



INTERNATIONAL SCHOOL OF BEIJING

Co-curricular Guide





ACTIVITIES PROGRAM

Dear ISB Families,

At ISB, we believe that a strong co-curricular program, offering competitive and non-competitive sports, after-school activities, performing arts, and service opportunities can, as part of the school's overall curriculum, help prepare students to both enjoy and be successful in life. ISB activities stress hard work, leadership, camaraderie, sportsmanship, and fair play, while promoting and fostering a desire to learn about, and learn from, the various co-curricular areas.

The success of our program is dependent upon the expertise and dedication of our coaches, directors, and sponsors, and the spirit and network of cooperation that links our sponsors with the ISB administration, parent community, and the fine ISB students themselves.

We believe that co-curricular activities are an integral part of the overall curricular program. Every student should have the opportunity to become involved to some extent. Sponsors and students should, at all levels, develop and exhibit accepted attitudes of cooperation, citizenship, good sportsmanship, and dedication.

If you have any questions about any of our co-curricular activities, please contact the Student Activities Office.

Warm regards,



Simon Parker
Director of Student Activities

At ISB, we have five distinct areas that make up the co-curricular program and are administered through the Activities Office:

Athletics, Performing Arts, the ASA Program, MS/HS Clubs & Service Groups



Preben Gietz
Assistant Director of Student Activities

Elementary ATHLETIC PROGRAM

We believe that a strong after-school sports program can, as part of the school's overall curriculum, help prepare students to be successful in life. ISB teams stress hard work, leadership, camaraderie, sportsmanship, and fair play, while promoting and fostering a desire to learn about, and learn from, sports.

Our Elementary School students take part in a variety of sporting events within ISAC, our Beijing/Tianjin International Schools Athletic Conference. Our students participate in cross-country running, soccer, swimming, table tennis, handball, badminton, and track and field.



The various sports take place during different times of the school year and practices are during lunchtimes as part of the Dragon Olympics program. PE teachers promote these opportunities with eligible students and information on how to sign up is shared directly with parents.



ISAC ACTIVITIES

| ISAC Activities | Date | Venue | Season/Day |
|-----------------------------------|--------------|------------|------------|
| ISAC X-Country (Grades 2-5) | October 12 | ISB | Season 1 |
| ISAC Soccer (Grades 3-5) | October 26 | DCB & BCIS | Season 1 |
| ISAC U11 Swim Meet (11 and under) | November 9 | ISB | Season 2 |
| ISAC Table Tennis (Grades 3-5) | November 30 | WAB | Season 2 |
| ISAC 11 and Over Swim Meet | December 6-7 | HBJ | Season 2 |
| ISAC ES U-10 Handball | February 22 | DSP | Season 2 |
| ISAC ES U-11 Handball | March 21 | DSP | Season 3 |
| ISAC Badminton | May 23 | BIBA | Season 3 |
| ISAC G3-5 Track & Field | May 8 | WAB | Season 3 |



Elementary PERFORMING ARTS



The Performing Arts Department believes that co-curricular performing groups complement our performing arts curriculum by offering technical skill development, the opportunity to perform in groups, and the exploration of styles and genres not covered in curricular classes.

The co-curricular activities include:

- Choirs
- Dance
- Jazz Bands
- String Ensembles
- Musical Production

Groups & Activities

4th, 5th & 6th Grade Band

Students can choose to play flute, oboe, clarinet, trumpet, trombone or baritone in the 4th, 5th and 6th grade band. Students come to one class a week depending on the choice of their instrument. There are assemblies and concerts for student to perform in during the year. This is a year-long activity for beginners on band instruments and the best results are achieved when students commit to the whole year and practice regularly.

Mozart String Ensemble

Students who have played violin, viola, cello, or bass for three or more years join this ensemble by audition. Challenging music of an appropriate level is studied over the year and there are regular performances throughout the year. This group meet to practice once a week.



Vivaldi String Ensemble

Students who have played a string instrument for two years or more can join this ensemble by audition. The orchestra meets regularly and students are expected to attend at least one session during the week. They play appropriate-level string music from different genres and perform together on a regular basis throughout the academic year.

Beginner 2 String Ensemble

Students who have played violin, viola, cello, or bass for a year or more can join this ensemble. The ensemble meets regularly and students are expected to attend twice a week, dependent on the ASA schedule. Students can play appropriate-level string music from different genres and have the opportunity to take part in regular performances during the year.

Beginner 1 Strings

If students want to try a string instrument, they can join Beginner Strings. There are classes every day after school to learn violin, viola, cello, or double bass and to play in a string ensemble. This is a year-long activity and students will have the opportunity to take part in performances in the second semester.



Treblemakers

The 5th Grade Choir meets once a week to sing songs from many different countries and that represent many different genres of music. If students join the choir, they will have the opportunity to perform regularly, both in and outside school.

Junior Choir

The Junior Choir is for students in grades 3 and 4 who love to sing! No experience is necessary. Students meet once a week to sing songs from different countries and different genres of music. There are regular performances throughout the year in school and out in the community for students to take part in.

ES Musical Production

This typically takes place in May, with auditions in February and rehearsals twice each week on Tuesdays and Thursdays. Recent year’s productions have seen our ES thespians take on the *Wizard of Oz*, *Twinderella*, and *Doo-Wop Wed Widing Hood*. With a regular cast of over 100 ES students, it is a highlight of the year and one that the whole ES community looks forward to watching.

— ES PERFORMING ARTS KEY DATES —

| Activity | Date |
|--|----------------|
| Beginner 2, Vivaldi & Mozart ES String Ensembles Start | September 16 |
| Treblemakers & Junior Choir Starts | September 16 |
| 4/5/6 Grade Beginner Band Starts | September 16 |
| ES Instrumentals Concert | December 10 |
| Simply Concerts (band, singing, strings) | April 21/22/23 |
| CASTA | April 30 |
| ES Production | May 21/22 |
| ES Instrumental Concert | May 28 |



Elementary & Middle
AFTER SCHOOL ACTIVITIES

A wide variety of After-School-Activities (ASAs) are offered to students in grades K-8. A typical ASA will meet for one hour once a week. During the school year, there are three ASA sessions, each around nine weeks in length. Registration for ASAs is done online via ISB’s CHQ platform, which can be accessed through PowerSchool.



| ASA Sessions | Registration Opens | Registration Closes | ASA Start Date | ASA End Date |
|------------------------|--------------------|---------------------|----------------|--------------|
| Session 1 (Grades 1-8) | September 2 | September 9 | September 16 | November 22 |
| Session 2 (Grades k-8) | November 18 | November 25 | December 2 | February 21 |
| Session 3 (Grades K-8) | February 17 | February 24 | March 2 | May 8 |



Our ASAs fall into one of the below categories:

- 1) Performing Arts
- 2) Science, Technology, Engineering, Arts, Mathematics
- 3) Movement & Games
- 4) Life Skills & Service

Our goal is to provide a balance of activities within these categories across the grade levels. To the right is a small sample of the wonderful variety of activities on offer in the ASA program.



- Chess Beginner & Intermediate
- Scientific Experiments
- Girls Football
- Jedi Jugglers
- Gymnastics
- Learn to Swim
- Grade 2 Circus
- Great Wall Runners
- ES Roots & Shoots
- Tennis
- Habitat for Humanity
- Climb On
- World Scholars Cup
- Chess Club
- Mathletes
- Softball
- Candle Making
- Cooking Class

Middle & High ATHLETIC PROGRAM

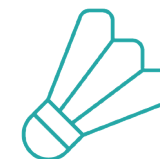
We believe that a strong after-school sports program can, as part of the school's overall curriculum, help prepare students to be successful in life. ISB teams stress hard work, leadership, camaraderie, sportsmanship, and fair play, while promoting and fostering a desire to learn about, and learn from, sports.

- Our after-school sports program serves students at all grade levels with Middle School and High School teams taking part in a variety of sporting events within ISAC, our Beijing/Tianjin International Schools Athletic Conference.
- Additionally, our High School teams compete in the APAC, JPAC, China Cup, and ACAMIS organizations with travel opportunities for various competitions within Asia.

| MIDDLE SCHOOL SPORTS (Grade 6, 7, 8) | HIGH SCHOOL SPORTS (Varsity & JV) |
|---|---|
| Season 1 August 22 - October 19 | Season 1 August 21 - October 27 |
| Boys & Girls Soccer Boys Baseball Boys & Girls Badminton Boys & Girls Cross-country | Boys Baseball Boys & Girls Cross-country Boys & Girls Rugby Boys & Girls Tennis Boys & Girls Volleyball |
| Season 2 October 31 - February 15 | Season 2 October 30 - February 9 |
| Boys & Girls Volleyball | Boys & Girls Basketball Boys & Girls Table Tennis Boys & Girls Swimming |
| Season 3 February 18 - April 25 | Season 3 February 12 - April 19 |
| Boys & Girls Basketball Boys & Girls Tennis Boys & Girls Track & Field Boys & Girls Swimming | Boys & Girls Badminton Boys & Girls Soccer Girls Softball Boys & Girls Track & Field |
| Season 4 April 28 - May 30 | |
| Girls Softball Boys & Girls Rugby Touch & Contact | |

MS ATHLETICS KEY DATES

| ISAC Tournament | Date | Season/Day |
|----------------------------------|---------------|------------|
| ISAC Soccer Exchange Weekend | September 7 | Season 1 |
| ISAC Soccer Tournament | October 19 | Season 1 |
| ISAC Badminton Tournament | October 12 | Season 1 |
| ISAC Volleyball Exchange Weekend | November 30 | Season 2 |
| ISAC Volleyball Tournament | February 15 | Season 2 |
| ISAC Basketball Exchange Weekend | March 14 | Season 3 |
| ISAC Basketball Tournament | April 18 & 25 | Season 3 |





HS ATHLETICS KEY DATES

China Cup Season 1

September 19 - 22, 2019

Baseball/Tennis @ SASPX

Tennis @ HKIS

Volleyball @ ISB

ISB Bangkok
X-Country Invitational
(September 12 - 15, 2019)

APAC Season 1 Sports

October 23 - 27, 2019

Baseball @ HKIS

Rugby @ ISB

Tennis @ SFS

Volleyball @ SASPX

X-Country @ CISS

JPAC Volleyball @ WAB

ACAMIS Tennis

October 10 - 12, 2019

October 10 - 12, 2019

Boys @ ISB

Girls @ WAB

The Tim Callahan Great Wall Shootout @ ISB

November 27 - December 1

China Cup Season 2

January 16 - 19, 2020

Basketball @ SASPX

Forensics @ ISB

Table Tennis @ HKIS

APAC Season 2 Sports

February 5 - 9, 2020

Basketball @ UNIS

Forensics @ ISB

Swimming @ BRENT

Table Tennis @ HKIS

China Cup Season 3

March 19 - 22, 2020

Badminton @ SASPX

Boys Soccer @ SASPD

Girls Soccer @ HKIS

Softball @ ISB

APAC Season 3 Sports

April 15 - 19, 2020

Badminton @ UNIS

Boys Soccer @ ISB

Girls Soccer @ SASPD

Softball @ WAB

Track @ SASPX

JPAC Soccer @ HKIS
(April 23 - 26, 2020)

Middle & High PERFORMING ARTS

The Performing Arts Department believes that co-curricular performing groups complement our performing arts curriculum by offering technical skill development, the opportunity to perform in groups, and the exploration of styles and genres not covered in curricular classes.

The co-curricular activities include:

- Choirs
- Dance
- Jazz Bands
- String Ensembles
- Theatrical Productions – Musicals, Dramas and One-Act Plays

Groups & Activities

Choirs

MS Girls Honor Choir is a year-long auditioned choir for girls in grades 6 to 8. Auditions are held in August and the group meets on a weekly basis. The choir perform at concerts and assemblies throughout the year, and also perform in the community.

Impromptune is an auditioned choir (SATB) for students in grades 9 to 12. Auditions are held in August. This group takes part in various events through the school year, including concerts in school and in the community, the Great Works concert and the APAC Choir festival.

Dance

There are two aspects to the High School dance program. The APAC dance team tryouts are in August and that team of 10 selected students will represent ISB at the APAC dance festival in November.

The ISB High School dance team practice on Mondays and Thursdays – this a mixed dance group who explore different genres of dance including modern, jazz, and hip-hop. There are various performance opportunities throughout the year including International Day, Spring Fair, and the Dance Showcase in April.



ISB swim information can be found on the Aquatics page on Dragons' Gate.

Jazz Bands

MS Jazz & Rock Band is a non-auditioned group for MS students who are interested in learning about jazz styles. The band meet weekly on Mondays and perform at concerts and assemblies.

ISB Jazz Band is an auditioned, year-long group for High School students with some experience of jazz playing. Auditions are held in August and rehearsals are weekly. There are performance opportunities in school and in the community throughout the year.

Jazz Combo is focused on improvisation, working in a small combo, and reading lead sheets. All members of the Jazz Band are eligible for this activity as are other students who have the necessary skill level. There will be workshops featuring local musicians and opportunities to perform in the community.



Theatrical Presentations

HS Drama auditions are in August and regular rehearsals take place from August until the performance date. There are also opportunities for backstage crews in costumes, lighting, and scenery.

MS Production auditions take place in September and all participants are welcome. Rehearsals are held two/three times a week with some extra rehearsals near the performance dates. There are also opportunities for backstage crews in costumes, lighting, and scenery.

One Act Festival takes place in February to give Middle School and High School students the opportunity to present a variety of plays and presentations. Some auditions may be necessary and rehearsals are arranged to fit each individual cast.

HS Musical auditions are held in January and regular rehearsals are scheduled from January until the performance dates. There are also opportunities for backstage crews in costumes, lighting, and scenery.

MS & HS PERFORMING ARTS KEY DATES

| ISAC Activities | Date |
|--|-------------------|
| China Philharmonic Youth Orchestra | August 31 |
| MS Production Auditions | September 2/6 |
| HS ISTA @ ISKL, Kuala Lumpur | September 20 - 22 |
| MS Production | November 7 - 9 |
| MS Concert | November 20 |
| HS Production | November 21 - 23 |
| HS End of Semester Concert | December 5 |
| AMIS MS Choir Festival @ISKL, Kuala Lumpur | February 5 - 9 |
| AMIS Asian MS Honor Band & Orchestra @CISS/SASPD | February 12 - 16 |
| One Act Festival | February 12 - 14 |
| MS ISTA @ BIS, Bali | March 5 - 9 |
| AMIS HS Choirs Festival @AISM, Muscat | March 11 - 15 |
| Showtime Gala | March 7 |
| AMIS HS Band & Orchestra Festival @ASD, Dubai | March 18 -22 |
| HS Production | April 9 - 11 |





APAC PERFORMING ARTS KEY DATES

APAC Seasons 1

November 13 - 17, 2019

Choir @ BRENT

Dance @ HKIS

Orchestra @ SFS

APAC Season 2

February 19 - 23, 2020

Band @ ISB

Theater @ SASPX



Middle & High CLUBS & SERVICE

There are a wide range of clubs for Middle and High School students to get involved in, from photography, design, and magazine clubs to World Scholars club and the Model United Nations. A full list of all the activities can be found on our community information portal, Dragons' Gate. Activities for Middle and High School students run on the days of the week designated by the sponsor or during dragon time, and continue for a whole semester or last the academic year.

Students will only be required to sign up once for these clubs at the beginning of the school year. This will then qualify the student for participation for the full year or semester.

Students joining the group later in the year, or indeed taking leave to pursue other activities, will need to report this information to the Activities Office for records to be maintained.



We encourage students to strive for balance in their lives; along with rigorous academic work, they undertake creative pursuits, physical activities, and service projects.

A great service experience should be both challenging and enjoyable, a journey of self-discovery which, at times, takes students out of their comfort zones. The spirit of service is important to us at ISB and for that reason we fully support a good number of service groups and actively encourage all students to get involved.



What is key for us is 'active engagement.' Service is not just about raising money. Though fund raising has its place, we are keen to see students actively involve themselves in some service and work alongside their peers at school to improve conditions for those less fortunate than themselves. We have many students at ISB who through their involvement in one or more of their service groups, recognize the merits of accepting personal challenge, of working collaboratively as well as individually for the benefit of someone else.

We have a very dedicated team of faculty advisors offering students an abundance of opportunities to get 'actively involved.' The service groups students can join are based around different projects, some one-off events and other semester or year-long initiatives. Please contact the Activities Office for a comprehensive list of all the service groups students can join.



SWIM ACADEMY

ACADEMY SQUADS

- Little Dragons, ages 7-9
- Blue, ages 9-12
- Bronze, ages 9-18
- Silver, ages 11-18
- Gold, ages 12-18
- University, ages 12-18

SQUAD PLACEMENT & SCHEDULE

To be eligible for placement into a Swim Academy Squad, each swimmer must demonstrate their ability to achieve minimum swim times for that squad.

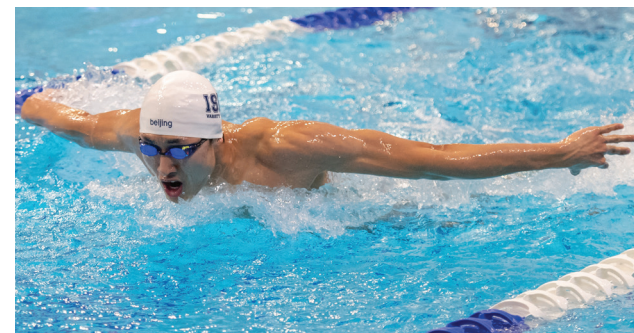
Returning swimmers are welcome to start with pre-trial practices as soon as school commences. New students are welcome to be assessed in the first week of school so as to ascertain their potential; thereafter, new students are also welcome to join the pre-trial weeks of practice. Time Trials are held at the beginning of each semester, one trial in late August and one trial in February. Suitability for the Academy as well as Squad determination is based not only on times swum, but also technique across the four strokes, age, potential for future improvement and whether there is space in the program or not.

2019-20 TIME TRIALS

Semester I September 2, 4, 6

Semester II February 3

For all other aquatics opportunities, please contact the activities office or check out our aquatics page on Dragons' Gate.



The Swim Academy is ISB's competitive swim program that runs throughout the school year. This is a multi-tiered squad system designed to offer competitive swimming opportunities for swimmers on different levels.

ISB's Swim Academy applies the Long-term Athletic Development (LTAD) philosophy to its swim training. LTAD encompasses all the aspects of a swimmer's long-term development, including coaching, training, competitive skills, and performance. Long-term and short-term goals will be set with every swimmer to ensure on going personal motivation and growth.

In this program, swimmers have the opportunity to race competitively in local and international swim meets.

We offer a wide range of training opportunities for all squads before and after school. The number of sessions offered and the attendance requirements are based on the swimmer's squad placement. Please visit Dragons' Gate for the current practice schedule.

Swim Academy members are required to pay an annual club fee.



北京顺义国际学校
INTERNATIONAL SCHOOL OF BEIJING

Please contact the Activities Office with any questions or queries.
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A comprehensive list of student activities can be found on our
website at isb.bj.edu.cn



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