

Co Curricular Programme

Semester 2, Academic Year 2017-2018



Sports CCAs

Come relax your mind after a hard day of studying and get a good workout at one of our sports CCA. Students can sign up for a host of activities, such as Soccer, Basketball, swimming, Badminton, Tennis, Tae-kwon Do, Archery, Ballet, Hip Hop, Shaolin Kung Fu.



Non Sports CCAs

Joining non-sports CCAs to explore new things and experiences. Students can sign up for Junior Chef, Manga, Robotics, Junior Scientist, Essential skills, Discovery Science, Discovery Science and Craft, Chinese Society, Chess Club, Pop Band, Cud Scouts, Girls Scouts, Photography, Code Club, NH Voice, Graphic Design, Board games and Makeblocks.

What is CCAs?

Co-curricular activities (CCAs), earlier known as Extracurricular Activities (ECA), are the components of non-academic curriculum helps to develop various facets of the personality development of the child and students. For all-round development of the child, there is a need for emotional, physical, spiritual and moral development that is complemented and supplemented by Co-curricular Activities.

During this academic year, CCA involvement is highly recommended for all students (Y1 - Y12). We offer Sports CCAs and Non-Sports CCAs.

Commencement of CCAs in Semester 2 is Term3, 22 January 2018.

1

CCA OPEN HOUSE

Tuesday, 28 Nov 2017
8:00 a.m-1:00p.m
Venue: Canteen

2

CCA TRIAL (AFTER SCHOOL)

Sport CCA trial:
Tuesday, 28 Nov 2017

Non Sports CCA trial:
Thursday, 30 Nov 2017

3

REGISTRATION AND PAYMENT OF CCA

Fill in the CCA enrollment form. Payment are make through student's Virtual Account

SPORTS CCA

S1. SOCCER



Years	Day	Time	Teacher/Coach
Year 1-2	Tuesday	13:45-14:45	Mr.Fadlan
Year 3-6	Tuesday	14:45-15:45	Coach JP
Year 7-12	Thursday	14:30-15:30	Coach JP

Venue : NH Stadium

Cost : NIL

Remarks : Min.4 candidates

Description : Soccer develops agility, speed and stamina, and also teaches children the importance of teamwork, so it can play an important part in your child's physical and social development.

S2. BASKETBALL



Years	Day	Time	Teacher/Coach
Year 2	Tuesday	13:45-14:45	Ms.Wang Yu
Year 3-6	Tuesday	14:45-15:45	Mr.Red/ Ms.Emelly
Year 7-12	Thursday	14:30-15:30	Mr.Leonides

Venue : Multi Purpose Hall

Cost : NIL

Remarks : Vendor Run. Min.7-30 candidates

Description : Do you love basketball? Apart from just growing taller and stronger, this sport also offers you a plethora of other health benefits-Develops Better Coordination And Motor Skills, Develops Self-Discipline And Concentration.

S3. SWIMMING



Years	Day	Time	Teacher/Coach
Year 1-2	Tuesday	13:45-14:45	Mr.Bambang
Year 3-6	Tuesday	14:45-15:45	Mr.Eddie Yu

Venue : Swimming pool

Cost : IDR 1,300,000

Remarks : Vendor run. Min.4 candidates

Description : Swimming fires up more of your body's major muscle groups than other forms of cardio exercise. There are more benefits to hitting the pool than simply cooling off on a hot day. Here's why you'll want to add swimming to your after school curriculum.

SPORTS CCA

S4. BADMINTON



Years	Day	Time	Teacher/Coach
Year 3-6	Tuesday	14:30-15:30	Ms.Sheila
Year 7-12	Thursday	14:30-15:30	Mr.Ding Liang
Venue : Kelapa Dua Hall			
Cost : IDR 1,300,000			
Remarks : Vendor run. Min.4 candidates			

Description : Playing badminton is such a fun experience. It's just a simple game but it could give you the awesomeness you want to experience.

S5. TENNIS



Years	Day	Time	Teacher/Coach
Year 1-2	Monday/Friday	13:45-14:45	Vendor Coach Greg
Year 3-4	Wednesday	13:45-14:45	
Year 5-6	Wednesday	14:45-15:45	
Venue : Multi Purpose Hall (MHP)			
Cost : IDR 1,300,000			
Remarks : Vendor run. Min.4 candidates			

Description : Tennis is fun to play and it's fun to watch. It can be a social pastime or a challenging career – the possibilities are endless. Tennis is an efficient and exhilarating way to get in shape. Grab a racquet: Your body and mind will thank you!

S6. SHAOLIN KUNG FU



Years	Day	Time	Teacher/Coach
Year 1-2	Tuesday	13:45-14:45	Ms.Asti
Year 3-6	Tuesday	14:45-15:45	Ms.Christine
Venue : Auditorium			
Cost : IDR 1,300,000			
Extra Cost: Uniform: IDR 250,000; Stick: IDR 50,000			
Remarks : Vendor run. Min.4 candidates			

Description : Shaolin Kung Fu is a martial arts system developed by monks at the temple as a means of both self-defense and a way to keep healthy. Shaolin Kung Fu is practiced mainly to cultivate good health, and mental discipline.

SPORTS CCA

S7. TAEKWON DO



Years	Day	Time	Venue	Teacher/Coach
Year 1-2	Tuesday	13:45-14:45	P1P	Ms.Margaretha
Year 3-6	Tuesday	14:45-15:45	P3I	
Cost	: IDR 1,110,000			
Extra Cost:	Uniform: IDR 200,000; Promotion test: IDR 250,000			
Remarks	: Vendor run. Min.4 candidates			

Description : Taekwondo is a total learning activity. Lessons are tailored to your child's age and skill level. It's develops your child's athletic abilities and self-awareness, and improves the child's capabilities in self-defense.

S8. BALLET



Years	Day	Time	Venue	Teacher/Coach
Year 1-2	Tuesday	13:45-14:45	P1I	Ms.Slyfie
Year 3-6	Tuesday	14:45-15:45	P1I	
Cost	: IDR 1,300,000			
Remarks	: Vendor run. Min.4 candidates			

Description : If your child has expressed an interest in dance, have you thought about Ballet? The benefits of ballet aren't just physical, children who learns ballet develop emotionally in many ways too.

S9. ARCHERY



Years	Day	Time	Teacher/Coach
Year 3-6	Tuesday	14:30-15:30	
Year 7-12	Thursday	14:30-15:30	Mr.Eric
Venue	: Open Theatre Field		
Cost	: IDR1,300,000		
Extra Cost:	IDR 500,000 (1 set of beginning arrow and bow)		
Remarks	: Vendor run. Min.7 candidates		

Description : Are you interested in archery? Archers learn to tune out all distractions, focus on their form, and release the bowstring consistently. Concentrating during archery practice can help you focus better in other areas of life too.

NEW

SPORTS CCA

S10. HIP HOP DANCE



Years	Day	Time	Venue	Teacher
Year 1- 2	Thursday	14:45-14:45	P1 I	Ms.Lia
Year 3-6	Thursday	14:30-15:30		Ms.Kunthi
Year 7-12	Tuesday	14:30-15;30	Sec1 I	Ms.Annalisa
Cost	:	IDR 1,300,000		
Remarks	:	Min.4 candidates		

Description : If your child is always dacing around the house, that is a great sign that they would benefit from dance classes! Hip Hop is one of the CCA that they can join!

Noted:

1.Many of our CCAs require a minimum number of participants. CCAs that do not have the minimum number required, will be cancelled.

NON SPORTS CCA

NS1 & NS2. JUNIOR CHEF/CHEF



Years	Day	Time	Teacher/Chef
Year 1-2	Thursday	13:45-14:45	Ms.Tina
Year 3-6	Thursday	14:45-15:45	Ms.Marites
Year 7-12	Tuesday	14:30-15:30	Ms.Tita
Venue	: Home Economics Room (HER,5th floor)		
Cost	: IDR 1,040,000 (Year1-6); IDR 1,430,000 (Year 7-12)		
Remarks	: Vendor run. Min.4 candidates		

Description : Cooking Time! Teaching children the basics of cooking is a great way to broaden their knowledge of nutritious food and nutrition in a practical way.

NS3. MANGGA



Years	Day	Time	Venue	Teacher
Year 1-2	Thursday	13:45-14:45	P1 I	Ms.El (Teni)
Year 3-6	Thursday	14:45-15:45	P1 I	Ms.Ashta
Year 7-12	Tuesday	14:30-15:30	Sec 1 P	
Cost	: IDR 800,000			
Remarks	: Vendor run. Min.4 candidates			

Description : Manga are created in Japan. Loved by kids worldwide, students will learn techniques that allow their drawings to better visualize storytelling as well as making their characters come to life in incredible, expressive ways.

NS4. ROBOTICS MIKROBOT



Years	Day	Time	Venue	Teacher
Year 1-2	Thursday	13:45-14:45	P2 P	Mr.Dave
Year 3-6	Thursday	14:45-15:45	P2 P	Ms.Mitos
Year 7-12	Tuesday	14:30-15:30	Sec 1 P	
Cost	: IDR 1,700,000			
Remarks	: Vendor run. Min.10 candidates			

Description : If your kid loves robot, robotics mikrobot is a great platform for them. Through robotics, students can learn more than just how to code. They can learn skills in leadership, community involvement, communicating across different technology platforms, finding their passions, and teamwork.

NON SPORTS CCA

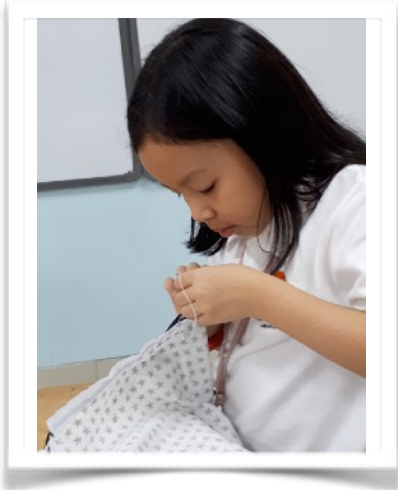
NS5. JUNIOR SCIENTIST



Years	Day	Time
Year 3-6	Thursday	14:30-15:30
Cost	:	IDR 1,300,000
Venue	:	Lab 1
Teacher	:	Ms.Larsen
Remarks	:	Vendor run. Min.4 candidates

Description : Science activities and experiments have a way of bringing out the inner scientist in even the youngest of learners.

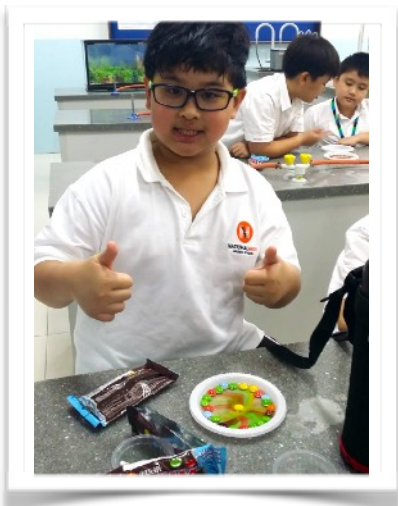
NS6. ESSENTIAL SKILLS



Years	Day	Time	Teacher
Year 1-2	Thursday	13:45-14:45	Ms.Siti
Year 3-6	Thursday	14:45-15:45	Ms.Gill Ann
Cost	:	IDR 1,300,000	
Venue	:	P2 I	
Remarks	:	Vendor run. Min.4 candidates	

Description : Creating things that they can actually use in everyday life, or creating things they can share with others will give them a sense that they are important and can contribute to society in a positive way.

NS7. DISCOVERY SCIENCE



Years	Day	Time	Teacher
Year 1-2	Thursday	13:45-14:45	Ms.Macky
Cost	:	IDR 1,300,000	
Venue	:	Gem room (1st floor)	
Remarks	:	Vendor run. Min.4 candidates	

Description : The science of discovery is essential part of life. Your children will learn to be more inquisitive, probing, investigative and exploratory.

NON SPORTS CCA

NS8. ART AND CRAFT



Years	Day	Time	Teacher
Year 3-6	Thursday	14:30-15:30	Mr.Rizal/Ms.Ary
Year 7-12	Tuesday	15:15-16:15	
Cost	: NIL		
Venue	: Art and Craft room (5th floor)		
Remarks	: Min.4 candidates		

Description : Kids love doing a variety of arts and crafts as an outlet to be creative and have fun!

NS9. CHINESE SOCIETY



Years	Day	Time	Venue	Teacher
Year 1-2	Thursday	13:45-14:45	p1 p	Ms.Wang Mei Ling
Year 3-6	Thursday	14:30-15:30	P4 G	Ms.Wang Yu
Year 7-12	Tuesday	14:30-15:30	Sec 2 I	Mr.Chen
Cost	: NIL			
Remarks	: Min.4 candidates			

Description : Understanding Chinese culture and learn it through activities, such as Chinese chess, calligraphy, Chinese tea appreciation, paper cutting, etc.

NS10. CHESS CLUB



Years	Day	Time
Year 3-6	Thursday	14:30-15:30
Venue	: P4 E	
Cost	: NIL	
Teacher	: Ms.Xiao Yao	
Remarks	: Min.4 candidates	

Description :The game of chess helps students learn to concentrate, think logically, overcome obstacles, spot patterns and categorize information.

NON SPORTS CCA

NS11. POP BAND



Years	Day	Time
Year 3-6	Thursday	14:30-15:30
Year 7-12	Tuesday	14:30-15:30
Venue	: Music Room	
Cost	: NIL	
Teacher	: Mr.Loren	
Remarks	: Min.4 candidates	

Description : Joining Pop Band is one way to improve your skills, learn a ton about music. Playing in a band will give you an opportunity to master your art. You will be able to hear how your music sounds when paired with other instruments and learn how other instruments work.

NS12. CUB SCOUTS



Years	Day	Time
Year 3-6	Thursday	14:30-15:30
Venue	: P2A	
Cost	: Register fee (Official USA Form)	
Teacher	: Ms.Meitta/Ms.Rebecca	
Remarks	: Min.4 candidates	

Description : The life lessons learned in Scouting form the foundation to embrace opportunity and overcome obstacles in life.

NS13. GIRL SCOUTS



Years	Day	Time
Year 3-6	Thursday	14:30-15:30
Venue	: P2A	
Cost	: Register fee (Official USA Form)	
Teacher	: Ms.Rebecca	
Remarks	: Min.4 candidates	

Description : Need to know more about Girls Scouts? Join Girls Scouts and starting your adventure—Develop a positive sense of self and learn more resourceful problem solving.

NON SPORTS CCA

NS14 PHOTOGRAPHY CLUB



Years	Day	Time
Year 3-6	Thursday	14:30-15:30
Venue :	P3I	
Cost :	IDR 1,300,000	
Teacher :	Ms.Felicia	
Remarks :	Min.4 candidates; Camera (As required)	

Description : Have you ever thought of joining photography club? Photography clubs are a great way to learn more about photography and allow you to meet a group of like-minded people that share your passion.

NS15. CODE CLUB



Years	Day	Time
Year 3-6	Thursday	14:30-15:30
Year 7-12	Tuesday	14:30-15:30
Venue :	ICT Room	
Cost :	IDR 1,950,000	
Teacher :	Ms.Liu Yen Yu	
Remarks :	Min.10 candidates; Laptop (As required)	

Description : Children build up programming skills as they move through the projects in their club. Code Club projects are available for anyone to use to start getting creative with code.

NS16. NH VOICE



Years	Day	Time
Year 3-6	Thursday	14:30-15:30
Venue :	P4 T	
Cost :	NIL	
Teacher :	Ms.Priscila	
Remarks :	Min.4 candidates	

Description : Singing is a wonderful release and opportunity to express your thoughts and feelings through music and singing. Joining NH Voice may give you that regular opportunity to enjoy singing if you just don't have the time to practice on your own.

NON SPORTS CCA

NS17. GRAPHIC DESIGN



Years	Day	Time	Venue	Teacher
Year 3-6	Thursday	14:30-15:30	P3 A	Ms.Yan Dan Dan
Year 7-12	Tuesday	14:30-15:30	Sec 2 P	Ms.Amalia
Cost		: IDR 1,200,000		
Remarks : Min.4 candidates; Laptop (As required)				

Description : The biggest benefit of learning graphic design is you have the liberty to express your imagination and creativity to the fullest. Whatever you imagine and visualize can be put in the form of display for others to appreciate and admire.

NS18. BOARD GAMES



Years	Day	Time	Venue	Teacher
Year 3-6	Thursday	14:30-15:30	P3P	
Year 7-12	Tuesday	14:30-15:30	Sec2 P	Mr.Mans
Cost		: IDR 1,300,000		
Remarks : Min.7 candidates				



Description : Board games encourage kids to consider the concept of rules and practice following rules. Some boardgames are encourage players to detect patterns, plan ahead and learn fro experience.

NS19. MAKEBLOCK



Years	Day	Time
Year 4-6	Thursday	14:30-15:30
Year 7-9	Tuesday	14:30-15:30
Venue		: Library
Cost		: IDR 1,700,000
Extra Cost		: IDR 1,800,000 (A set of beginner robot)
Teacher		: Vendor run
Remarks		: Min.10-20 candidates



Description : Build it. Code it. mBot is an ideal entry-level STEM educational robot kit. It provides an entertaining learning experience for beginners by integrating robots and programming.

CCAs schedule

	Spots CCAs	Non Sport CCAs
Tuesday	Year 1-2 : 13:45-14:45 Year 3-6 :14:30-15:30	Year 7- 12 : 14:30-15:30
Thursday	Year 7- 12 : 14:30-15:30	Year 1-2 : 13:45-14:45 Year 3-6 :14:30-15:30

Noted:

1.Many of our CCAs require a minimum number of participants. CCAs that do not have the minimum number required, will be cancelled.

Enrollment Form and Payment Procedure

Due date: 8 December 2017

