



WELLINGTON COLLEGE  
INTERNATIONAL  
SHANGHAI

# The A to Z of CCAs and Enrichment



**Pre-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 pre-prep curriculum ensures that all pupils take part in a range of age-appropriate activities. As well as a comprehensive academic programme, 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.

Every Tuesday, children can choose one co-curricular activity (CCA). 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 option and allow them to choose what they want to do. To select the CCA, you will need to log on to SchoolsBuddy. We have emailed you the login details.

**It is not first come first served**, so you can take your time to think about it. You will need to put four CCAs in order of preference. We cannot guarantee that you will get the first choice, but SchoolsBuddy will auto select for popular CCAs. If you do not get your first choice this time, you probably will before the end of the school year.

We have also included affiliated CCAs in this booklet. These are activities organised by





external providers and 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.

New this year is Wellington Extra. These are paid activities which happen on campus at the weekends and evenings. You can sign up for Wellington Extra by scanning the QR codes.

We have designed our CCAs 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 our CCA programme you need to use SchoolsBuddy. We have emailed you the login details:

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

You might need to reset your password. Please be 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. 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 do not get into the team or production. You can also select 'no CCA' and they will go home if they do not 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



<p><b>CCA</b></p> <p>2.15-3.15pm</p> <p>Select via SchoolsBuddy</p>		<p>Arts and Crafts (Modelling)</p> <p>Arts and Crafts (Painting)</p> <p>Arts and Crafts (Textiles)</p> <p>Ballet</p> <p>Chinese Arts and Crafts</p> <p>Chinese Story Club</p> <p>Cooking (Cold Kitchen)</p> <p>Football</p> <p>Golf for Beginners</p> <p>Mini Sinfonia (Orchestra)</p> <p>Racket Games</p> <p>Solution Society</p> <p>Multisports</p> <p>Story Telling</p> <p>Swimming</p> <p>The Experimentalists</p>				
<p><b>Affiliated CCA</b></p> <p>Off-site and after school</p>	<p>Fencing</p> <p>Horse Riding</p> <p>Jiu Jitsu</p> <p>Skiing</p>	<p>Archery</p> <p>Golf</p> <p>Ice Skating</p> <p>Jiu Jitsu</p> <p>Rock Climbing</p>	<p>Fencing</p> <p>Golf</p> <p>Horse Riding</p> <p>Jiu Jitsu</p> <p>Skiing</p>	<p>Archery</p> <p>Golf</p> <p>Horse Riding</p> <p>Jiu Jitsu</p> <p>Ice Skating</p> <p>Rock Climbing</p>		
<p><b>Wellington Extra</b></p> <p>Children cannot remain in school between 3.15-5pm</p> <p>Please sign up using the QR codes in descriptions</p>	<p>Football 5-6.30pm</p>	<p>Football 5-6.30pm</p>	<p>Football 5-6:30pm</p> <p>Swimming (Learn to Swim) 5-6pm</p>	<p>Football 5-6.30pm</p>	<p>Football 5-6.30pm</p>	<p>Basketball 9am-1pm</p> <p>Football 8am- 1pm</p> <p>Self-defence 9-10am</p> <p>Spotlight Theatre School (Acting/Musical Theatre) 9-10am</p> <p>Swimming (Learn to Swim) 9-10am or 10-11 am</p>





## ACTING/MUSICAL THEATRE WELLINGTON EXTRA

Saturday (9-10am)

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 (MODELLING) CCA

Tuesday

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







### ARTS AND CRAFTS (PAINT) *CCA*

Tuesday

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



### ARTS AND CRAFTS (TEXTILES) *CCA*

Tuesday

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 *WELLINGTON EXTRA*

Saturday

We offer basketball to Pre-Prep as part of Wellington Extra on Saturday mornings. Sessions are between 9-10am. Please note there is an extra cost for this training. To sign up, please scan this QR code:





#### CHINESE ART CCA

Tuesday

Pupils will explore a range of art techniques to create works of art with Chinese themes.



#### CHINESE ARTS AND CRAFTS CCA

Tuesday

Pupils harness their creativity by exploring a variety of Chinese art and crafts. This CCA will have more of a focus on building things (crafting).



#### CHINESE STORY CLUB CCA

Tuesday

Pupils listen to a range of Chinese stories and take part in activities which promote their understanding and engagement with the literature.



#### COOKING (COLD KITCHEN) 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 will not involve hot food or sharp objects.







## FENCING AFFILIATED CCA

Monday, Wednesday

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**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:



## FOOTBALL CCA

Monday: Wellington Extra (5-6.30pm)

Tuesday: CCA, Wellington Extra (5-6.30 pm)

Wednesday: Wellington Extra (5-6.30 pm)

Thursday: Wellington Extra (5-6.30 pm)

Friday: Wellington Extra (5-6.30 pm)

Saturday: Wellington Extra (session between 8am-1 pm)

Football in Pre-Prep will develop children's fundamental skills during adapted games and activities.

For those who would like to dedicate more time to improving their game, regardless of their level, Wellington are working with Total Performance Academy who are able to provide training every day of the week in the evenings and on Saturday mornings. Please note that 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:





**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.

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**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. After completing this course, it is recommended to take lessons at the golf course (see above).



**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

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***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:



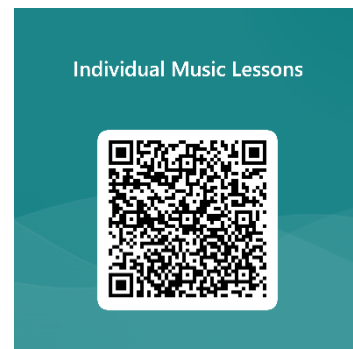
## INDIVIDUAL MUSIC LESSONS

30-minute lessons during the school day

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

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](mailto:paul.tkachenko@wellingtoncollege.cn)







### JIU JITSU AFFILIATED CCA

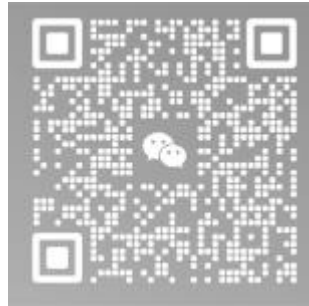
Monday/Tuesday/Wednesday/Thursday

**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:



### MULTISPORTS CCA

Tuesday

This CCA is an opportunity for pupils who are interested in participating in adapted versions of invasion games, such as benchball.



### MINI SINFONIA (ORCHESTRA) INVITATION ONLY

Tuesday

Mini Sinfonia is Pre-Prep's very own orchestra which gives performances throughout the year. The instruments in the Mini Sinfonia are:

Violin, Cello, Classical Guitar, Recorder.

**Your child should be having individual lessons in that instrument**, ideally at school (see the 'Individual Music Lessons' section). The Mini Sinfonia is suitable for total beginners to about ABRSM grade 3 level. Please contact your child's classroom music teacher if you would like them to join the Mini Sinfonia.

Note that piano is not included in the Mini Sinfonia, only the instruments listed above. We do not teach the children how to play the instrument in the rehearsals.

If your child plays at a particularly high level for their age (beyond ABRSM grade 3), they may be able to join the Junior Orchestra. Please contact your child's music teacher for more information.



### RACKET GAMES CCA

Tuesday

Racket games is an introduction to tennis where pupils develop their hand-eye coordination and movement skills. Pupils may not play the full game of tennis but will improve their footwork, concepts and ball skills.





### 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 Xiying 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:



### SELF-DEFENCE *WELLINGTON EXTRA*

Saturday

Self-defence techniques, known as "fangshenshu" in Chinese martial arts, are a set of skills and techniques used for personal self-defence. 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 programme, please scan the QR Code below:



### SKIING *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:







## SOLUTION SOCIETY CCA

Tuesday

Each week children will play games that present problems and dilemmas. They will then use their powers of deduction and mathematical thinking to find solutions.



## SPOTLIGHT THEATRE SCHOOL WELLINGTON EXTRA

Saturday 9-10am

### Acting/Musical Theatre

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.

The programme is structured using the LAMDA examination syllabus to provide pupils with the opportunity of entering for their Acting or Musical Theatre LAMDA examinations in December 2023. Exam registrations will open in mid-October and set syllabus material will be allocated during class time.

If you are interested in your child joining these sessions, please scan this QR code:



## STORY TELLING CCA

Tuesday

Young children love to listen to stories and this CCA is certainly a good place to hear some. They will also learn to make their own stories and share them with their friends.



## SWIMMING CCA, WELLINGTON EXTRA

Tuesday: CCA  
Wednesday: Wellington Extra (5-6pm)  
Saturday: Wellington Extra (9-10am or 10-11am)  
CCA: Learn to Swim (Tuesday)

If your child is anxious around water, this CCA is suitable for them. It is also suitable for those children who are unable to swim. Your child's PE teacher may recommend that they attend this CCA.

Wellington Extra Swimming (Wednesday – Saturday)

If you would like extra learn to swim sessions, we are offering this as part of Wellington Extra on Wednesday evenings and Saturday mornings. Please note that this is a paid extra. You can sign up for Wellington Extra Swimming by scanning this QR code:







## THE EXPERIMENTALISTS CCA

Tuesday

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.

