



Vientiane International School Co-Curricular Pack

Secondary - Rotation 2

Enclosed are details of the CCP
options for VIS Secondary Students
– Rotation 2, 2017/2018.



Introduction

At Vientiane International School we feel that a broad activities program forms an integral part of a students' education. Through our Co-Curricular Program (CCP) at VIS, students are encouraged to explore their interests and talents so they may develop physically, emotionally and socially through the Co-Curricular Activities (CCAs). Please find enclosed our CCAs available for Rotation 2 of the CCP for Secondary students. Registration will be conducted online (see "Notes" on page 3).

If you would like further information, please do not hesitate to contact me at:

ccp@ourvis.com

Best regards,

Soumountha (Lah) Kitavong
Co-Curricular Coordinator

NOTES

The Process:

- ☑ Read the CCP schedule and descriptions enclosed with your child and decide the activities to which they want to commit.
- ☑ Click on the link below.

[Secondary Online Registration - Rotation 2](#)

- ☑ Complete your selections and submit. You will receive an email confirming that we have received your selections.

Registration for CCAs will open at 6:00pm Wednesday 8 November 2017. **The above link will not be "live" until this time.** No other methods of registration will be accepted.

Any students/parents that need guidance to complete the form, please see Ms Lah before registration.

Registration will close on Monday 13 November 2017 at 9:00am. **The link will no longer be active after this time.** Any further queries should be directed to Ms. Lah.

Each student has a choice of 2 activities to choose from per day. If the first choice is unavailable, the second will be allocated.

Final lists of activity allocations and location venues will be emailed to families and displayed on the front notice board by Wednesday 22 November 2017.

An envelope will be given to each child to place the total payment due (if applicable) for each chosen activity and payment is due **NO LATER than Monday 11 December 2017.**

The first day for Rotation 2 is Monday 27 November 2017 with the last day being Friday 23 February 2018. Activities run on Mondays, Wednesdays, Thursdays & Fridays from 4:00 - 5:00pm, Tuesdays from 3:15 - 4:15pm, and Saturdays from 8:00am - 12:15pm, except competitive team sports that have their own schedules (see VIS Competitive Sports Teams section).

VIS competitive sports (basketball, soccer, and swimming) are listed on a page 4. The reason for this is that they each have at least 3 practice days/times. The nature of these activities as team sports requires a commitment from student-athletes to attend ALL training sessions each week. Therefore, please ensure that as you are signing up for activities, you are not double-booking with an activity nor over-committing.

KEY INFORMATION

Activities are allocated to students on a first come, first served basis. The popular activities may fill up quickly, therefore we recommend you select a second choice for days you would like your child to participate in an activity.

Once your child has been accepted for an activity and the activity has commenced, this is a **financial commitment** for the duration of the activity and your child is expected to attend all sessions. The cost for all activities is for the whole rotation, not calculated on a per session basis.

CASH ONLY payments must be made by the due date with the EXACT amount in KIP placed in the envelope provided, Payments must be sealed and put into the WOODEN LOCKED BOX located in front of Room 5103, near the Dragon Corner.

Please note that all payments received are checked in front of two people from the business office and overseen by the Operation & Finance Manager.

If payment is NOT received by the due date (Monday 11 December 2017) the student will be unable to attend further activities.

No refunds will be given if your child is sick or absent for a lesson.

When there is no school, CCP activities will not take place. Make-up sessions will only take place if the sponsor is absent for a scheduled activity.

IMPORTANT

Your child is not covered by insurance for personal accidents and injury whilst involved in school activities, therefore it is strongly advised that you arrange your own personal medical insurance cover for your child.

VIS COMPETITIVE SPORTS TEAMS

SENIOR GIRLS BASKETBALL TEAM

**MONDAYS 6:00-7:30am, WEDNESDAYS 4:00-6:00pm,
FRIDAYS 4:00-6:00pm**

Grade: 9 - 12
Community Sponsors: Ms Julia & Mr Carlos
Group Size: 10 - 30
Cost in Kip: None

Students have the opportunity to improve their basketball skills and the possibility to be selected to play in the VSSA and MRISA teams. All are welcome! Commitment to ALL training sessions is required. If you have any questions please speak with Ms. Nisse - nissew@ourvis.com or the coaches for more information. Monday and Wednesday training will be on the back court, and Friday training will be on the front court.

JUNIOR GIRLS FOOTBALL TEAM

**MONDAYS 4:00-5:00pm, TUESDAYS 6:30-7:30am,
THURSDAYS 4:00-5:30pm**

Grade: 6 - 8
Community Sponsor(s): Ms Nisse & Mr James
Group Size: 10 - 30
Cost in Kip: None

Students have the opportunity to improve their soccer skills and the possibility to be selected to play in the VSSA and MRISA teams. All are welcome! Commitment to ALL training sessions is required. If you have any questions please speak with Ms. Nisse - nissew@ourvis.com for more information. All training will take place on the front field.

VIS SWIM TEAM

Grade: 6 - 8
Community Sponsor(s): Mr Bob & Dr Chanen
Group Size: None
Cost in Kip: 830,000 (USD 100) - Paid at the start of each season to the cashier

The VIS competitive swim team "VIS SWIM TEAM", not to be confused with a learn-to-swim program, hosts a local invitational tournament and travels to two international tournaments in the region. Swimming as a sport at VIS encourages participation of swimmers to develop levels of competence, supports the development of individual skills and talents, promotes the ethos of a sporting attitude of fair play and team success, and encourages the involvement of parents in the school community. The individual nature of this sport requires a different schedule for the seasons of the year. Season 1 finishes on Saturday 2 December. Season 2 will begin with tryouts announced at a late date. Season 2 runs from 29 January to 5 May 2018. The team nature of this sport will require a commitment to attend all training sessions during the season. Secondary groups primarily make up groups C and D. Group C will train on Mondays, Wednesdays, Thursdays and Fridays 6:30-7:30am, and Saturdays from 9:00-10:00am. Group D will train on Tuesdays, Thursdays, and Fridays from 6:30-7:30am and Saturdays from 8:00-10:00am.

SENIOR BOYS BASKETBALL TEAM

**MONDAYS 4:00-6:00pm, WEDNESDAYS 6:00-7:30am,
FRIDAYS 4:00-6:00pm**

Grade: 9 - 12
Community Sponsor(s): Mr Chad & Mr Jon
Group Size: 10 - 30
Cost in Kip: None

Students have the opportunity to improve their basketball skills and the possibility to be selected to play in the VSSA and MRISA teams. All are welcome! Commitment to ALL training sessions is required. If you have any questions please speak with Mrs. Nisse Welchman - nissew@ourvis.com or the coaches for more information. Monday training will be on the front court and Wednesday and Friday training will be on the back court.

JUNIOR BOYS FOOTBALL TEAM

**TUESDAYS 4:00-5:00pm, WEDNESDAYS 4:00-5:30pm,
THURSDAYS 6:30-7:30am**

Grade: 6 - 12
Community Sponsor: Mr Victor & Mr Lay
Group Size: 10 - 30
Cost in Kip: None

Students have the opportunity to improve their soccer skills and the possibility to be selected to play in the VSSA and MRISA teams. All are welcome! Commitment to ALL training sessions is required. If you have any questions please speak with Ms. Nisse - nissew@ourvis.com or the coaches for more information. Monday training will be on the back field and Wednesday and Thursday trainings will be on the front field.

MONDAY

SWISS MATTERS 4:00 - 5:00pm

Grade: 7 - 9
Community Sponsor: Mr Urs
Group Size: 4 - 10
Cost in Kip: None

Let's begin at the beginning. What do you know, what do you want to know? I am open for your suggestions. Yet I am not Mister Know-It-All; I have just lived 54 years in that country, so let's pretend, I know just a little bit about it. It's an astonishing country with a very special past (and present) in the middle of Western Europe. In many ways it is concealed as a model for Lao people and officials. Find out why. This activity will be held in English or German, depending on who will attend.

TED-ED CLUB 4:00 - 5:00pm

Grade: 9 - 12
Community Sponsor: Ms Lauren
Group Size: 4 - 10
Cost in Kip: None

TED-Ed Club is about discussing big ideas and developing a TED Talk presentation around an idea that you are passionate about. This is an official TED-Ed Club in which the TED organization provides materials and opportunities for students to discuss and share ideas with other students around the world.

POSTER CLUB 4:00 - 5:00pm

Grade: 8 - 12
Community Sponsor: Michelle
Group Size: 4 - 15
Cost in Kip: None

In Poster Club, we will make posters and other graphics for events such as Halloween or the MRISA AX logo. We will use mainly digital programs for our work, so it is preferred if you have some experience in using them. If you do not have experience, we can also use our time together to run workshops where you can learn to use some digital programs to make artwork. Depending on the number of students who are interested, we can also set up a group to work on the design, layout and illustrations for this year's Yearbook. Let's get digitally creative together!

SPORTS DAY LEADERSHIP/ORGANIZATION 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsor: Mr Joel
Group Size: Unlimited
Cost in Kip: None

This activity is aimed at students who prefer organizing and helping with Sports Days rather than competing in them. As we get closer to Sports Day (in December) we are looking for a team who would like to help measure jumps, time races and help keep track of scores. Learn how to plan, coordinate and organize large events as well as learning the specifics for each athletics event so you can be part of the leadership team for this year's Primary/Secondary Sports Day.

GIN-GLOBAL ISSUES NETWORK @ LUNCH/ 12:55 - 13:35

Grade: 6 - 12
Community Sponsor: Ms Mary
Group Size: 4 - 10
Cost in Kip: None

Help solve world issues. Student led group, discuss, identify and develop action to address global issues in a Laos and VIS context.

enVISION 5:30-7:30pm

Grade: 6 - 12, Teachers & Parents
Community Sponsor: Ms Rachael
Group Size: Cast
Cost in Kip: None

enVISION is a community theatre company. We have already cast the current play "Wendy & Peter Pan", so only students who have committed to this activity in Rotation 1 should sign up, unless you wish to be considered for the production in semester 2, which will begin rehearsals in January. Rehearsals are on Monday evenings and some Saturday mornings from 10am-12pm. Commitment to attending all rehearsals is required.

MS MISSY'S AFTER SCHOOL REFUGE FOR WAYWARD READERS

Grade: 6 - 12
Community Sponsor: Ms Missy
Group Size: 4 - 10
Cost in Kip: None

Join Ms Missy's After School Refuge for Wayward Readers as we delve deep into the millions of worlds found on the library shelves, organise author talks and create the Secondary Library that students want to be a part of.

BRAIN BOOSTERS 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsor: Mr Knight
Group Size: 4 - 10
Cost in Kip: None

Educational scientists have discovered a link between how well you do in school and your ability to store things in your memory. Memory is not everything but a good memory helps you get good grades! Every year there is a memory world Championship, we are unlikely to be going to the Championship but our brains can go to the Gym and learn tricks to improve your memory! Would you like to be able to memorize a deck of 52 cards in order? Or even 2 decks of cards! Come test your brain and improve your memory capacity!

LEARN TO SWIM 4:00 - 5:00pm

Grade: 6 - 10
Community Sponsor: Ms Sunisa
Group Size: 4 - 6
Cost in Kip: 450,000

I would love to help your child build his/her confidence in and around the pool, from a basic introduction to water safety to learning the basic swimming strokes, while having fun in a relaxed atmosphere. In my Learn-to-Swim course I will teach your child how to swim in nine easy steps. In each of the ten lessons we will cover a few of these steps, which we will repeat and build on in the next lesson. I believe that your child should have fun while learning to love the water, so I will include lots of fun activities.

TUESDAY

FLOORBALL 3:15 - 4:15pm

Grade: 6-10
Community Sponsor: Mr Emanuel
Group Size: 10 - 16
Cost in Kip: 350,000

Floorball, also known as Land Hockey or Floor Hockey, is played with 2 teams who try to hit a small plastic ball into the other team's goal. The game is played on a court. Each player has a stick, which they use to pass, dribble, or shoot in order to score goals. Students will learn the rules as well as the techniques (shooting, passing, dribbling) of this sport, and will play matches against each other.

SINGING WITH THE STARS 3:15 - 4:15pm

Grade: 6 - 12
Community Sponsor: Ms Alexandra
Group Size: 2 - 6
Cost in Kip: 400,000

A one-time opportunity to experience performing like a star. It is your time to shine! With a coach who has more than 16 years experience on stage performance, you will get to learn all the basic of vocal training, stage posture, pop songs, and performance techniques.

WEDNESDAY

AIKIDO (BEGINNERS) 4:00 - 5:00pm

Grade: 6 - 8
Community Sponsor: Ms Mon & Ms Khek
Group Size: 4 - 10
Cost in Kip: 400,000

Come and participate in this basic Japanese martial art. Aikido is performed by blending with the motion of the attacker and redirecting the force of the attack rather than opposing it head-on. This requires very little physical strength. The techniques are completed with various throws or joint locks.

CULTURE CLUB 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsor: Mr Mark
Group Size: 6 - 8
Cost in Kip: None

The Cultural Club is a group of students who assist the VIS Cultural Activities Coordinator, Mr. Gordon, to think of new ideas, organize cultural events and activities to appreciate all the cultures and countries VIS students, staff, parents and friends represent, with an emphasis on our host culture, Laos. We will meet once every two weeks to share information and do general planning. Students will volunteer or be assigned to do tasks as particular activities and events come up throughout the school year.

MUN 4:00 - 5:00pm

Grade: 8 - 12
Community Sponsor: Mr David & Ms Caroline
Group Size: 4 - 20
Cost in Kip: None

The MUN Club is a simulation of the real United Nations in New York. Each student is assigned a country, and represents that country in mock debates about real world issues. The meetings will be spent in learning how MUN works, developing speeches, and then in practice debates. To be prepared, students need to research information about their country, and keep up with current events. MUN is an excellent way for students to improve their public speaking skills, and become more knowledgeable about world events. Students will also have the opportunity to attend the MUN conference at UNIS in March.

GERMAN CINEMA CONVERSATION 4:00 - 5:00pm

Grade: 7 - 9
Community Sponsor: Mr Urs
Group Size: 4 - 10
Cost in Kip: None

It is vital that DP students know their oral skills, of course also for the two oral assessments in Parts 2 and 4. I suggest therefore that we combine the "needs" with the pleasure to see, read, comment and analyze scenes from movies. I would especially like to show you films out of the so called "arthouse" segment (I am not a fan of this term), but also sci fi and animation films of all sorts. I'm looking forward to your own suggestions!

CHESS 4:00 - 5:00pm

Grade: 7 - 10
Community Sponsor: Mr K
Group Size: 4 - 12
Cost in Kip: None

Come and join chess for fun. If you don't know how to play, we'll teach you. We end the rotation with a speed tournament that anyone can win. Congrats to last year's champion: Rora.

THEATRE TECH 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsor: Ms Rachael
Group Size: 4 - 30
Cost in Kip: None

Learn about working backstage on theatre productions: lighting, costume, set, sound, prop making and publicity. Opportunities to learn new skills and be a part of the teams that produce live theatre at the school. In this activity students also work on other projects supporting school wide live events as well as organising and running Digital Theatre nights. Preference is given to those already involved in the group.

LEARN TO SWIM 4:00 - 5:00pm

Grade: 6 - 10
Community Sponsor: Ms Sunisa
Group Size: 4 - 6
Cost in Kip: 450,000

I would love to help your child build his/her confidence in and around the pool, from a basic introduction to water safety to learning the basic swimming strokes, while having fun in a relaxed atmosphere. In my Learn-to-Swim course I will teach your child how to swim in nine easy steps. In each of the ten lessons we will cover a few of these steps, which we will repeat and build on in the next lesson. I believe that your child should have fun while learning to love the water, so I will include lots of fun activities.

CODING CLUB 4:00 - 5:00pm

Grade: 7 - 12
Community Sponsor: Mr Ricardo
Group Size: 4 - 12
Cost in Kip: None

The activities of the club will include - explicit instruction on coding and programming, authentic projects with real clients, for example - school intranet web portal. Come build your skill in Programming!

THURSDAY

PENNYWISE 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsor: Mr Duncan
Group Size: 4 - 10
Cost in Kip: None

A reading club for anyone who wants to enjoy being scared.

BADMINTON CLUB 4:00 - 5:00pm

Grade: 9 - 12
Community Sponsors: Araya & Channa
Group Size: 6 - 16
Cost in Kip: None

Badminton is a great opportunity for VIS students to throw off the stress that accumulates from piles of assignments and homework! We want to provide a space where they can interact with peers physically and get our community couch potatoes to get off their laptops. This is a good chance to do some exercise!

PROGRAMMING - LEARN PYTHON, JAVA OR RUBY 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsor: Mr Nathu
Group Size: 4 - 15
Cost in Kip: None

Take full advantage of a computer's power by learning to use the world's most popular programming languages. Learn to automate tasks, manipulate files, sort and search through data efficiently, and much more.

FLAG FOOTBALL 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsor: Mr Gavin
Group Size: 8 - 14
Cost in Kip: 350,000

Have you ever dreamed about playing in the Super Bowl while your parents secretly worried about the safety of American tackle football? What if I told you that you could enjoy the thrill, excitement, and adventure of playing American football, all in a completely safe and fun environment? Our flag football activity will allow you to be coached by two gentlemen with experience coaching Secondary American football in the US and Canada. In addition to learning how to properly run, pass, and catch, VIS young men and ladies will gain valuable lessons in teamwork, sportsmanship, and trust. We can't wait for you to join us!

POTTERY (INTERMEDIATE) 4:00 - 5:00pm

Grade: 6 - 8
Community Sponsors: Mrs Noy & Ms Mui
Group Size: 4 - 10
Cost in Kip: 400,000

This is a very popular activity and will fill up fast! Learn how to work with clay and create your own masterpieces.

VIS MUSIC ENSEMBLE 4:00 - 5:00pm

Grade: 6 - 12 , Teachers & Parents
Community Sponsor: Mr Malcolm
Group Size: Unlimited
Cost in Kip: None

This activity is open to all instrumental musicians - band, brass, wind, strings, guitars, keyboards, piano and drums and percussion. Music played will be pop, rock, classical, jazz and world. Some level of playing needed.

HIP HOP DANCE (INTERMEDIATE) 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsors: Mr Lucky & Mr Mee
Group Size: 4 - 12
Cost in Kip: 400,000

This activity will introduce students to the basic vocabulary and style of hip hop movement. Hip Hop is about personal style and expression. This high energy and fun activity is perfect for anyone with a passion to move!

VIS CRUZEIRO SOCCER BOYS & GIRLS 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsors: Mr Vitor & Lay
Group Size: 4 - 30
Cost in Kip: 400,000

Following the methodologies of Cruzeiro FC, Cruzeiro Soccer Schools provide high quality age appropriate training that supports long term player development in a challenging and supportive environment. We aim to create a friendly and inclusive environment that allows expression, creativity and a love of football to flourish. The training program systematically develops key football attributes whilst allowing children to play with confidence and a smile.

FRIDAY

VIS CRUZEIRO SOCCER GOALKEEPER TRAINING 4:00 - 5:00pm

Grade: 6 - 12
Community Sponsors: Mr Vitor & Mr Lay
Group Size: 4 - 30
Cost in Kip: 400,000

Following the methodologies of Cruzeiro FC, Cruzeiro Soccer Schools provide high quality, age appropriate training that supports long term player development in a challenging and supportive environment. We aim to create a friendly and inclusive atmosphere that allows expression, creativity and a love of football to flourish. The training program systematically develops key football attributes whilst allowing children to play with confidence and a smile.

SKETCHBOOK CLUB 4:00 - 5:00pm

Grade: 9 - 12
Community Sponsor: Ms Victoria
Group Size: 4 - 10
Cost in Kip: None

The secret drawing club is a club for people who like drawing and sketchbook work. We will be looking at a number of different themes and ideas working in across a range of different materials. You will be provided with a sketchbook and encouraged to fill it with lively and inquiring ideas and drawings. Come have some fun!

JUNIOR MRISA STEAM CHALLENGE 3:00 - 5:00pm

Grade: 6 - 8
Community Sponsors: Mr Arno & Mr Nik
Group Size: 4 - 12
Cost in Kip: None

This CCA will prepare you for the MRISA STEAM (Science, Technology, Engineering, Arts and Math) challenge at ISHCMC (March 22-25, 2018). The challenge will consist of two parts: (1) a Lego EV3 robot challenge, and (2) a cardboard boat design challenge. You will need to complete an additional application form to be considered for this CCA. Please note that only four students can represent VIS at ISHCMC. Therefore, participation in this CCA does not automatically guarantee that you will travel to Ho Chi Minh City to take part in the MRISA STEAM challenge.

SECONDARY STUDENT COUNCIL 4:00 - 5:00pm

Grade: 6 -12
Community Sponsor: Mrs Sheryl
Group Size: Unlimited
Cost in Kip: None

VIS Secondary Student Council is a group of students who provide leadership and support for students. This leadership includes problem-solving of students issues, acting as a liaison with the school administration and planning events that develop a sense of community.

SMALL MUSICAL ENSEMBLES 3:00 - 5:00pm

Grade: 6 - 12
Community Sponsor: Mr Malcolm
Group Size: Unlimited
Cost in Kip: None

This activity allows students to come together to form small ensembles. The teacher will provide supervision, coaching, find materials and assist in rehearsals. There will be students working independently in their groups of music of their own interest. Student ensembles will be expected to perform at the music night and other concerts.

GERMAN (BEGINNERS) 4:00 - 5:00pm

Grade: 7 - 9
Community Sponsor: Mr Urs
Group Size: 4 - 10
Cost in Kip: None

We continue with the participants of Rotation 1, but new people are welcome! There are sheets with basic phrases and I'll show some way too complicated songs to singalong and even interviews, snippets of talks to follow. (Please be aware that German is a really mean and unfair language, full of nasty exceptions!) A terribly demanding mix, of course, or, as Franz Kafka wrote: "Gib's auf!"

SATURDAY

VIS SATURDAY BASKETBALL CLINIC 10:30am - 12:00pm

Grade: 6 - 8
Community Sponsors: Mr Rick & Ms Julia
Group Size: 5 - 20
Cost in Kip: None

The Saturday Basketball Clinic is held to support the girls and boys basketball teams. The idea is to coordinate closely with the VIS basketball coaches to enhance basic skills development and lessons learned during regular team practices. We will work on dribbling, passing, spacing, shooting, defense, and many other things.

YEYS 9:00am - 12:00pm

Grade: 7 - 12
Community Sponsors: Diana & Angie
Group Size: Unlimited
Cost in Kip: None

YEYS or Youth Educating Youth Saturday School is a student led activity, where VIS students come in to teach students from the sister school on Saturdays, twice a month. Our subjects include: Arts, Sports, Maths, English, Movies and we are always open to new suggestions. It's a great experience engaging with the sister school students, getting the opportunity to share individuals' talents, offering service to the community and also having fun!