



WELLINGTON COLLEGE  
INTERNATIONAL  
SHANGHAI

# The A to Z of CCAs and Enrichment



Senior School  
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 pupil is a successful one. Our balanced Senior School curriculum ensures that all pupils take part in a range of activities to prepare them for further education. As well as a comprehensive academic program, all pupils are kept active through compulsory physical education lessons. Even if they are not studying performing or creative arts subjects, there are many possibilities to get involved.

All CCAs in the Senior School are designed to enhance a university application form. There are activities that will complement the academic pathway and there are also many opportunities to develop individual talents as well as gain life skills such as cooking.

Please think carefully about the CCA options and talk to your tutor if need advice. 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 there is no rush. You will need to put 4 CCAs in order of preference. We can't guarantee that you will get the first choice, but SchoolsBuddy will auto select for popular CCAs. If you don't 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 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 take you directly to the activity after school and, as a Senior School pupil, you can make your own way home afterwards. 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.





The Co-Curricular Activities that we offer have been designed to complement your academic learning. Don't overload yourself with activities after school and make sure you have some downtime each week. If you make a commitment to an activity, you should always attend and do it to the best of your ability. If you are unsure about the right balance, I would encourage you to discuss this with your tutor.

**Dr. Paul Tkachenko**

**Director of CCAs and Enrichment**



# CONTENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CCA</b>  (3.15-4.45 pm)  Select via SchoolsBuddy  * invitation only (not on SchoolsBuddy)	Biology Olympiad  DT Open Workshop  Frisbee  Global Sustainability Club  Hip Hop Dance  Maths Competition*  MUN  Open workshop – DT  Orchestra*  Spinning  Starcraft  Trampolining	AI Racing (Team)*  Bamboo Structures  Charity Committee  Chinese Debating*  Contact Rugby  Debating Society  Guitar Orchestra  Medical Society  Spinning  STEM Electronics (Team)	Art Open studio  Cooking  Chemistry Olympiad  Chess Team*  Duke of Edinburgh (D of E)  Economics Society  Law Society  Physics Olympiad  Psychology Society  Tennis  VEX Robotics Competition*  Warhammer  Wind Band	Art – Murals (Y9 only)  Chess  Chinese Culture  Chinese Magazine  Finance Society  Golf  History Society  Jazz and Ballet  Learn to be a Sound Engineer  MUN  Poetry Society  Rock Band*  Student Publication  Textiles  Contact rugby		Centre Stage (10am-1pm)	
<b>Teams</b>  (3.15pm-4.45pm unless stated otherwise)  (selection by tryout, not via SchoolsBuddy)	Basketball  Volleyball	Football U14 CISSA  Functional Training  Netball	Basketball (6.45am-8am)  Tennis  Volleyball	Football U14 CISSA  Functional Training  Netball	Basketball (6.45am-8am)  Volleyball		
<b>Productions</b>  (selection by audition, not via SchoolsBuddy)	Production – As You Like It (Y8-13 Play)	Production - Pippin	Production - Panto (Treasure Island) - (Y9 only)				
<b>Affiliated CCA</b>  (off-site and after school, see descriptions for signup and pickup times)	Fencing Horse Riding Jiu Jitsu Kayaking Skiing	Archery Golf Ice skating Jiu Jitsu Rock Climbing	Fencing Golf Horse riding Jiu Jitsu Kayaking Skiing	Archery Golf Horse riding Ice skating Jiu Jitsu Rock Climbing		Sailing (Bronze/Silver badge for Prep School)	Sailing (Gold Platinum badge for Prep School)
<b>Wellington Extra</b>  (Signup via QR code in the descriptions below. All timings subject to confirmation with the vendors)	Basketball 5-6.30pm  Football 5-6.30pm  Tennis 5-6.30pm	Football 5-6.30pm  Rugby 5-6.30pm  Tennis 5-6.30pm  Volleyball 5-6.30pm	Basketball 5.-6.30pm  Chess 5-7pm  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  Volleyball 5-6.30pm	Football 5-6.30pm  Swimming (Learn to Swim) 5-6.30pm  Tennis 5-6.30pm	Football (8am- 1pm)  Kung Fu (8am-1pm)  Self-defence (10-11am)  Spotlight Theatre School 12.30-13.30pm Acting/Musical Theatre  Swimming (Learn to Swim) (Times between 8am-1pm)	



# 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：





## ACTING/MUSICAL THEATRE (SPOTLIGHT THEATRE SCHOOL) WELLINGTON EXTRA

Saturday • Wellington Extra, (12:30-13:30pm)

This term our students will step into the Spotlight and learn repertoire from the West End and Broadway's most popular plays and musicals. Students 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 students 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. Please note there is an extra cost for this training. To sign up, please scan this QR code:



## AI RACING TEAM

Tuesday

Deep racing involves algorithmic model creation, training and using a car in our robotics lab to test the efficacy of the model. It uses machine learning to train itself. The skills learnt include teamwork, coding, developing machine learning algorithms and AI concepts.

Please contact [tobias.oyugi@wellingtoncollege.cn](mailto:tobias.oyugi@wellingtoncollege.cn) if you would like to join this team.



## 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***

Archery is the skill of learning to shoot arrows with a bow. There are special small bows for younger children to use.

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



## ART – MURALS (Y9 ONLY) CCA

Thursday

The opportunity to analyse and create mural art.







## ART OPEN STUDIO (Y10-13) CCA

Thursday

IGCSE and IB art pupils' opportunity to develop artistic practice further.

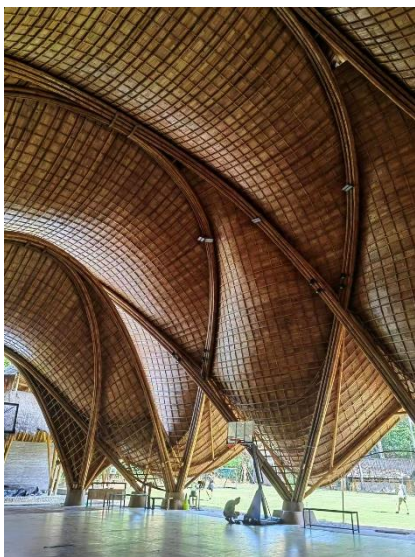
You can attend this CCA even if you do not study art, but would still like some time in the art studio to work on your own projects.



## BADMINTON LUNCHTIME

Thursday

Play structured games of badminton with friends in a relaxed environment. No sign up needed, just come outside and play.



## BAMBOO STRUCTURES CCA

Tuesday

Bamboo Structures, where students come together to explore the limitless possibilities of bamboo as a versatile material for creating innovative products and structures. Our CCA allows aspiring designers and engineers to channel their creativity and passion into hands-on projects. By harnessing the unique qualities of bamboo, we not only nurture individual talents but also foster collaboration and teamwork, emphasising the importance of collective learning and problem-solving. As members of this club, you'll have the opportunity to embark on a journey that combines design thinking, engineering principles, and sustainable practices.



## BASKETBALL TEAM & WELLINGTON EXTRA

Monday • Team, Wellington Extra, 5-6.30pm

Wednesday • Team, Wellington Extra, 5-6.30pm

Friday • Team

Saturday • Wellington Extra, sessions between 8am-12pm

Basketball in the Senior School is for selective teams. You will need to try out for the team.

If you make it into the team:

Pre-season training will be Wednesdays & Fridays only at 6.45am to 8am (before school).

In-season training days will be Mondays, Wednesdays & Fridays during CCA time (3.15pm-4.45pm).

To sign up for the trials, please scan this QR code.



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 in the evening (5-6.30pm).

Please note there is an extra cost for this training, which is paid directly to Riptide. To sign up, please scan this QR code:







### BIOLOGY OLYMPIAD CCA

Monday

The Biology Olympiad is only open to pupils in year 10 and above. This is a national competition that tests your knowledge of biology. It is a challenging competition with questions pitched at and including A level biology knowledge. In sessions, we will study advanced topics, read current articles relating to biology and carry out practical investigations.



### CENTRE STAGE INVITATION ONLY CCA

Saturday

CentreStage is for our most dedicated performers. There are sessions in dance, drama and singing where you will be challenged and pushed to reach your full potential and take part in performances.

If you would like to be considered for CentreStage, please email [michael.larsen-disney@wellingtoncollege.cn](mailto:michael.larsen-disney@wellingtoncollege.cn)



### CHARITY COMMITTEE CCA

Tuesday

Each year Wellington does a huge amount for charity and our charity committees across the school are central to makes this all happen.

As well as the feel-good factor from making a real difference to those in need, this kind of work is highly valued by universities and employers.



### CHEMISTRY OLYMPIAD CCA

Wednesday

The Chemistry Olympiad and Extension CCA is a great way to assist your preparation to participate in the Canadian Junior Chemistry Olympiad and/or the UK RSC Olympiad. You will be stretched, engaged and involved in a variety of lectures, and discussions that enhance your understanding of chemistry. In the past two years pupils have won gold, silver and regional awards.

Contact [paula.alderson@wellingtoncollege.cn](mailto:paula.alderson@wellingtoncollege.cn) if you would like to be considered for this CCA.



### CHESS CCA, TEAM & WELLINGTON EXTRA

Wednesday • Team, Wellington Extra  
Thursday • CCA

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.

The CCA on Thursday is for players of all ability. If you would like to be considered for the school chess team on Wednesdays, you should contact [james.waldron@wellingtoncollege.cn](mailto:james.waldron@wellingtoncollege.cn)

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:





## CHINESE CULTURE CCA

Thursday

This CCA is the perfect place to explore the deep culture of China. Even if you are Chinese, this CCA and China's rich cultural heritage is bound to surprise you with something new and exciting.

This CCA is suitable for native level Chinese speakers as well as those who have a more basic command of the language, although a knowledge of Mandarin will, of course, allow you to dig deeper into the culture.



## CHINESE DEBATING INVITATION ONLY CCA

Tuesday

Learn from your peers whilst having fun and improving your Chinese communication skills.

Wellington have a very Chinese Debating Team who have won many high-level competitions.

Contact [yang.liu@wellingtoncollege.cn](mailto:yang.liu@wellingtoncollege.cn) if you would like to be considered for the Chinese debating team.



## CHINESE MAGAZINE CCA

Thursday

You will put together a professional magazine, detailing many things that happen around the college.

This CCA is excellent for those who are interested not only in journalism, but also in photography and design.



## CHOIR LUNCHTIME

Wednesday

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

Our Senior School Choir take part in our termly concerts as well as a range of external performances.

To take part in the performances, you DO need to regularly attend rehearsals. No prior singing experience needed.



## COOKING CCA

Wednesday

This CCA is run in conjunction with our catering company Aden. You will have the opportunity to work with our top chefs who will give you the skills not only cook for yourself (a skill you will need in the future) but also how to cook some special dishes which you can use to impress your friends and family.

All food and materials will be provided by the school.







## DEBATING SOCIETY CCA

Tuesday

Learn a range of debating skills whilst having fun improving your communication skills. This is an excellent choice for those looking to increase their confidence thinking on their feet and speaking in front of others.



## DT OPEN WORKSHOP CCA

Monday

The DT Open Workshop is your gateway to unlocking the full potential of our state-of-the-art Design and Technology facilities. Designed for students across disciplines, this club offers a unique opportunity to harness the power of creativity, innovation, and technical prowess. Whether you're an IGCSE or IB student seeking to enhance your CAS projects, embark on an ambitious Extended Essay, or explore your creative side, our well-equipped workshop is your playground.



## DUKE OF EDINBURGH (D OF E) CCA

Wednesday

The Duke of Edinburgh's Award promotes personal improvement through leadership training, community service and physical conditioning. Wellington College offers the Duke of Edinburgh's Bronze, Silver and Gold Awards. It is an intensive programme in which participating pupils plan and ultimately go on an expedition for several days in the wilderness: last year we were the first international school to visit Guanba Panda Reserve where we assisted with capturing infrared camera footage. This year we intend to add Yunnan to our destinations list for Bronze and Silver – with even more exciting opportunities for Gold.

It is a highly desirable qualification to include on university application form.



## ECONOMICS SOCIETY CCA

Wednesday (Y12/13 only)

This CCA is exclusively for 6<sup>th</sup> formers to engage in high-level discussions about economics.







## 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:



## FINANCE SOCIETY CCA

Thursday

This CCA is for those wishing to pursue finance as a career. There is also the opportunity to work with our own bursar as well as taking part in the Wharton Investment Competition:

<https://globalyouth.wharton.upenn.edu/investment-competition/>



## FOOTBALL TEAM & WELLINGTON EXTRA

Monday • Wellington Extra (5-6.30pm)

Tuesday • U14 CISSA (Team), Wellington Extra (5-6.30pm)

Wednesday • Wellington Extra (5-6.30pm)

Thursday • U14 CISSA (Team), Wellington Extra (5-6.30pm)

Friday • Wellington Extra (5-6.30pm)

Saturday • Wellington Extra (8-1 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.

On Tuesdays and Thursdays, the U14 Squad train for the CISSA tournament and trials for this will happen at the start of term. To register your child's interest in playing for the team, please scan this QR code:



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:





扫一扫上面的二维码图案，即可加微信。



**FRISBEE CCA**

Monday

This is an opportunity to have a recreational game of frisbee



**FUNCTIONAL TRAINING CCA**

Tuesday, Thursday

This is an opportunity for pupils to being to build strength and fitness through more complex and targeted training methods. If you are involved in a sports team or are interested in fitness for life this CCA is for you.



**GLOBAL SUSTAINABILITY CLUB CCA**

Monday

This CCA will allow pupils to become better stewards of the environment. We will explore the complexities of global sustainability challenges, gain exposure to emerging business solutions, and look at potential professional opportunities.



**GOLF FOR BEGINNERS CCA**

Thursday

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' below).

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



**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 the prestigious 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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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:



#### GUITAR ORCHESTRA CCA

Tuesday

The guitar orchestra is an ensemble for those who have individual classical guitar lessons, ideally in school. You 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](mailto:music.shanghai@wellingtoncollege.cn)



#### HIP HOP DANCE CCA

Monday

Suitable for beginners. Hip-hop is a range of street dance styles.



#### HISTORY SOCIETY CCA

Thursday

This is a forum to explore history beyond the curriculum and to explore your personal interests and passions.



#### HORSE RIDING AFFILIATED CCA

Monday, Wednesday, Thursday

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**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. Y10-13 can be arranged at a convenient time.

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 of 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)



### JAZZ AND BALLET CCA

Thursday

This class introduces the students to techniques and choreography in theater jazz and classical ballet. Students must wear appropriate dance clothing to class: leotard and tights (girls) and leggings/t-shirt (boys) for ballet, and leggings/t-shirt for jazz.



### JIU JITSU AFFILIATED CCA

Monday, Tuesday, Wednesday, Thursday

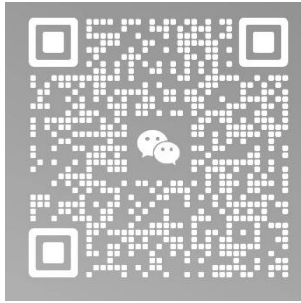
***This is an 'affiliated CCA', not run by Wellington. You will not be able to sign up using SchoolsBuddy. You can sign up using the QR code here. There is a cost for this CCA, which is payable directly to the provider. Children will be taken to the activity after school by the provider and will need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





#### KAYAKING AFFILIATED CCA

Monday, Wednesday

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**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.

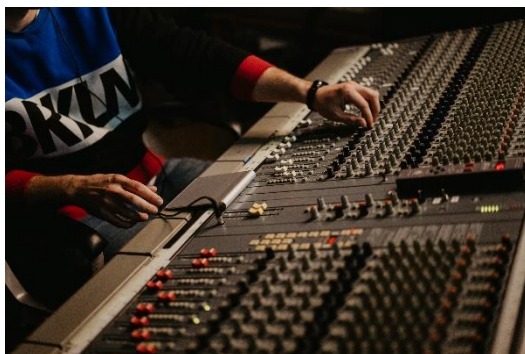
If you would like your child to do this activity, please sign up directly with the vendor by scanning this QR code:



#### LAW SOCIETY CCA

Wednesday

This CCA is mainly for those considering a career in law. As well as exploring various cases studies, there will be the opportunity to work with some of our staff who have a background in law.



#### LEARN TO BE A SOUND ENGINEER CCA

Thursday

In this CCA you will learn how to operate a mixing desk for live and recorded sound. You will learn about different types of microphones and how to set up PA systems and recording studios.

If you are interested in live or studio music production, this is the perfect CCA for you. There will be opportunities to mix for live bands and set up for events. There will also be the option to record and produce your own music.

You do not need to be able to play a musical instrument to join this CCA.





**United Kingdom  
Mathematics Trust**



**WELLINGTON COLLEGE  
INTERNATIONAL SHANGHAI**

### **MATHS COMPETITION** *INVITATION ONLY CCA*

**Monday**

In this CCA, pupils have an opportunity to develop and refine their problem-solving, logical thinking and reasoning skills with a focus on maths competitions. Pupils will be challenged with puzzles, maths problems, riddles and logic problems to name a few.

### **MEDICAL SOCIETY** *CCA*

**Tuesday**

This CCA offers exposure to medical/healthcare terminology and support for those aspiring to study medicine. A range of real-world situations will be introduced so that pupils will get a feel of what it is like to work within the healthcare industry.

### **MUN (MODEL UNITED NATIONS)** *CCA*

**Monday, Thursday**

The world is in your hands. Develop your diplomacy skills and attempt to solve the pressing issues facing our planet: global warming, conflict, pandemics and human rights. Or step inside an alternative world where, as the United Nations, we explore how the world could react to an alien invasion, impending meteor strike or zombie apocalypse. Be guided on how to research, construct and debate resolutions to solve global problems from the perspectives of countries around the world within the framework of the United Nations. MUN is a great opportunity to meet pupils from other schools as well as starting to evidence public speaking, global citizenship and leadership skills for future college essays or personal statements. We also hope to take part in local, national and international conferences in the future as well as planning our own.

### **NETBALL** *TEAM*

**Tuesday, Thursday**

Our Netball team trains on Tuesdays and Thursdays during CCA time and they will take part in a range of matches and tournaments throughout the year.

Try-outs will be held at the start of the term. To sign up for the trials, scan this QR code:



### **ORCHESTRA** *INVITATION ONLY CCA*

**Monday**

Wellington Orchestra (also known as 'senior orchestra') is for more advanced players. The following instruments are in the orchestra: violin, viola, cello, double bass, flute, clarinet, oboe, bassoon, trumpet, French horn, trombone, tuba, timpani, tuned percussion. The piano is not an orchestral instrument. The majority of children in the Wellington Orchestra are in UP/SS.

Our orchestras take part in termly concerts and sometimes external performances.



## PUPIL LED CCA

Any day

If you have a particular passion and you want to develop your own CCA; you can!

You will need to have a very clear plan about what you want to do and you will need a significant number of pupils involved. To apply to run a pupil led CCA, you need to complete this form and get it approved:



## PRODUCTION - PANTO INVITATION ONLY CCA

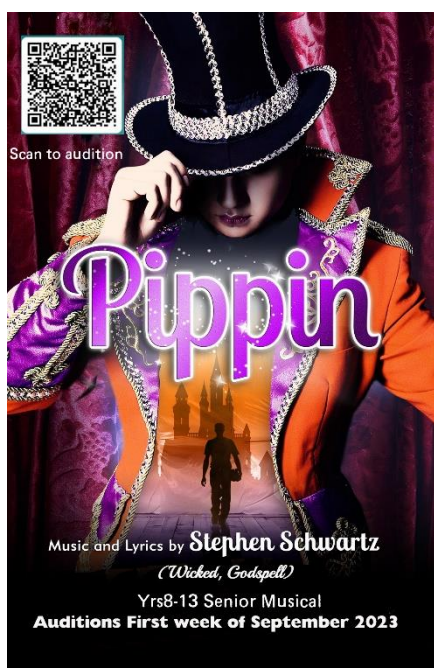
Wednesday (Y9 only)

This term the Panto will be 'Treasure Island'.

Panto is a type of musical comedy production which involves plenty of audience participation and family fun. Expect to act, sing and dance in this show.

Auditions will be held at the start of term and the show will be performed in December.

You can register your interest in being part of the panto by [completing this form](#):



## PRODUCTION - PIPPIN INVITATION ONLY CCA

Tuesday

This year the 'senior' musical this year will be Pippin, which features songs by Steven Schwartz (of *Wicked* fame).

Auditions will be held the first week of September and the show will be performed in March.

You can register your interest in being part of the this show by [completing this form](#):



## PHYSICS OLYMPIAD CCA

Wednesday

This is an experiment-based CCA that is designed to complement IGCSE-level or even IB-level physics knowledge under different fun investigations. Pupils in years 9 to 12 will explore the new aspects of physics and develop their research skills and critical thinking.





### POETRY SOCIETY CCA

Thursday

Every week, we will explore different forms of poetry and try to recreate them. This CCA is only aimed at those who want to develop their ability as a writer and expand their knowledge of poetic form.



### PSYCHOLOGY SOCIETY CCA

Wednesday

A club where interested minds meet to discuss directed reading of psychology books. Why did a man mistake his wife for a hat? How accurate are our judgements of people on first impressions? What are the nature versus nurture arguments for our traits; how influential is our peer group?



### ROCK BANDS INVITATION ONLY CCA

Organized at a convenient time, not by signup

The best way to start a band is with friends. Most bands will have a singer (at least one), guitarists, a keyboard player, a bass player and a drummer. Depending on the style, there might be other instruments as well or even DJs and MCs.

If your child is interested in being in a band and they play a musical instrument, they should talk to their music teacher who can help them find like-minded people. If they have friends who want to be in the band but don't yet play a musical instrument, the college offers individual music lessons on all rock band instruments, including rock/pop singing lessons. We teach the full RSL Awards Rock School syllabus <https://www.rslawards.com/rockschool/>

There is the opportunity to take part in regular performances and battle of the bands.

Please email the music department [music.shanghai@wellingtoncollege.cn](mailto:music.shanghai@wellingtoncollege.cn) if you are interested in rock bands at Wellington.

If you would like your child to have individual music lessons, please scan the QR code 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 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:





#### RUGBY CCA & WELLINGTON EXTRA

Tuesday • Contact Rugby Development CCA, Wellington Extra (5-6.30pm)

Thursday • Touch Rugby CCA, Wellington Extra (5-6.30pm)

Saturday • Sessions between 8am-12pm

The Tuesday CCA will start to develop contact rugby. You will learn how to tackle safely.

The Thursday CCA is suitable for those new to the game.

Both girls and boys are welcome to play.

If you are interested in developing your rugby further you can do additional training as part of Wellington Extra on Saturdays. Please note that this is a paid extra. You can sign up using this QR code:



#### SAILING AFFILIATED CCA

Saturday • Bronze/Silver for Prep School pupils

Sunday • Gold/Platinum for Senior School pupils

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

If you would like to find out more about this activity, which is run by Wellington parents, please scan the QR code:



#### SELF-DEFENCE 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.

This is an extra cost for this activity, which is paid directly to the vendor. There is a special discount for Wellington pupils. To register your interest in self-defense, please use this QR code:







### SENIOR SCHOOL PLAY (PRODUCTION)

Monday

Open for Pupils from Yr 8-13. A 30 minute version of Shakespeare's "As You Like It". A chance to audition for this atmospheric modern reworking of Shakespeare's timeless comedy. The Blackbox Theatre will be transformed into the forest of Arden for this timeless classic. Following on from the success of Macbeth and Julius Caesar, challenge yourself working with a select cast on bringing this sensational text to life.

You can register your interest in being part of the this play by [completing this form](#):



### 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:



### SPINNING CCA

Monday, Tuesday

Spinning is indoor cycling which focuses on endurance, strength, interval training and high intensity workouts. This is a good CCA for those looking to improve their fitness.





### SPOTLIGHT THEATRE SCHOOL (ACTING/MUSICAL THEATRE) WELLINGTON EXTRA

Saturday • Wellington Extra, (12:30-13:30pm)

This term our students will step into the Spotlight and learn repertoire from the West End and Broadway's most popular plays and musicals. Students 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 students 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. Please note there is an extra cost for this training. To sign up, please scan this QR code:



### STARCRRAFT CCA

Monday

StarCraft 2 (星际争霸 2) is a science fiction real-time strategy game in which players compete to gather resources, construct an army, and defeat their opponent(s). StarCraft combines the strategic depth, decision making, and future planning of chess, the deception and inference of poker, plus the speed, precision, and finesse of playing concert piano. In order to defeat your opponent, you must make short, medium, and long-term plans to outwit, trick, and be faster than your opponent. You must build and manage your economy, choose how you will assemble your forces, and control them well on the battlefield. Anyone with a computer can play, but StarCraft has been described as one of the hardest games to master. After games like chess and Go had been conquered by machines, Google turned their sights to StarCraft as the next great game for AI to try. Despite computers easily being able to destroy professionals at chess, AI systems still lack the depth of understanding to consistently beat top players in a game as complex as StarCraft. Search online for more information.



### STEM ELECTRONICS TEAM

Tuesday

In this CCA, pupils learn how to design an integrated circuit board, build a binary adder, and eventually a CPU. An interest in electronics or electrical engineering would be an advantage. Pupils should be familiar with Boolean logic.



### STUDENT PUBLICATION CCA

Thursday

This CCA is a great opportunity for pupils to develop their writing and communication skills. There will be the chance to contribute to the school newspaper, write articles, and interview their peers. This CCA is perfect for those who are interested in journalism or simply want to improve their writing abilities.



### SWIMMING WELLINGTON EXTRA

Saturday • Wellington Extra

Talk to your PE teacher if you are interested in improving your swimming.







## TENNIS TEAM

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

Our Senior School tennis team meet on Wednesday during CCA time. If you would like to sign up for the tryouts which happen at the start of term, scan this QR code:



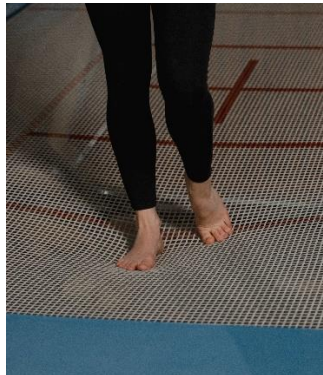
There is also the possibility to have more focused sessions with SportEd Coaches every evening, 5-6.30pm) as part of Wellington Extra. Please note that this is a paid extra. You can sign up directly with SportEd by scanning this QR code:



## TEXTILES CCA

Thursday

Children craft their own postcard-sized art works using textiles and other decorations. This CCA suits those wishing to be creative, but also work with textiles.



## TRAMPOLINE CCA

Thursday

Trampoline an ariel gymnastic activity where pupils will develop a 10-bounce routine with shapes turns and some advanced movements such as summersaults.



## VEX ROBOTICS COMPETITION INVITATION ONLY

Wednesday

All pupils are natural scientists and engineers. They love to question, tinker, experiment and play. VEX competitions foster these skills and capitalize on the motivational effects of competitions and robotics to help all students create an identity as a STEM learner. VEX competitions are also a great way to expose students to valuable soft skills like communication, collaboration and time-management in a fun and authentic way. The VEX Robotics competition prepares pupils to become future innovators with 95% of participants reporting an increased interest in STEM subject areas and pursuing STEM-related careers.







## VOLLEYBALL TEAM

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

The senior school volleyball team meet on Mondays, Wednesdays and Fridays during CCA time.

There will also be training Tuesdays and Thursdays 06.45am-8am (before school).

For those wishing to undertake extra volleyball training, we offer sessions with Vortex Volleyball on Tuesdays and Thursdays, 5-6.30pm as part of Wellington Extra. Please note that this is a paid extra, payable to the vendor. To sign up for this, please scan this QR code:



## WARHAMMER CCA

Wednesday

Warhammer is a hugely popular table-top science fiction and medieval fantasy game with detailed figures. Pupils will spend their time assembling plastic figures, carefully painting them then learning complex rules to compete with their models."



## WIND BAND INVITATION ONLY

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 is will be suitable for wind band, please email [music.shanghai@wellingtoncollege.cn](mailto:music.shanghai@wellingtoncollege.cn)

