehearsals, we work on music that is accessible and catered to giving students an opportunity to play together in a group. Together we explore music from the western classical genre, as well as music from different genres, such as jazz, film and pop music.



Grade levels
7 - 12



Seasons
1, 2, and 3



Coordinators
Ryan Sims



Chamber Ensemble

The Chamber Ensemble is an auditioned string ensemble for secondary students who play a string instrument at a higher intermediate to advanced level. Students work together as a team and are exposed to music that is aimed at further developing their musical knowledge and listening skills. In this program, we explore chamber music written in the western classical repertoire, as well as exposing ourselves to different genres of music arranged for strings, such as Jazz, Film, and Pop.



Grade levels
7 - 12



Seasons
1, 2, and 3



Coordinators
Ryan Sims



Video Crew

The Live Video Crew offers students the opportunity to collaborate in a team which provides real-time video coverage of school events. The students learn about the use of video cameras, sound recording and video mixing in the context of providing a valuable service to the school community. The Live Video Crew has created multi-camera video coverage of CIS sporting events, theatrical and musical performances and the annual TEDx Youth event.



Grade levels
7 - 12



Seasons
1, 2, and 3




Coordinators
Philip Roberts

Contact us

 +65 6734 8088

 www.cis.edu.sg/inquire

Lakeside Campus

 7 Jurong West Street 41
Singapore 649414

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