



WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

The A to Z of CCAs and Enrichment



**Lower Prep
Michaelmas Term
2023 – 24**

Be You. Be More.

Welcome to the A to Z of CCAs and Enrichment Booklet where you can find out about all the fantastic opportunities available at Wellington.

A well-rounded child is a successful one. Our balanced lower prep curriculum ensures that all pupils take part in a range of age-appropriate activities. As well as a comprehensive academic program, all children are kept active through physical education lessons and outdoor learning. The arts are well represented in the timetable with all children doing art, drama and music with specialist teachers.

Children in Year 3 can choose a *maximum* of 2 CCAs each week and children in Years 4 and 5 must do a *minimum* of 2 CCAs each week. This is an opportunity for them to explore their interests further in a way that is distinct from the core curriculum. A CCA is not an extra lesson.

Please sit down with your child and discuss their CCA options and allow them to choose what they want to do. To select the CCA, you will need to log on to SchoolsBuddy and we have emailed you the log in details.



It is not first come first served, so you can take your time to think about it. You will need to put 4 CCAs **on each day** in order of preference. We can't guarantee that you will get the first choices, but SchoolsBuddy will auto select for popular CCAs. If you don't get your first choices this time, you probably will before the end of the school year.

We have also included 'Affiliated CCAs' in this booklet. These are activities organized by external providers, not Wellington, that take place off campus. They are activities which are popular with Wellington parents and we have made an affiliation with them. You can sign up directly with the providers by using the QR codes, not via SchoolsBuddy. These providers can take your children directly to the activity after school and you only need pick them up afterwards. An affiliated CCA counts as one of your child's CCAs for the week as it an approved external alternative to a school CCA.

New this year is 'Wellington Extra' which are paid activities which happen on campus at the weekends and evenings. You can sign up for Wellington Extra, by scanning the QR codes. Wellington Extra doesn't count as a CCA as it is an 'extra'.



The Co-Curricular Activities that we offer have been designed to complement your child's academic learning. I would encourage you to not overload them with activities after school and allow them time to just 'be' children; this is important for their overall development. If you are unsure about the right balance, I would encourage you to discuss this with your child's class teacher in the first instance as they have the best overview.

Dr. Paul Tkachenko
Director of CCAs and Enrichment



SIGNING UP

For the school CCA program you need to use SchoolsBuddy. We have emailed you the login details:

<https://cca-wcis.schoolsbuddy.net/>

You might need to reset your password. Make sure you use the email address that you gave the school.

It is important that you choose four choices for each day that you would like your child to do a CCA. Choosing less than four will not increase your chances of getting that CCA. It is not first-come-first served. CCAs are auto allocated when the system closes.

If your child is trying-out for a team or auditioning for a production, you should select a CCA as normal on that day, in case they don't get into the team or production. You can also select 'no CCA' and they will go home if they don't get into the team or production.

Select 'no CCA' if your child will do an Affiliated CCA on that day.

If your child is invited to a CCA it should show up on SchoolsBuddy. If your child is invited after the signup, we can add them later. For now, just choose a CCA as normal.

You can sign up for Affiliated CCAs and Wellington Extra via the QR codes in the descriptions below.

报名与选课

报名参加本校的 CCA 活动需使用 SchoolsBuddy 系统进行选课。我们已将详细的登陆信息通过邮件发送给您，可通过如下链接登录：<https://cca-wcis.schoolsbuddy.net/>

如需重置密码，请确保您用的是向学校提供的电子邮箱地址。

重要信息：请在您孩子可以参加 CCA 的每个日期下选择四个活动。若您在每个日期下勾选了少于四个活动，将无法保证您的孩子有更高机会被分到心仪的 CCA。CCA 的课程分配并非按先到先得的原则进行，系统将会根据您的选项进行自动分配。

如若您的孩子计划参加校队训练或者学校戏剧彩排，建议您按照正常选课流程选择四个 CCA 项目或选“no CCA”。若后期您的孩子未能加入校队或者剧团，我们将根据您的所选的四个 CCA 为您的孩子作相应安排，或安排您的孩子回家。

如果您的孩子计划在特定日期参加 Affiliated CCA 活动，请您对应选择“no CCA”。

如果您的孩子受邀参加某项 CCA，可在 SchoolsBuddy 系统中查看到。若您的孩子在选课系统关闭后被邀请，我们会在后台进行调整添加，您目前仅需依照正常选课流程操作即可。

有关更多 CCA 和 Wellington Extra 的详情及报名二维码，欢迎您查看下方的介绍：



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CCA 3.15-4.45pm Select via SchoolsBuddy	Arts and crafts (drawing) Cheerleading Children's Kidsfit Comic Book Creation Football Gardening Learn to Swim Photography Public Speaking Running Club Spanish Culture Swimming (Swim Squad Bronze) Touch Rugby	Arts and crafts (modelling) Ballet Basketball Y3/4 Chess Cooking Cricket Folk Dance Golf for Beginners Guitar Orchestra Hip Hop Dance Junior Orchestra Learn to Ride a Bike Maths Competition Multisport Y3/4 Public Speaking Rock Climbing Stop Motion Swimming (Swim Squad Bronze)	Arts and crafts (painting) Children's Kidsfit Chinese Documentaries Chinese Poetry Choir Football French Culture Jazz Dance Podcast studio production Rugby (Touch) Swimming (Swim Squad Bronze) Table Tennis The Experimentalists Wind Band	Arts and Crafts (textiles) Basketball Y5/6 Chinese Architecture Models Chinese Calligraphy Chinese Philosophy Cub Scouts First Lego League Kung-Fu Learn to Ride a Bike Multisport Y5/6 Netball Production skills Y4/5 Swimming (Swim Squad Bronze) Tennis Yoga Y5-8		
Affiliated CCA Off-site and after school Sign up using the QR codes in descriptions	Fencing Horse Riding Skiing Kayaking Jiu Jitsu	Archery Golf Ice Skating Rock Climbing Jiu Jitsu	Fencing Golf Horse Riding Skiing Jiu Jitsu	Archery Golf Horse Riding Ice Skating Kayaking Rock Climbing Jiu Jitsu		Sailing (Bronze/Silver badge for Prep School)
Wellington Extra Please sign up using the QR codes in descriptions	Basketball 5-6.30pm Chess 5-7pm Football 5-6.30pm Tennis 5-6.30pm	Football 5-6.30pm Rugby 5-6.30pm Tennis 5-6.30pm Volleyball Y5 5-6.30pm	Basketball 5.-6.30pm Football 5-6.30pm Swimming (Learn to Swim) 5-6.30pm Tennis 5-6.30pm	Football 5-6.30pm Swimming (Learn to Swim) 5-6.30pm Rugby 5-6.30pm Tennis 5-6.30pm	Football 5-6.30pm Swimming (Learn to Swim) 5-6.30pm Tennis 5-6.30pm	Basketball Y3/4 9am-10am Y5/6 10.15-11.15am Football 8am- 1pm Rugby 8-12pm Self-defence 10-11am Spotlight Theatre School: Acting/Musical Theatre 10.15-11.15am Public Speaking 11.15am-12.15pm Swimming (Learn to Swim) 8-1pm Volleyball Y5 5-6.30





ACTING/MUSICAL THEATRE (SPOTLIGHT THEATRE SCHOOL) WELLINGTON EXTRA

Saturday (10.15-11.15am)

This term, our pupils will step into the spotlight and learn repertoire from the West End and Broadway's most popular plays and musicals. Pupils will bring favourite characters to life by acting through song, performing through dance and having fun exploring script work, monologues and honing stagecraft.

This programme is organized by Spotlight Theatre Company on Saturdays as part of Wellington Extra (see the Spotlight Theatre Company section to sign up).



ARCHERY AFFILIATED CCA

Tuesday, Thursday

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need to be collected by you at 5pm at:

Shooting Man-B1,101adc, Mercedes-Benz Arena, No.1200 Shibo Avenue, Pudong New Area

Our programme teaches proper technique, safety and range rules. With experienced instructors, personalised attention, and fun activities, children develop skills, coordination and confidence. We provide all equipment. Smaller bows are available for younger children to use.

Please scan the QR code to sign up directly with the vendor:



ARTS AND CRAFTS (DRAWING) CCA

Monday

Pupils will harness their creativity by learning a range of drawing techniques.



ARTS AND CRAFTS (MODELLING) CCA

Tuesday

Pupils will harness their creativity by using a range of materials to craft models.





ARTS AND CRAFTS (PAINTING) CCA

Wednesday

Pupils will learn a range of painting techniques to create works of art.



ARTS AND CRAFTS (TEXTILES) CCA

Thursday

Pupils will explore a range of fabrics and learn different ways to be creative with them.



BALLET CCA

Tuesday

This CCA is suitable for beginners and covers the fundamentals of classical ballet.

Children will need to wear correct ballet clothing:

Girls: leotard, tights and ballet shoes.
Boys: T-shirt, leggings and ballet shoes.



BASKETBALL CCA & WELLINGTON EXTRA

- Monday • Wellington Extra, 5-6.30pm
- Tuesday • Y3/4 CCA
- Wednesday • Wellington Extra, 5-6.30pm
- Thursday • Y5/6 CCA
- Saturday • Wellington Extra, (Y4 9-10am, Y5 10.15-11.15am)

The basketball CCAs on Tuesdays (for Y3/4) and Thursdays (Y5/6) is suitable for those relatively new to the game of basketball and will focus on the fundamental skills needed to play the game. Occasional friendly matches or tournaments will be played to encourage competitive play and to nurture those players who might wish to represent the school in the future.

For those who would like to take their basketball to the next level, we are hosting additional training with Riptide basketball coaches on Monday and Wednesday nights as part of Wellington Extra. Please note there is an extra cost for this training, which is paid directly to Riptide. To sign up, please scan this QR code:

For Mondays and Tuesdays, scan the code on the left. For Saturdays, scan the code on the right.





CHEERLEADING CCA

Monday

Cheerleading is encouraging the support of a team by energetic dancing and enthusiastic moves. It is an excellent aerobic workout, which can sometimes burn more calories than being on the pitch!

Cheerleading is particularly suitable for those who enjoy dancing and would like to showcase those skills at sporting events.



CHESS CCA, WELLINGTON EXTRA

Tuesday • CCA
Wednesday • Team, Wellington Extra

Wellington has a championship-winning tradition of chess, and it is a very popular activity. Wellington has the largest chess team of any international school in China.

This CCA is suitable for beginner and intermediate players.

If you feel your child is an advanced chess player, please email enrichment.shanghai@wellingtoncollege.cn and we may consider them for our chess team, which meets on Wednesdays.

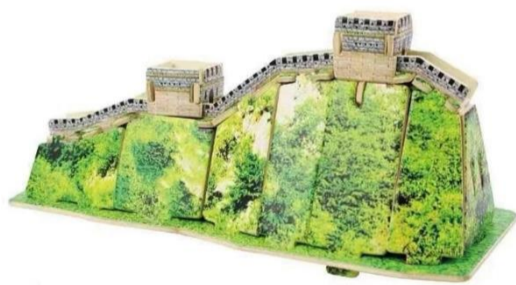
Shanghai Chess Academy are also offering a session on Wednesday evenings as part of Wellington Extra. If you would like your child to join this paid extra, please scan this QR code:



CHILDREN'S KIDSFIT (Y5) CCA

Monday, Wednesday

This CCA is an opportunity for children to be introduced to fitness and functional training methods. Some advanced pupils will begin to use weighted equipment and practise multi-joint movements as a prerequisite to weightlifting.



CHINESE ARCHITECTURE MODELS CCA

Thursday

Children will learn to appreciate traditional Chinese architecture by carefully constructing models.



CHINESE CALLIGRAPHY CCA

Thursday

The opportunity to develop the ancient art of traditional Chinese hard-tipped pen calligraphy.





CHINESE DOCUMENTARIES CCA

Wednesday

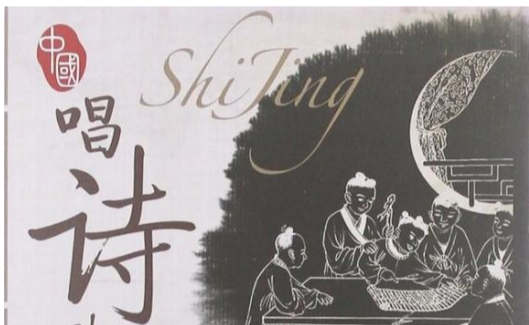
This CCA is suitable for native level Chinese speakers. Pupils will watch famous Chinese documentaries and discuss them as well as engage in a range of activities related to the topics.



CHINESE PHILOSOPHY CCA

Thursday

Confucius was a great philosopher and the epitome of Chinese culture. His ideas have penetrated every area of Chinese society for over 2000 years. In this CCA, pupils will learn the representative philosophy of Confucius and discuss its application in our daily learning and life.



CHINESE POETRY CHOIR CCA

Wednesday

Pupils will immerse themselves in Chinese culture by singing Chinese poems.



CHOIR LUNCHTIME

Monday

Our choir is open to all and no sign up is necessary. Children just need to turn up regularly to rehearsals. The choir rehearse at lunchtime (there will still be plenty of time to eat lunch).

Our Lower Prep Choir takes part in termly concerts as well as a range of external performances.

We will let you know if your child starts coming to choir and we will also let you know if they stop coming before we remove them from the group. To take part in the performances, they do need to regularly attend rehearsals. Please remember that we will not force them to come, but we do work with class teachers to remind them, so they don't forget.



COMIC BOOK CREATION CCA

Monday

Pupils will create their own comic books. As well as shaping their own story lines, they will learn how to draw comic characters and backgrounds.



COOKING CCA

Tuesday

Pupils will have the opportunity to learn about basic food preparation and safety. This CCA is run in conjunction with the school's catering company Aden.

The children will prepare a range of sweet and savoury treats.

The skills will be age appropriate and any activities involving hot food or sharp utensils will be closely supervised.





CRICKET CCA

Tuesday

Cricket is well-established at Wellington College, UK and we are proud to continue this tradition in Shanghai.

As well as having a chance to play some cricket each week, children will learn some of the skills needed to hit the ball further and score more 'runs'. They will also refine their coordination by practising bowling and catching.



CUB SCOUTS CCA

Thursday

The Scouts were founded by Robert Baden-Powell over 100 years ago to encourage the physical, mental and spiritual development of children through a range of activities, which culminate in gaining badges. Scouting has over 50 million members worldwide, so you can be sure that the accreditation will be well recognised and respected.

Although there is no charge for the CCA, to participate fully in the cub scout movement and gain the badges, it is strongly encouraged to **pay a small fee** to become member of the scouting association and **buy a uniform**.

In the future, there will be the opportunity to take part in scout camps and to network with other cub scout packs in Shanghai and beyond.



FENCING AFFILIATED CCA

Monday, Wednesday

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need to be collected by you at 5.15pm at:

Vango Fencing-Shanghai World Expo Center, No. 590 Yaojiang Road, Pudong New Area

Fencing is an Olympic combat sport using swords. Fencing offers excellent fitness development and full body workouts with rapid decisions of next moves required creates an all-round exciting environment with duels.

If you would like your child to do this activity, please sign up directly with the vendor by scanning this QR code:



FIRST LEGO LEAGUE CCA

Thursday

FIRST® LEGO® League guides youth through STEM learning and exploration at an early age. From Discover, to Explore, and then to Challenge, students will understand the basics of STEM and apply their skills in an exciting competition while building habits of learning, confidence, and teamwork skills along the way.

You can learn more about First Lego League [here \(click to open\)](#)



FOLK DANCE CCA

Tuesday

Children will learn traditional European folk dancing. They will learn pair, circle and group dances such as Shoe the Donkey and Strip the Willow. As well as learning the dances, the children will get to explore elements of culture surrounding dance. This CCA will develop the children's gross motor skills, concentration and appreciation for dance around the world.





FOOTBALL CCA, WELLINGTON EXTRA

Monday • CCA, Wellington Extra (5-6.30pm)
Tuesday • Wellington Extra (5-6.30pm)
Wednesday • CCA, Wellington Extra (5-6.30pm)
Thursday • Wellington Extra (5-6.30pm)
Friday • Wellington Extra (5-6.30pm)
Saturday • Wellington Extra (8am-1 pm)

Often called 'the beautiful game' the worldwide popularity of football is huge. Our football provision at Wellington is comprehensive and caters for those new to the sport as well as those who aspire to a professional career in football.

The Monday and Wednesday CCAs are open for all to enjoy a game of football, but also with a specific focus each week to improve their skills. Friendly games and tournaments will also take place and our coaches are always on the lookout for fresh talent and potential for our teams.

For those who would like to dedicate more time to improving their technical skill, regardless of their level, Wellington are working with Total Performance Academy who can provide training every day of the week in the evenings and on Saturday mornings. Please note there is an extra cost for this training, which is paid directly to Total Performance Academy. To register your interest, please scan this QR code:



FRENCH CULTURE CCA

Wednesday

This CCA aims to cultivate an interest in French culture. Sessions will cover many aspects of French culture, such as the music, the food, popular TV shows, history and many other fascinating topics. There will, of course, be the opportunity to pick up some French vocabulary as well. The hope is that children will end the term with a hunger to learn more and to study French in the future.





GARDENING CCA

Monday

Not too many people know that we have our own gardening plot on the campus. This CCA is ideal for children who have 'green fingers' and love to be outdoors cultivating flowers and other plants (some which can be delicious!)

As all gardeners know, wet weather is great for the plants, but it does mean that some days this CCA may take place indoors where children will learn about how to care for plants in a classroom.



GOLF AFFILIATED CCA

Tuesday, Wednesday, Thursday

If your child has some experience playing golf, then there is the opportunity to go to the 18-hole Tomson Golf Course by bus after school to work with Cindy Reid and her team. Two sessions a week are highly recommended to make good progress. It is also possible for the second session to be on a Saturday, but you will need to take your child to the golf course.

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need to be collected by you at 5.45pm at:

Tomson Golf Villas, near Century Park

Alternatively, your child can be picked up outside Wellington at 6.30pm.

If you would like your child to do this activity, please sign up directly with the vendor by scanning this QR code:



GOLF FOR BEGINNERS CCA

Tuesday

This is a course run by Cindy Reid Golf in school for total beginners to golf. After completing this course, it is recommended to take lessons at the golf course (details under 'Golf' above).

This CCA takes place on our school putting green and, like all CCAs at Wellington, there is no additional cost.



GUITAR ORCHESTRA CCA

Tuesday

The guitar orchestra is an ensemble for those who have individual classical guitar lessons, ideally in school. They will need to be able to read music. There are a range of parts and so even relative beginners will be able to join in and more advanced guitarists can be also challenged.

Electric or steel string acoustic guitars are not suitable for the guitar orchestra. These instruments are more suited to a rock band.

If you have any questions about the guitar orchestra, please email music.shanghai@wellingtoncollege.cn





HIP HOP DANCE CCA

Tuesday

Hip Hop dance is a type of street dance which has become increasingly popular in recent years. This CCA is suitable for all, but children should be ready to take part in some quite physical routines which make for an excellent workout as well. Children will need to wear PE kit for this CCA (leggings are acceptable).



HORSE RIDING AFFILIATED CCA

Monday, Wednesday, Thursday

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need to be collected by you at 4.45pm at:

Jay's Ranch (Sanlin) -No. 1200, Changqing Road, Pudong New Area

Learn the art of riding horses and all about their care. Lessons cover all aspects of equestrian knowledge. It is possible to work towards international accreditation, enter competitions and take part in higher level dressage.

Monday is the best day for beginner riders.
Thursday is best for those who are more experienced.



ICE SKATING AFFILIATED CCA

Tuesday, Thursday

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need to be collected by you at 5pm at:

Feiyang Skating-1st Floor, Sanlin Sports Center, No. 201, Yunlian Road, Zhoujiadu Street, Pudong New Area

Ice skating is an Olympic sport. This activity is suitable for beginners, although children who have more experience on the ice can also be accommodated. Equipment is available to hire, but it is recommended to purchase your own. If you would like your child to do this activity, please sign up directly with the vendor by scanning this QR code:





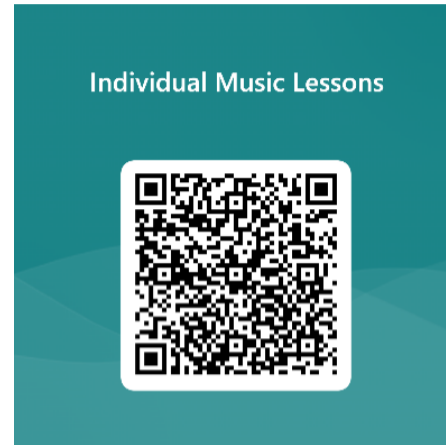
INDIVIDUAL MUSIC LESSONS

30-minute lessons during the school day

In common with most British curriculum schools, we offer a comprehensive individual music lesson program.

It is possible to have up to 2 x 30-minute lessons each week in most instruments with our team of highly qualified teachers. All our teachers are very experienced teaching in the British style, with many having qualified in the UK.

There is an extra charge to take these lessons. If you would like to sign your child up, please scan this QR code.



If you have any questions, please email paul.tkachenko@wellingtoncollege.cn



JAZZ DANCE CCA

Wednesday

Jazz dance is a type of theatrical dancing made popular by choreographers such as Bob Fosse.

Children should wear PE kit for this CCA.





JIU JITSU AFFILIATED CCA

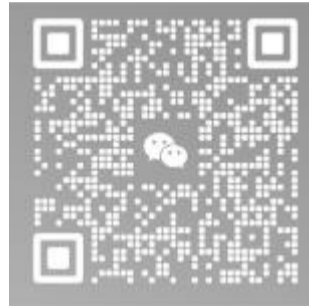
Monday/Tuesday/Wednesday/Thursday

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need to be collected by you at 5pm at:

Yuqiu Road, No. 159. Level 2 (near to school).

Jiu-Jitsu is a martial art that allows a smaller person to successfully defend themselves against a larger attacker

If you would like your child to do this activity, please sign up directly with the vendor by scanning this QR code:



JUNIOR ORCHESTRA INVITATION ONLY

Tuesday

We do not hold auditions for the junior orchestra. If you are unsure if junior orchestra is suitable for your child, please contact music.shanghai@wellingtoncollege.cn and we will be happy to advise.

This orchestra is for developing players. The following instruments are in the orchestra: violin, viola, cello, double bass, flute, clarinet, oboe, bassoon, trumpet, French horn, trombone, tuba, timpani, and tuned percussion.

The piano is not an orchestral instrument. Our orchestras take part in termly concerts and other performances.





KAYAKING AFFILIATED CCA

Monday, Wednesday

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need to be collected by you at 4.45pm at:

Shibo - Hangjia Water Sports Base-No. 1500 Yaolong Road, Pudong New Area (it is directly next to school)

Kayaking is a type of narrow boat (a type of canoe), which children learn to control with an oar. Although no swimming is involved, any child taking part in water sports should be a competent swimmer. In the case of bad weather, an indoor theory lesson will be given.

Please note this activity is only available in Chinese.

If you would like your child to do this activity, please sign up directly with the vendor by scanning this QR code:



KUNG FU CCA,

Thursday

This CCA is an introduction to this popular Chinese martial art.



LEARN TO RIDE A BIKE CCA

Tuesday, Thursday

Being able to ride a bike is a very important life skill. If your child is not very confident on a bicycle, we recommend signing them up for this CCA.

Small group sizes will ensure that your child will gain the confidence they need.

Bikes and protective equipment provided in school.



MATHS COMPETITION INVITE ONLY

Tuesday

If your child is particularly able at maths, they may be selected to take part in this CCA and represent the school in competitions. If you would like your child to be considered for our Maths Team, please discuss this with your child's class teacher.



MULTISPORT CCA

Tuesday • Y3/4

Thursday • Y5/6

Is an opportunity for pupils who are interested in participating in adapted versions of games or are interested in signing up for U11 FOBISIA in the Summer Term. Pupils will learn to play tee ball, invasion games and participate in team building activities.





NETBALL CCA

Thursday

Netball is a popular sport with girls at Wellington and we have netball teams further up the school. This CCA is suitable for those new to the game.



PHOTOGRAPHY CCA

Monday

This CCA is an introduction to digital photography using iPads. Pupils will learn the fundamentals techniques of photography whilst harnessing their creativity and imagination.



PODCAST STUDIO PRODUCTION CCA

Wednesday

Children will learn about how to construct an interesting and engaging Podcast. As well as writing content, they will learn about some of the technical aspects of recording themselves and how to distribute the recording to others can listen and enjoy.



PRODUCTION SKILLS (Y4/5) CCA

Thursday

This CCA is the ideal place for children to cultivate the skills needed to be successful in the various productions that will happen in Lower Prep later this year.

As well as drama skills, children will learn about how to command the stage and develop their confidence whilst performing.



PUBLIC SPEAKING CCA, WELLINGTON EXTRA

Monday, Tuesday • CCA
Saturday • Wellington Extra, 11.15-12.15pm

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

Public speaking is also offered by Spotlight Theatre Company on Saturdays as part of Wellington Extra (see the Spotlight Theatre Company section to sign up).





ROCK CLIMBING *AFFILIATED CCA*

Tuesday, Thursday

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need to be collected by you at 5.30pm at:

Le Mont Climbing-Room 217, 2nd Floor of Yong's Sport Center, No. 555 Xiyang South Road, Pudong New Area.

Rock climbing is an excellent all-body workout. This activity takes place on an indoor climbing wall and is suitable for total beginners to climbing. All equipment (including special climbing shoes) can be hired, but it is recommended that you buy your own shoes.

If you would like your child to do this activity, please sign up directly with the vendor by scanning this QR code:



RUGBY (TOUCH) *CCA, WELLINGTON EXTRA*

Monday • CCA
Tuesday • Wellington Extra (5-6.30pm)
Wednesday • CCA
Thursday • Wellington Extra (5-6.30pm)
Saturday • Wellington Extra (8-12pm)

Touch rugby in Lower Prep will develop children's fundamental skills and introduce adapted recreational and competitive games within school. Occasional friendly matches or tournaments will be provided to encourage pupil's competitive play.

For those who would like to dedicate more time to improving their technical skill, regardless of their level, Wellington are working with Rhino Rugby Academy who can provide training on Tuesdays and Thursdays as well as Saturday mornings. Please note there is an extra cost for this training, which is paid directly to Rhino Rugby Academy. To register your interest, please scan this QR code: please contact the vendor for further information.



RUNNING CLUB *CCA*

Monday

This is an excellent CCA for those looking to develop their fitness. As well as longer runs at a pace suitable for the children's level, they will explore good running technique and how to pace oneself effectively.





SAILING *AFFILIATED CCA*

Saturday

Wellington has a strong tradition of sailing with several pupils achieving the prestigious IYT (International Yacht Training) Platinum certification, the highest level.

Sailing happens at weekends on a lake just outside Shanghai and you would be responsible for taking your child there and picking them up

If you would like to find out more about this activity, which was established by Wellington parents, please contact the organizer directly:



SELF DEFENSE *WELLINGTON EXTRA*

Saturday

Self-defense techniques, known as "fangshenshu" in Chinese martial arts, are a set of skills and techniques used for personal self-defense. Unlike a sport or virtual game, it is a form of martial arts that focuses on practical combat situations. It involves a range of defensive strategies and techniques that individuals can employ to protect themselves from physical attacks and safeguard our personal safety and belongings.

If you are interested in this program, please scan the QR Code below:



SKIING *AFFILIATED CCA*

Monday, Wednesday

This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be walked to the nearby activity after school by the provider and will need to be collected by you at 5.30pm at:

Snow51(Jingyao Qiantan): 2nd Floor, Jingyao Qiantan, North District Shopping Center, No. 212 Yaoti Road, Pudong New Area

Start to ski on indoor simulators before progressing to the new snow dome being built in Shanghai (due to open late 2023). All equipment is provided. Please note that these sessions are only available in Chinese.

If you would like your child to do this activity, please sign up directly with the vendor by scanning this QR code:

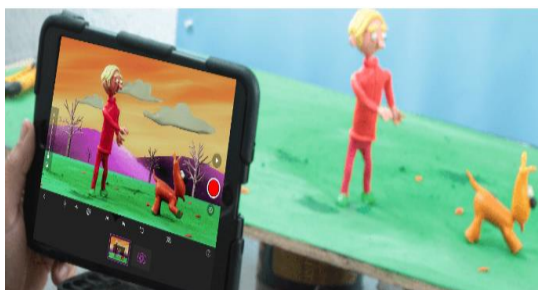




SPANISH CULTURE CCA

Monday

This CCA aims to cultivate an interest in Spanish culture. Sessions will cover many aspects of Spanish culture, such as the music, the food, popular TV shows, history and many other fascinating topics. There will, of course, be the opportunity to pick up some Spanish vocabulary as well. The hope is that children will end the term with a hunger to learn more and to study Spanish in the future.



STOP MOTION CCA

Tuesday

In this CCA, children create their own animated videos, using props they manipulate and photograph incremental movements. It is an opportunity to learn the art of storytelling aided by technology.



SWIMMING CCA, WELLINGTON EXTRA

- Monday • Learn to Swim CCA, Bronze Squad CCA
- Tuesday • Bronze Squad CCA
- Wednesday • Bronze Squad CCA, Wellington Extra (5-6pm)
- Thursday • Bronze Squad CCA
- Saturday • Wellington Extra (9-10am or 10-11am (Y3), 11am-12pm (Y4/5))

Learn to Swim CCA (Monday)

Swimming in Lower Prep will develop children's fundamental stroke skills during water-based activities providing opportunities for children to learn to swim.

Bronze Squad CCA (Monday – Thursday)

Swimming in bronze squad is open to all pupils who are continuing to develop their swimming ability and aspire to join the swimming team. It is not necessary to come on multiple days to Bronze Squad, but the more time spent in the pool, the more progress is likely to be made.

Wellington Extra Swimming (Wednesday – Saturday)

Children can come to learn to swim Wednesdays, Thursdays and Fridays from 5-6.30pm and on Saturday mornings sessions between 9am-12pm. Please note that this is a paid extra. You can sign up for Wellington Extra Swimming by scanning this QR code:



TABLE TENNIS CCA

Wednesday • CCA

Many enjoy playing table tennis recreationally, but there are also a growing number of more serious players. In the Wednesday CCA, all sessions are mixed ability although there are opportunities for pupils to be challenged as well have a more relaxed game of table tennis.





TENNIS CCA, TEAM, WELLINGTON EXTRA

- Monday • Wellington Extra (5-6.30pm)
- Tuesday • Wellington Extra (5-6.30pm)
- Wednesday • Wellington Extra (5-6.30pm)
- Thursday • CCA, Wellington Extra (5-6.30pm)
- Friday • Wellington Extra (5-6.30pm)

Tennis is a hugely popular sport at Wellington and whether a recreational or competitive player, we have provision for all. The CCA for Lower Prep is run on Thursdays.

There is also the possibility to have more focused sessions with SportEd Coaches every evening between 5-6.30pm as part of Wellington Extra. Please note that this is a paid extra. You can sign up directly with SportEd by scanning this QR code:



THE EXPERIMENTALISTS CCA

Wednesday

Children will explore how things work in technology and the natural world through conducting experiments. This CCA is an opportunity to develop creativity through conducting scientific experiments.



VOLLEYBALL Y5 WELLINGTON EXTRA

Tuesday, Saturday

Volleyball develops technical skills along with the opportunity to participate in recreational games/tournaments. Occasional friendly matches or tournaments will be provided to encourage pupil's competitive play. Providing a gate way to seasonal competitive teams.



WIND BAND CCA

Wednesday

Wind band is a musical ensemble just for wind instruments such as flute, clarinet, saxophone, oboe, bassoon, trumpet, trombone, French horn and tuba. Children generally make much quicker progress on wind instruments than on string instruments (such as the violin and cello) and so a wind instrument is an excellent second instrument for those children who play the piano and would like to learn an ensemble instrument.

It is essential that your child has individual lesson on a wind instrument to take part in the wind band, they will not be able to learn how to play in the wind band. Although these don't have to be in school, our individual music programme at Wellington is second to none and is the ideal complement to playing in the school wind band. For more information, see 'Individual Music Lessons' (under I).

There are a range of parts to play in the wind band and so relative beginners and advanced players can play alongside each other.



This year, we hope that the wind band can also do some marching to support sporting events.

If you are unsure if your child will be suitable for wind band, please email music.shanghai@wellingtoncollege.cn



YOGA CCA

Thursday

Children will engage in a range of physical, mental, and spiritual practices which aim to control and still the mind. Yoga is widely thought to be excellent for wellbeing.

