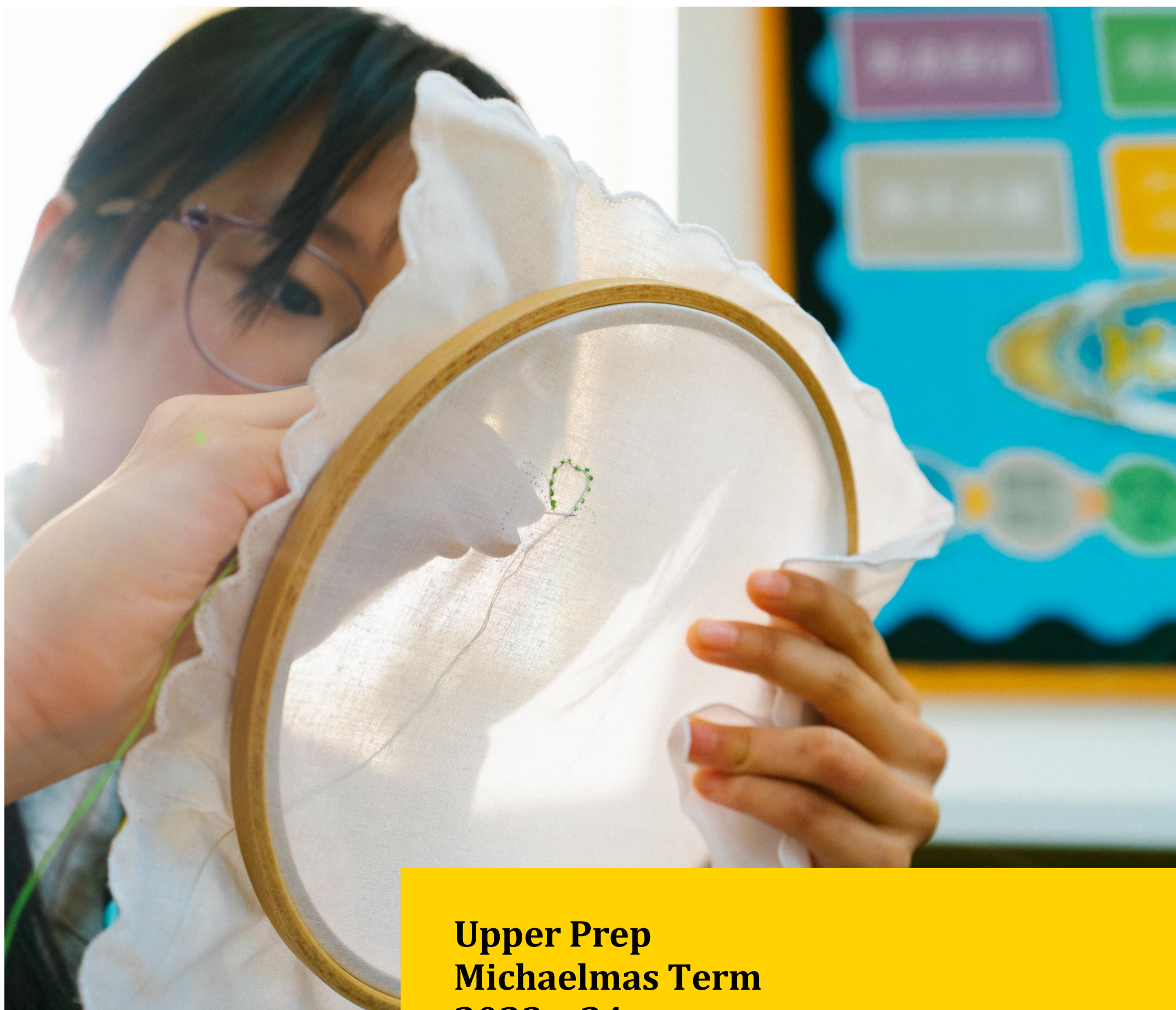




WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

The A to Z of CCAs and Enrichment



**Upper 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 upper 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 Upper Prep should choose 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 tutor 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，系统将会根据您的提交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	Sunday
CCA (3.15-4.45pm) Select via SchoolsBuddy * invitation only (not on SchoolsBuddy)	Badminton Children's Kidsfit Chinese Architectural Models Chinese Arts and Crafts Chinese Puzzles Cooking DaVinci Code Dungeons and Dragons Engineering Golf for beginners Hip Hop dance Learn to ride a bike Maths Competition* MUN Netball Orchestra* Origami Senior School Play (Y8)* Swimming - Swim Squad Bronze (CCA) Table Tennis Tennis	Bronze Crest * Charity Committee Chess Team* Chinese Creative Writing Chinese Debating* Debating First Lego League Football French Culture Gardening Guitar Orchestra Junior Orchestra* Minecraft Stage Makeup Swimming - Swim Squad Bronze (CCA) Touch/Contact rugby	Badminton Ballroom Dancing Book Club Children's Kidsfit Chinese Dragon Dance* Chinese History Cricket Duke of Edinburgh (D of E) (Y8 only) Japanese Culture Karate Learn to ride a bike Netball Spanish Culture Spinning Swimming - Swim Squad Bronze (CCA) Textiles Typing Club Volleyball Y7/8 Warhammer Wind Band*	Art - Murals Basketball Y5/6 Chess Chinese Dance Chinese traditional costumes Football Forensics Jazz and Ballet Learn to be a sound engineer Multisport Y5/6 MUN Poetry Society* Spinning STEAM Club Swimming - Swim Squad Bronze (CCA) Yoga Y5-8		Centre Stage (10am - 1pm)	
Teams (try-outs at the start of term)		Cross Country U14 CISSA Football U14 CISSA Frisbee U14 CISSA Table Tennis U14 CISSA Tennis U14 CISSA		Cross Country U14 CISSA Football U14 CISSA Frisbee U14 CISSA Table Tennis U14 CISSA Tennis U14 CISSA			
Productions (auditions at the start of term)	Production – As You Like It (Y8-13 Play)	Production – Pippin (Y8 only)	Production - Panto (Treasure Island)				
Affiliated CCA (off-site and after school) Sign up using the QR codes in descriptions	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		Archery Golf Horse riding Ice skating Jiu Jitsu Rock Climbing	Sailing (Gold Platinum badge for Prep School)
Wellington Extra (Sign up using the QR codes in descriptions)	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 Tennis 5-6.30pm	Football 5-6.30pm Rugby 5-6.30pm Tennis 5-6.30pm Volleyball 5-6.30pm	Football 5-6.30pm Tennis 5-6.30pm	Basketball Y6 (10.15-11.15am) Football (8am- 1pm) Kung Fu Self-defence (10- 11am) Spotlight Theatre School 10.15-11.15am Acting/Musical Theatre 11.15am-12.15pm Public Speaking Swimming (Learn to Swim) (8am- 1pm)	





ACTING/MUSICAL THEATRE (SPOTLIGHT THEATRE SCHOOL) WELLINGTON EXTRA

Saturday • Wellington Extra, (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.

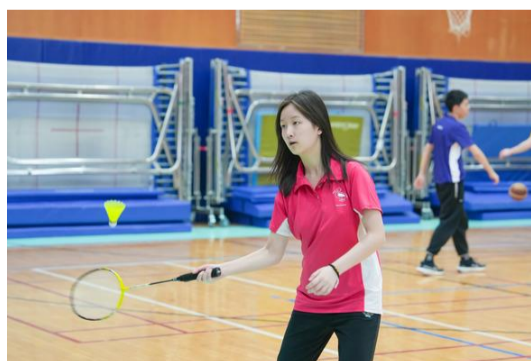
Please scan the QR code to sign up directly with the vendor:



ART - MURALS CCA

Thursday

The opportunity to analyse and create mural art.



BADMINTON CCA

Monday, Wednesday

Play structured games of badminton with friends in a relaxed environment.





BALLROOM DANCING *CCA*

Wednesday

Do you know your quickstep from your beguine or your tango from your foxtrot? This CCA is the perfect place to find out (although there might not be time to cover every single ballroom dance!)

Ballroom dancing combines the artistic and the physical and allows children to hone their coordination in a fun way. It is also danced competitively (for those that would like to take it further). Being able to ballroom dance is a fantastic social skill. It is also a skill that will stand out on any resume.



BASKETBALL *CCA, WELLINGTON EXTRA*

Monday • CCA (Y7/8), Wellington Extra, 5-6.30pm

Wednesday • Wellington Extra, 5-6.30pm

Thursday • CCA (Y6)

Saturday • Wellington Extra (Y6), 10.15-11.15am

The basketball CCAs on Monday (Y7/8) and Thursdays (Y6) are suitable for those relatively new to the game and will focus on the fundamental skills. 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 basketball coaches on Monday and Wednesday nights, as part of Wellington Extra. Please note there is an extra cost for this training. To sign up for Monday and Wednesday, please use the code on the left. For Saturdays, scan the code on the right.



BIG BAND *INVITATION ONLY*

Thursday Lunchtime

The big band performs classic jazz and popular hits arranged for saxophones, trumpets and trombone with a rhythm section of piano, guitar, bass and drums.

The big band is for more accomplished players. Pupils should approach their music teacher if they would like to join.



BOOK CLUB *CCA*

Wednesday

Book club CCA involves reading a range of books (mainly outside of the CCA time) and completing a range of activities to deepen the understanding of literature. This is not an English lesson

Members of the book club will have the chance to take part in the Carnegie Medal (<https://yotocarnegies.co.uk/take-part/>)



BROZE CREST *INVITE ONLY CCA*

Tuesday

The Bronze Crest Awards introduces pupils to project work empowering them to work like real scientists, technologists, engineers or mathematicians. Pupils choose their own topic and methodologies, giving them complete freedom over their work under the supervision of teachers.

<https://www.crestawards.org/crest-bronze>





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



CHARITY COMMITTEE *CCA*

Tuesday

Need description



CHESS *TEAM, CCA & WELLINGTON EXTRA*

**Monday • CCA,
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.

Most sessions are suitable for beginners. However, the Monday UP session is suitable for more advanced chess players. Our chess team meet 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 (Y6) *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 ARCHITECTURAL MODELS *CCA*

Monday

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

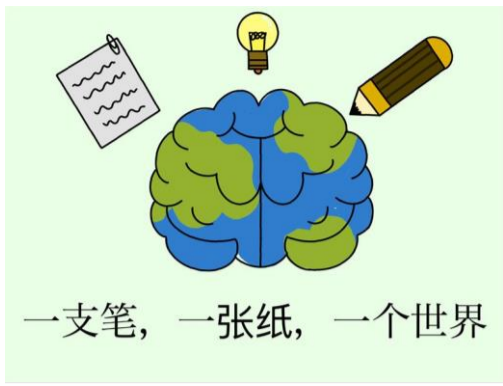


CHINESE ARTS AND CRAFTS *CCA*

Monday

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 CREATIVE WRITING *CCA*

Tuesday

This course will cover reading classic Chinese literature, creative writing, cover design and illustration.



CHINESE DANCE *INVITATION ONLY*

Thursday

Practice a range of traditional Chinese dance skills.



CHINESE DEBATE *INVITATION ONLY*

Tuesday

Learn from your peers while having fun and improving your Chinese communication skills. Please email your child's Chinese teacher if you would like to be considered for this award-winning team.



CHINESE DRAGON DANCE *CCA*

Wednesday

The dragon dance originated in the Han Dynasty and the tradition has never faded. Children will learn how to do this exciting dance and will take part in festive performances.



CHINESE HISTORY *CCA*

Wednesday

A fun way to learn about Chinese history and culture by reading texts, watching documentaries and other sources. This CCA is delivered in Chinese and English.





CHINESE PUZZLES *CCA*

Monday

In the Puzzles CCA, pupils can work on their problem-solving skills, spatial awareness and logical thinking. We work with a range of puzzles including, tangrams, crosswords, wordsearches, quadrants and jigsaw puzzles. Pupils will work on their fine motor skills by working on three-dimensional model puzzles.



CHINESE TRADITIONAL COSTUMES *CCA*

Thursday

Explore the world of historical traditional Chinese dress in this CCA.



CHOIR *LUNCHTIME*

Friday

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 lunchtimes (there will still be plenty of time to eat lunch).

Our Upper Prep Choir take part in our 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. In order 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 tutors to remind them, so they don't forget.



COOKING *CCA*

Monday

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*

Wednesday

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

This CCA is suitable for those new to the sport.



CROSS COUNTRY U14 *CISSA CAA*

Tuesday, Thursday

Cross country is running across a range of different terrains.

Children who take this CCA will have the opportunity to take part in CISSA competitions later in the term.





DAVINCI CODE *CCA*

Monday

If you enjoy cracking codes and solving problems, this is the CCA for you. Using a range of skills, children will work through various activities that will test their reasoning and thinking skills to the max.



DEBATING *CCA*

Tuesday

Pupiled debating group. Learn from your peers while having fun improving your communication skills.



DUKE OF EDINBURGH AWARD (D OF E) Y8 ONLY *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.

D of E is for Y8 pupils only.

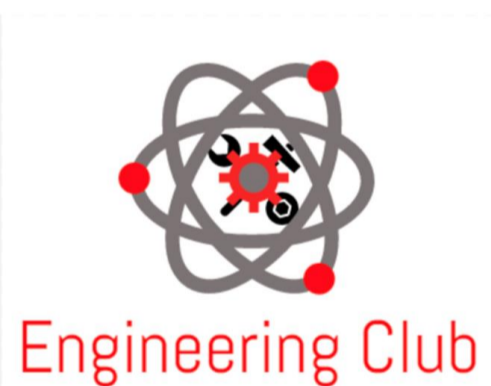
It is a highly desirable qualification to include on university application form.

DUNGEONS AND DRAGONS *CCA*



Monday

Take part in this popular fantasy table-top role-playing game and immerse yourself in your own imagination.



ENGINEERING *CCA*

Monday

In this CCA, pupils apply maths and science to make real-world products.





FENCING AFFILIATE 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.

There is a cost for this CCA, which is payable directly to the provider. 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

Tuesday

Children will design a robot to solve a series of challenges using Lego Spike Prime. This year, the FIRST LEGO League challenge is called 'Masterpiece'. Children will learn about the role science, technology, engineering, and math (STEM) plays in the arts and will imagine and innovate new ways to create and communicate art across the globe.

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



FOOTBALL CCA, TEAM & WELLINGTON EXTRA

Monday • Wellington Extra (5-6.30pm)

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

Wednesday • Wellington Extra (5-6.30pm)

Thursday • CCA, 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.

The Tuesday and Thursday CCAs are open for all to enjoy a game of football, but also with a specific focus on 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.

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:



FORENSICS CCA

Thursday

In this CCA, pupils use applied forensic science techniques, such as fingerprinting and blood typing, to solve cases while improving their lab skills.



FRISBEE U14 CISSA CCA

Tuesday, Thursday

More commonly called Ultimate Frisbee or simply 'Ultimate', we will make a team for the CISSA tournament from this CCA. To stand a chance of being in the team, you should attend both days.



FRENCH CULTURE CCA

Tuesday

During this term, we will cover the basics of greetings, introducing and describing yourself and a family member. We will talk about school equipment and animals. Pupils will get the opportunity to learn the alphabet, numbers, days, and months as well as different basic question words and answers. In terms of grammar, we will cover the verbs, indefinite articles and adjectival agreements according to number and genre.



GARDENING CCA

Tuesday

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.





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 (see the Rock Band section)

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



GOLF FOR BEGINNERS CCA

Monday

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.

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:



HIP HOP DANCE CCA

Monday

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





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 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





JAPANESE CULTURE CCA

Wednesday

Children will get the chance to delve into the fascinating world of Japanese culture, including but not limited to recognising the 46 characters in the Japanese writing system (Hiragana), basic greetings, Anime, Calligraphy, Haiku, Origami and other things that spark the children's interest.



JAZZ AND BALLET CCA

Thursday

This class introduces the students to techniques and choreography in theatre 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

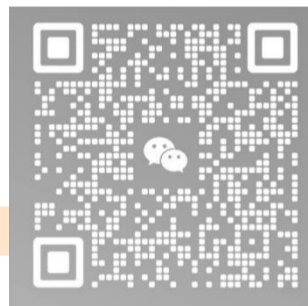
Monday, Tuesday, Wednesday, Thursday

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).

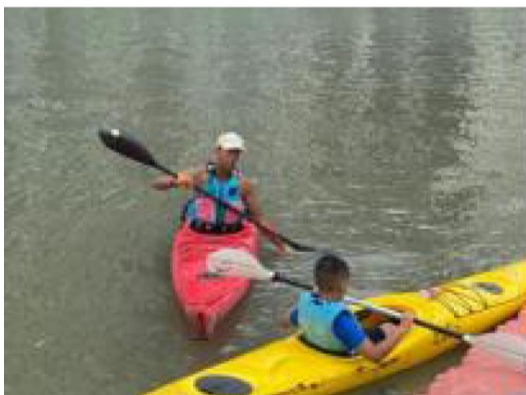
Jiu-Jitsu is a martial art that allows a smaller person to successfully defend themselves against a larger attacker

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



Wednesday

This CCA is an introduction to this popular Chinese martial art. Children will learn the fundamentals of quickness and discipline. No prior experience of Karate is required.



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:

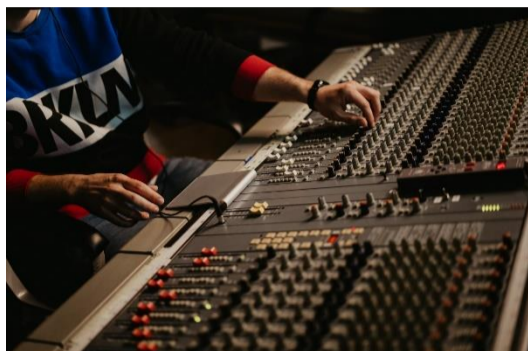
Shibo - Hangjia Water Sports Base-No. 1500 Yaolong Road, Pudong New Area (it is directly next to school)

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:



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.



LEARN TO RIDE A BIKE *CCA*

Monday/Wednesday

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.



United Kingdom
Mathematics Trust

MATHS COMPETITION *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.



MINECRAFT *CCA*

Tuesday

Pupils will use Minecraft education to plan and create fantasy worlds. Even seasoned Minecraft users will be challenged in these activities.

Pupils will use Minecraft on school computers using their school accounts; they should not bring their own devices into school.



MULTISPORT (Y6) *CCA*

Thursday

Is an opportunity for pupils who are interested in participating in adapted versions of games or are interested in signing up for U11s FOBISIA in the summer term. Pupils will learn to play tee ball, invasion games and participate in team building activities.





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 CCA

Monday/Wednesday

Netball in Upper Prep will develop children's technical skills along with participating in recreational games/tournaments. Occasionally friendly matches or tournaments will be provided to encourage pupil's competitive play. Providing a gateway to seasonal competitive teams.



ORCHESTRA INVITATION ONLY

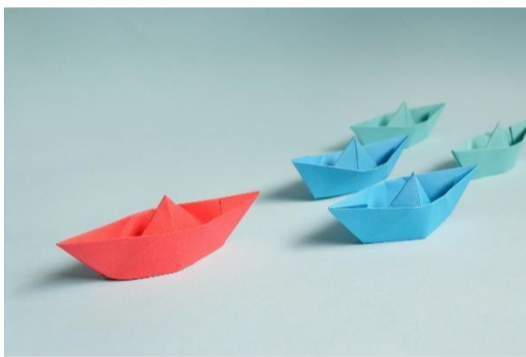
Monday

The Wellington Orchestra (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. Most children in the Wellington Orchestra are in UP/SS.

If you feel your child is not ready for our most advanced orchestra, they may prefer the Junior Orchestra.

We do not hold auditions for any of our orchestras. If you are unsure of which orchestra is suitable for your child, please contact music.shanghai@wellingtoncollege.cn and we will be happy to advise and discuss.

Our orchestras take part in regular concerts.



ORIGAMI CCA

Monday

Origami is the Japanese art of paper folding. In this CCA, children can make a range of creations just using sheets of paper. This ancient Japanese art will give you skills for life that will not only impress people, but also develop manual dexterity and skill in following instructions.



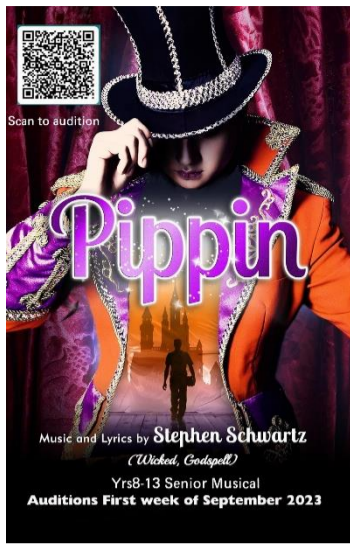
PUBLIC SPEAKING CCA, WELLINGTON EXTRA

Wednesday, Saturday

The Public Speaking CCA provides a wonderful opportunity for pupils to continue to develop self-confidence in a fun, creative and practical environment.

Spotlight Theatre School also offer Public Speaking as part of Wellington Extra on Saturdays. To sign up for this paid extra, please scan this QR code:





PRODUCTION - PIPPIN CCA

Tuesday (Y8 only)

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](#):



POETRY SOCIETY INVITATION ONLY 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. A strong level of English is required.

If you are interested in your child joining the poetry society, please email john.joyce@wellingtoncollege.cn



PRODUCTION - PANTO CCA

Wednesday

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](#):



PUBLIC SPEAKING - WELLINGTON EXTRA

Saturday • Wellington Extra (11:15am-12:15 pm)

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

Students will be introduced to a variety of spoken voice and public speaking techniques: debate, body language, speech writing and interview tips, while also exploring further their improvisational skill-set.

During the course students will use the LAMDA Exam syllabus as a foundational structure to enable them to prepare and enter for their Speaking in Public LAMDA Examinations in December 2023. Exam registrations will open in mid-October and set syllabus material will be allocated during class time. Autumn Term exam dates: 4th-8th December 2023



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





ROCK BANDS *INVITATION ONLY*

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/>

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:



SAILING *AFFILIATED CCA*

Weekend

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-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:



SPANISH CULTURE CCA

Wednesday

Spanish for Beginner is a fantastic opportunity for pupils to develop their Spanish skills while having fun learning about cultural aspects of the language.





SPINNING CCA

Thursday

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:



STAGE MAKEUP CCA

Tuesday

In the stage makeup CCA, pupils learn how to create the appearance of the characters our actors portray in our theatre productions. If you have seen any of our shows, you have experienced the expertise that we have at Wellington with stage makeup. This is a great opportunity to learn these skills.



STEAM CLUB CCA

Thursday

STEAM stands for science, technology, engineering, arts and maths. As part of the STEAM CCA you will complete projects that explore the ideas of science and engineering with the guidance of teachers. This is a good CCA for students who enjoy problem solving, working with others, and making things.



SWIMMING - SWIM SQUAD BRONZE CCA, TEAM, WELLINGTON EXTRA

- Monday • Bronze Squad CCA, Silver and Gold Squads (invite only)
- Tuesday • Bronze Squad CCA, Silver and Gold Squads (invite only)
- Wednesday • Bronze Squad CCA, Silver and Gold Squads (invite only)
- Thursday • Bronze Squad CCA, Silver and Gold Squads (invite only)
- Saturday • Wellington Extra (slots between 11-12pm)

Bronze Squad (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.

Silver and Gold Squads (Monday – Thursday 5-7pm)



These squads are for team members only.

Wellington Extra Swimming (Saturday)

Children can come to learn to swim on Saturday mornings between 11-12pm. Please note that this is a paid extra. You can sign up for Wellington Extra Swimming by scanning this QR code:



TABLE TENNIS CCA & TEAM

Monday • CCA

Tuesday, Thursday • U14 CISSA Team

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 and there are opportunities for pupils to be challenged as well as playing a more relaxed game of table tennis.

The Tuesday and Thursday team is by selection only. If you are interested in your child joining the U14 CISSA Table Tennis Team, please register your interest by scanning this QR code:



TENNIS CCA, TEAM, WELLINGTON EXTRA

Monday • CCA, 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)

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, 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

Wednesday

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.



TYPING CLUB CCA

Wednesday

This CCA will enhance pupils' typing accuracy, skills and pace. As a huge amount of work is now done on a computer, fast typing skills are a considerable asset and allow pupils to be much more time-efficient.



VOLLEYBALL CCA, WELLINGTON EXTRA

Tuesday • Wellington Extra U11 &U14

Wednesday • CCA Year7&8

Thursday • Wellington Extra U14 &U19

Saturday • Wellington Extra (8-12 pm)

Volleyball for Upper Prep pupils will develop children's technical skills along with participating in recreational games/tournaments. Occasionally friendly matches or tournaments will be provided to encourage pupil's competitive play. Providing a gate way to seasonal competitive teams.

For those who would like to dedicate more time to improving their game, regardless of their level, Wellington are working with the Vortex who are able to provide training on Tuesday and Thursday evenings and on Saturday mornings. Please note there is an extra cost for this training, which is paid directly to Vortex. To register your interest, 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



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.

