



Bandung Independent School Extracurricular Activities Program

Monday 6 February – Friday 9 June, 2017

月曜日 **Lundi** सोमवार Montag 星期一 **MONDAY** Senin Lunes 월요일 Maandag الاثنين

ACTIVITY	GRADES	LEADER/S	TIME	FINISH DATE	VENUE	FEE/ EQUIPMENT	ADDITIONAL INFORMATION
Twinkle Twinkle Star Club	Grades 9 to 12	Ms. Ellen	12.25 – 1.05 pm	Monday 5 June	To be announced	No fee	Student led club that focuses on helping local kids who are struggling with illness.
EAT (English for Assistant Teachers)	All Assistant Teachers	Ms. Mary C	12.30 – 1.00 pm (A repeat session runs during Wednesday lunch)	Monday 5 June	Ibu Afi's classroom	No fee	No enrollment limit Develop English language skills along with general teaching skills and knowledge of IB programs.
Gymnastics	Grades EC3 to Grade 6	Pak Ade	2.50 – 3.50 pm	Monday 5 June	Covered court	11 or more students = Rp400,000,- each 10 students or less = Rp500,000,- each	Min. 6 students/Max. 24 students Wear clothing suitable for vigorous activity and use hair ties.
Buccaneers Football	EC3 to Grade 5	Football Plus coaches	2.50 – 3.50 pm	Monday 5 June	Sports Field If raining, activity will move to Covered court area 2.	Up to 10 students = Rp500,000,- each 11 students or more = Rp400,000,- each Rp150,000,- for training uniform (if not already purchased)	Wear football boots and shin pads for training on Sports Field. Bring sports shoes to train on covered court in case of wet weather.
Girl Talk	Girls in Grades 5 to 12	Ms. Ellen & Ms. Katie	3.30 – 4.30 pm	Finishes Monday 5 June	Venue to be announced	No fee	This is a safe, positive space for preteen/teen girls to openly ask questions, discuss issues, and tackle social-emotional concerns. Please note that girls from Grades 5 - 12 are welcome to join, and may ask questions/lead discussions about anything that concerns them - including puberty, relationships, academics, etc. To encourage open, honest communication, we ask that only girls attend.

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IISSAC Swim training	Open to all grades. New members may join at the discretion of the coaches.	Coached by Pak Deni & Aquarius Swim Club coaches Managed by Mrs. Nicolette Brata & Mrs. Moya Healy	2.50 – 4.00 pm with Pak Deni 4.00 – 5.00 pm with Aquarius Swim Club coaches	Monday 5 June	BIS Swimming Pool (Other pools may be visited for training sessions closer to the IISSAC competition)	Rp500,000,- each for an unlimited number of sessions (A minimum of 3 sessions per week is recommended if joining the IISSAC competition) Swimmers who follow intensive training at an external Swim club will have to attend the weekly WHOLE TEAM session and pay Rp300,000,- only	<p>This ECA will prepare students for competitive and fun swim events including internal meets, local meets, and JASIS and IISSAC competitions.</p> <p>Students may join the swim team if they can swim one pool length in freestyle, as well as show adequate development of backstroke, breaststroke, and dolphin/butterfly kick.</p> <p>Swim Team members are encouraged to join swim meets. It is at the discretion of the coaches to decide whether a student is ready to join the swim team, and at the discretion of the coaches and team managers to decide who swims which events at the IISSAC swim meet.</p> <p>The IISSAC Swim Meet will be on 28-30 April at Bali IS. Selected IISSAC students will need to cover the cost of coaching, transport and accommodation for the Swim Meet, cost to be advised later.</p> <p>Swimmers can train with BIS and the Aquarius Club and choose sessions that suit their timetable. Training may be used to increase stamina, develop strokes, and to improve starts and turns.</p>
Oil Painting	Grades 7 to 12, Parents & Staff	Pak Dikri	3.35 – 4.35 pm	Monday 5 June	ES Art Room	Rp300,000,- to cover cost of canvas, linseed oil, brushes, and oil paints	Maximum 6 enrollees Enjoy painting for fun with no pressure
IISSAC Boys and Girls Basketball Training	Grades 6 to 12	Boys' coach: Pak Karsiman Girls' coach: Pak Gempar	4.00 – 6.00 pm Training is on Mondays, Wednesdays and Fridays	IISSAC Basketball training has commenced Training once a week on Mondays after IISSAC tournament	BIS Covered Court	Selected IISSAC students will need to cover the cost of coaching, transport and accommodation for the Basketball tournament, cost to be advised later.	12 girls and 12 boys will be selected to represent BIS in the IISSAC tournament hosted by Wesley IS in Malang on Fri' 24 to Sun' 26 February, 2017. Must commit to training and maintain good academic record. Students will develop basketball skills, teamwork, and personal leadership ability.

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<i>IISSAC Cross-country running</i>	For ages 8 to 19	Managed & coached by Mr. Aguilera	Training sessions are flexible and students will receive a training program they need to follow to prepare for the event.	Monday 1 May	BIS Sports Field	Selected IISSAC students will need to cover the cost of coaching, transport and accommodation for the Cross-country running event, cost to be advised later.	The IISSAC Cross-Country running event will be held at Bali IS on 28-30 April. Running distances for the event are: 8-11 year olds – 1,500 meter run 12-14 year olds – 3 km run 14-19 year olds – 5 km run Runners should train at least twice a week, preferably three times a week.
<i>Tai Chi Study Group</i>	HS students, Parents & Staff & friends of BIS community	Mr. Hector & Mrs. Gilleece	3.30 – 4.00 pm	Finishes Monday 5 June	EC Play area	No cost	Develop calmness and an appreciation of the bigger picture using a Chinese method of moving meditation. Wear loose, comfortable clothing. New students will learn the short 8 pattern form.

ACTIVITY	GRADES	LEADER/S	TIME	FINISH DATE	VENUE	FEE/EQUIPMENT	ADDITIONAL INFO
Environmental & Global Issues Club	Grades 8 to 12	Richard R.	12.25 – 1.05 pm	Tuesday 6 June	Computer Lab	To be announced	Min.: 10 Max.: 25 students Student-led initiative to help raise awareness of environmental and global issues. The group will sponsor several events and fundraising campaigns to help with our efforts. Membership will be based on participation and reevaluated as the need arises.
Elementary Student Council	Elementary school students	Mr. Lane	12.30 – 1.00 pm	Tuesday 6 June	Grade 4 classroom	No fee	There are 9 Elementary Student council Members Elementary Student Council members will reflect, plan and take action on issues designed to improve their classes, school and community. Students should bring their lunch to this activity.
Speak Up & Get Along	Grades 3 to 12	Mrs. Brata	12.30 – 1.00 pm	This ECA starts on Tuesday 14 February (there is no session on 7 February)	EC2-3 classroom	No fee	Getting along isn't always easy. This ECA aims to offer strategies to help you get along with others, to make friends, to stop teasing and to feel good about yourself. Students will obtain handouts of the tools discussed and practiced. During the first session we will try to make an inventory of the challenges students are experiencing and based on that we will choose which tools to address. Participants should bring their lunch to this activity.
Intermediate Swim Class	Open to all grades but must meet eligibility criteria	Coaches to be advised	2.50 – 3.50 pm	Finishes Tuesday 6 June	BIS Swimming Pool	Rp400,000,- if once a week Rp500,000,- if twice a week	Must demonstrate basic proficiency in deep water and be able to swim one width of pool either Freestyle or Breaststroke. Please arrange a testing session with Pak Deni to determine suitability. If training twice a week, sessions are on Tuesdays and Thursdays.
National Exam (UN) Preparation	Grade 12 Indonesian nationality students who will take National Exam in 2017 (Open to grade 11 as well)	Pak Dadan	3.00 – 4.00 pm	Tuesday 6 June	Indonesian Classroom 1	Rp500,000,- each to cover external tutor fees and cost of National Exam Book.	Minimum 6 students This ECA will prepare students for the 2017 National Exam. The subjects include English, Indonesian, Science(s), Math. (Indonesian Curriculum) Each week students will learn different UN subjects. Tutors may be BIS staff or from outside BIS and depends on availability.

ACTIVITY	GRADES	LEADER/S	TIME	FINISH DATE	VENUE	FEE/EQUIPMENT	ADDITIONAL INFO
Guitar & Bass guitar tuition	Grades 4 and up	Pak Bramania	2.50 – 3.50 pm for students not in Religion classes	Tuesday 6 June	Music room	If 6 students = Rp500,000,- each If 5 students = Rp600,000,- each If 4 students = Rp750,000,- each If 3 students = Rp1,000,000,- each	Min.: 3 students Max.: 6 students To develop guitar & bass guitar skills with Pak Bramania, Principal of Salamnder Music School. It is recommended to bring own guitars. You can discuss purchasing advice with Mr. Ashworth if required.
Guitar & Bass guitar tuition	Grades 4 and up	Pak Bramania	4.00 – 5.00 pm for students who join Religion classes	Tuesday 6 June	Music room	If 6 students = Rp500,000,- each If 5 students = Rp600,000,- each If 4 students = Rp750,000,- each If 3 students = Rp1,000,000,- each	Min.: 3 students Max.: 6 students To develop guitar & bass guitar skills with Pak Bramania, Principal of Salamnder Music School. It is recommended to bring own guitars. You can discuss purchasing advice with Mr. Ashworth if required.
ES Badminton	EC3 to G5	Pak Gempar	2.50 – 3.50 pm	Finishes Tuesday 6 June	Covered court	11 students or more = Rp300,000,- each 10 students or less = Rp400,000,- each	Min.: 10 students Max.: 20 students Racquets supplied but recommended to bring your own.
MS/HS IISSAC Badminton	Grades 6 to 12	Team managed by Mr. Derek Coached by Pak Gempar	4.00 – 5.30 pm	Finishes Tuesday 6 June	Covered court	11 students or more = Rp350,000,- each 10 students or less = Rp450,000,- each	Min.: 10 students Max.: 20 students Racquets supplied but recommended to bring your own. This ECA will prepare students for the IISSAC Badminton tournament. There will be a selection process to represent BIS. Selected IISSAC students will need to cover the cost of transport and accommodation for the Badminton tournament, cost for these to be advised later.
IISSAC Swim training	Open to all grades. New members may join at the discretion of the coaches.	Coached by Aquarius Swim Club coaches Managed by Mrs. Nicolette Brata & Mrs. Moya Healy	4.00 – 5.30 pm	Finishes Tuesday 6 June	BIS Swimming Pool	See notes for Swim Training listed under Monday	See notes for Swim Training listed under Monday

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IISSAC Swim Training	Open to all grades. New members may join at the discretion of the coaches.	Coach to be confirmed	6.30 – 7.30 am	Finishes Wednesday 26 April	BIS Swimming Pool	See notes for Swim Training listed under Monday	See notes for Swim Training listed under Monday
Maths Homework Club	Grades 6 to 10	Mr. Lamplugh	12.25 – 1.05 pm	Wednesday 7 June	Secondary upstairs Math classroom	No fee	Maximum: 10 students This ECA will provide support for students having difficulties with conceptual understanding and skill development in Mathematics.
EAT (English for Assistant Teachers)	All Assistant Teachers	Ms. Mary C	12.30 – 1.00 pm (This is a repeat of Monday sessions)	Wednesday 7 June	Ibu Afi's classroom	No fee	No enrollment limit Develop English language skills along with general teaching skills and knowledge of IB programmes.
National Exam (UN) Preparation for Grades 6 and 9	Grades 6 and 9 This ECA is also open to students in Grades 7, 8, 10, 11, and 12 if they wish to prepare for future national exams.	Pak Dadan and external tutors	3.00 – 4.00 pm	Finishes Wednesday 7 June	Indonesian classrooms 1 & 2	Rp500,000,- each to cover tutor fees and cost of National Exam Book There is a minimum of 6 students for each grade for this ECA to continue.	This ECA will prepare students for National Exams. It is strongly recommended that Indonesian national students in Grades 6 and 9 join this ECA as it is a requirement that they complete the national exams. The subjects are: English, Indonesian, Science, Math. (Indonesian Curriculum) Each week students will learn different UN subjects. Tutors can be BIS staff or from outside and depends on their availability.
Learn to Swim	Open to all grades	Pak Deni & coaches	2.50 – 3.50 pm	Finishes Wednesday 7 June	BIS Swimming Pool	7 to 16 students = Rp450,000,- each Up to 6 students = Rp550,000,- each	A parent or guardian needs to accompany each child to help with showering and changing. Min.: 6 students Max.: 16 students
International Award for Young People (IAYP)	Grades 9 to 12	Mr. Ken, Ms. Sophia, Ms. Mary G, and Ms. Ellen	3.45 – 4.30 pm	Finishes Wednesday 7 June This ECA continues from Block 1.	GPC room	Cost to be advised	The IAYP brings together young people to work on projects that foster youth development and inclusion. It includes: 1) A weekly meeting to check in with student progress on the IAYP requirements. 2) Preparation and training for the Adventurous Journey. Students must have been enrolled in IAYP in Block 1 to continue the program in Semester 2.

ACTIVITY	GRADES	LEADER/S	TIME	FINISH DATE	VENUE	FEE/EQUIPMENT	ADDITIONAL INFO
Junior Basketball	EC3 to Grade 5	Pak Gempar	2.50 – 3.50 pm	Finishes Wednesday 7 June	Covered court	If 11 students or more = Rp350,000,- If 10 students or less = Rp400,000,- each	Min.: 10 students Max.: 24 students
IISSAC Boys and Girls Basketball Training	Grades 6 to 12	Boys' coach: Pak Karsiman Girls' coach: Pak Gempar	4.00 – 6.00 pm Training is on Mondays, Wednesdays and Fridays	IISSAC Basketball training has commenced Training will be once a week on Mondays after the IISSAC tournament	BIS Covered Court	Selected IISSAC students will need to cover the cost of coaching, transport and accommodation for the Football tournament, cost for these to be advised later.	12 girls and 12 boys will be selected to represent BIS in the IISSAC tournament hosted by Wesley IS in Malang on Fri' 24 to Sun' 26 February, 2017. Must commit to training and maintain good academic record. Students will develop basketball skills, teamwork, and personal leadership ability.

The following activity does not commence until a later date but you should still include it in your online enrolment if you wish to participate in this activity.

IISSAC Girls & Boys Football training	Grades 6 to 12	Football Plus coaches – to be advised	Girls & Boys: 4.00 – 6.00 pm	IISSAC FB training once a week starts on Wednesday 8 March 2017. Training will be twice a week starting May 2017. Days and dates to be announced.	BIS Sports Field (Covered Court if raining)	Selected IISSAC students will need to cover the cost of coaching, transport and accommodation for the Football tournament, cost to be advised later.	12 boys will be selected to represent BIS at the October Football tournament hosted by Wesley IS in Malang. Dates to be announced. Students must be committed to training and maintain good academic record. Bring indoor sports shoes in case of rain.
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IISSAC Swim Training	Open to all grades. New members may join at the discretion of the coaches.	Coach to be confirmed	6.30 – 7.30 am	Finishes Thursday 27 April	BIS Swimming Pool	See notes for Swim Training listed under Monday	See notes for Swim Training listed under Monday
Bahasa Indonesia for Beginners	Parents & Staff	Ibu Afi	12.25 – 1.05 pm Bring your lunch	Finishes Thursday 8 June	ES Indonesian Culture room	No cost	Participants will learn how to communicate in Bahasa Indonesia. Using the language in real situation will be practiced during the weekend based on agreement with participants
Intermediate Swim Class	Open to all grades but must meet eligibility criteria	Pak Deni & coaches	2.50 – 3.50 pm	Finishes Thursday 8 June	BIS Swimming Pool	Rp400,000,- if once a week Rp500,000,- if twice a week	Must demonstrate basic proficiency in deep water and be able to swim one width of pool either Freestyle or Breaststroke. Please arrange a testing session with Pak Deni to determine suitability. If training twice a week, sessions are on Tuesdays and Thursdays.
MS Boys & Girls Basketball	Grades 6 to 10	Pak Gempar	3.00 – 4.00 pm	Finishes Wednesday 7 June	BIS Covered Court	Rp350,000,- each if 11 or more students Rp450,000,- if 10 or less students	This ECA gives opportunities for students to develop their basketball skills and tactical knowledge of the game.
MS/HS Gamelan Degung	Grades 4 and up	Pak Rusmana	3.00 – 4.00 pm	Finishes Thursday 8 June	Music classroom	If 11 students or more = Rp350,000,- If 10 students or less = Rp400,000,- each	Learn traditional gamelan with Pak Rusmana.

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French Language	Parents & Staff	Gilles Balandier	3.00 – 4.00 pm	Finishes Thursday 8 June	French classroom	No fee	This ECA is Beginner level French. A minimum of two people required for this ECA to start.
Drumming tuition	Grades 3 to 12	Pak Redih	4.00 – 5.00 pm	Finishes Thursday 8 June	Music room	If 5 students = Rp600,000,- each If 4 students = Rp750,000,- each If 3 students = Rp1,000,000,- each If 2 students = Rp1,500,000,- each	Min.: 2 students Max.: 5 students Pak Redih is an experienced Drumming tutor and has instructed at BIS for many years. ES students must be enrolled in an ECA from 3 to 4 pm to join Drumming tuition.
Arts & Crafts	Grades 3 to 5	Imogen Lamplugh Supervision by Mrs. Brata	3.00 – 4.00 pm	Finishes Thursday 8 June	EC classroom area	Rp350,000,- each to cover cost of materials	Min. 2 students Max. 10 students Join this ECA to show your artsy side! This fun and interesting ECA promotes creativity and imagination. Participants will work on a variety of projects which develop artistic skills using a range of mediums and techniques. Participants will work in a fun group environment while maintaining the individual aspect of creation.
MS/HS IISSAC Badminton	Grades 6 to 12	Team managed by Mr. Derek Coached by Pak Gempar	4.00 – 5.30 pm	Finishes Tuesday 6 June	Covered court	11 students or more = Rp350,000,- each 10 students or less = Rp450,000,- each Selected IISSAC students will need to cover the cost of transport and accommodation for the Badminton tournament, cost for these to be advised later.	Min.: 10 students Max.: 20 students Racquets supplied but recommended to bring your own. This ECA will prepare students for the IISSAC Badminton tournament. There will be a selection process to represent BIS.

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Student Government	Grades 6 to 12	Ms. Ellen	12.25 – 1.05 pm	Friday 9 June	GPC room	No fee	Student representatives were elected at the start of the school year. Students are involved in helping to organize and run various school events.
Yoga by Svarga	Parents, Staff & Friends MS to HS students	Yoga sessions by Svarga instructors	3.00 – 4.00 pm	Finishes Friday 9 June	GPC room	12 participants = Rp650,000,- each 11 = Rp730,000,- each 10 = Rp800,000,- each 9 = Rp890,000,- each 8 = Rp1 juta each	Min.: 8 participants Max.: 12 participants Yoga is a great system of working through body postures to enhance health and relaxation. Svarga is a professional organization offering Yoga instruction and other alternative body arts. Welcome to bring your own Yoga mat but mats are supplied.
Swim training	Open to all grades. New members may join at the discretion of the coaches.	Aquarius Swim Club coaches Managed by Mrs. Nicolette Brata & Mrs. Moya Healy	2.50 – 4.30 pm	Friday 9 June	BIS Swimming Pool (Other pools may be visited for training sessions closer to the IISSAC competition)	Rp500,000,- each for an unlimited number of sessions (A minimum of 3 sessions per week is recommended if joining IISSAC competition) Swimmers who follow intensive training at an external Swim club will have to attend the weekly WHOLE TEAM session and pay Rp300,000,- only	This ECA will prepare students for competitive and fun swim events including internal meets, local meets, and JASIS and IISSAC competitions. For more information, see the Swim training notes for Monday sessions.
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<i>IISSAC Swim training</i>	ES Swim Team session	Aquarius Swim Club coaches Managed by Mrs. Nicolette Brata & Mrs. Moya Healy	10.00 – 11.30 am	Saturday 22 June	BIS Swimming Pool	See the notes listed under Monday program	The last 20 minutes of these session will focus on Relays.
<i>IISSAC Swim training</i>	Grade 6 and up Swim Team sessions	Aquarius Swim Club coaches Managed by Mrs. Nicolette Brata & Mrs. Moya Healy	10.40 am - 12.30 pm	Saturday 22 June	BIS Swimming Pool	See the notes listed under Monday program	The first 20 minutes of these sessions will focus on Relays. The last 30 minutes will focus on land training.