



The British School
Kathmandu



AFTER SCHOOL CO-CURRICULAR ACTIVITIES 2023-24



Mission and Vision

- To provide extended opportunities for all our students beyond-the-classroom via after-school clubs in order for them to expand their horizons, explore their interests, and allow for self-discovery and creativity to manifest.
- To create a dynamic range of clubs, and to provide the best club experience in Kathmandu, which is quintessential to a well-rounded, quality education.



Guidelines for clubs and activities and frequently asked questions.

Co-curricular activities at TBS are voluntary and children should be taking them for additional challenge, social interaction and fun. They enable our learners to experience a wide range of activities which will help them grow into rounded, happy individuals and compliment our formal curriculum. We are very happy to open up new clubs or additional sessions of existing clubs wherever possible to meet the interests of our learners.

The TBS expectations for commitment, behaviour and attendance are the same during co-curricular times as they are during the rest of the day and all our coaches, teachers and club leaders will expect the highest standards of behaviour.

However, the voluntary aspect is important if students are to get the most from these sessions. It is also important that club choice is made by the children/students as far as possible rather than by parents. Ms. Aditi Sherchan coordinates clubs and is supported by our leadership team in both the Primary and Secondary sections.

FAQS:

• **How are the co-curricular clubs scheduled?** Most take place at 2.30-3.30pm (primary) and 3.30-4.30pm (secondary). We publish a timetable for each block just before it begins and instructions are sent out to primary parents and secondary students by email at the start of each term. There will be an opportunity for children to change clubs between the

3 blocks (and subject to spaces being available). Block 1 runs across Term 1 & 2, Block 2 in Term 3 and Block 3 in Term 4. The 3 blocks usually run for about 10 weeks.

How do we actually sign up? We send an email with instructions. We have a 'Parent Portal' that makes the process more efficient. The TBS helpdesk will be available to any parents who need training or support in using the Engage Portal. Look at what is available for the correct age group on each day and then cross reference this booklet if you need to know more.

Are all the co-curricular activities listed in this booklet and are they all available for every child? While most are listed here some are not (usually those that are self-explanatory in their name) but we are happy to provide further information on request. Activities are usually restricted by age group so they will not be open to all students and places will also have a cap to avoid over crowding.

How many clubs should primary children do? Every child is different but as a rule Foundation students usually cope best with 1 or maybe 2 clubs per week with the maximum being 3. This is because Foundation students take time to get used to longer days at school and it can be counter-productive to their enjoyment to add the extra hour of clubs at the end of the day when they are not ready for it. Older primary activity and some may be oversubscribed. children can generally

cope with more clubs and they enjoy them. Therefore some will want to do 3 or more and if they are in upper Key Stage 2 and this is fine. Places are subject to available spaces in each

How many clubs should secondary students do? It is very important that secondary students do as much as possible in their school career and clubs are no exception. We would like to see them do 3-5 per week in a range of different spheres e.g. active learning such as sport, academic such as Model United Nations, creative such as Music or Drama etc.

Sometimes myths develop that doing too much will mean you do worse in examinations or fall behind in your academic work or not have time for home learning. In fact, being committed to clubs builds character and offers rich and broad experiences that complements and enhances academic learning. But students do need to evaluate their own performance.

Are there sports teams as part of the co-curricular activities? - A new term means new sports! Please be aware of the changes to the timetable as there are many. Clubs labelled 'Sports Teams' are by invitation only; students in the sports teams will need to sign up to their relevant team. If there are any new students who wish to trial for the school teams they will need to

speaking to the PE Department

Do students have to pay for some activities? While most of our co-curricular activities are free of cost, we charge for some clubs. This is usually because they are run by external coaches. The coaches still undergo our TBS standard Health and Safety and Safeguarding training. Activities that require specially purchased resources or where we will use facilities off site may also be chargeable. If this is the case it will be labelled as such in the sign up form.

Do the activities have rules? - It is important that students know they are expected to follow the same rules and show the same respect of coaches and club leaders as they would their teachers. We will talk to children and their parents if they seem to be struggling to cope with their behaviour in clubs but we expect this to be rare. Finally, we hope this information booklet helps parents and children understand how co-curricular clubs work. We believe the range and variety of clubs and activities we offer rivals any school in the world but we want to keep getting better. If there is anything else we could clarify please do let Ms. Aditi Sherchan know (asherchan@tbs.edu.np). If you do have suggestions, we would welcome them and we will do our very best to put them into action as much as is practical.

Activities available in Term 3 (23-24)

- Assistive technology (Secondary)
- Art Club (Invite Only)
- Badminton club (Secondary)
- Ballet club
- Basketball club
- Beginners Nepali club
- Biology exam preparation club (Secondary)
- Board games & Strategy club (Secondary)
- Board games club
- Book making club
- Breakdance club
- Ceramics club (Secondary)
- Chemistry support club (Secondary)
- Club de Espanol (Secondary)
- Coding club
- Colouring club
- Community club
- Cricket club (Secondary)
- Cross stitch club
- Dance performance club
- Digital media club
- Drama production club (Secondary)
- Drawing club
- Engineering club (Secondary)
- Extended Maths club (INVITE ONLY)
Only available to selected students
- Extended Writing club (INVITE ONLY)
Only available to selected students
- Football club
- Geography coursework clinic (Secondary)
- Glee club
- Gymnastics club
- Handball club (Secondary)
- Handwriting club
- Homework club (Secondary)
- Junior MUN / Public speaking (Secondary)
- Junior Modelling club
- Karate club
- Keyboard club
- Lego club (Early years)
- Maths club (Secondary)
- Maths support club (Secondary)
- Media club (Secondary)
- Newspaper club
- Painting club
- Permaculture club (Secondary)
- Physics club (Secondary)
- Pilates / Movement club
- Programming competition club (Secondary)
- Scouts club
- Senior MUN (KeyStage 4 & 5)
- Sketching club
- Strings club
- Student librarians (Secondary)
- Table tennis club
- Tennis
- Train, play & master ping pong (Secondary)
- Zonta club (Secondary)

Art Club (INVITE ONLY)

This club is intended for Art IGCSE and A Level students. It is the perfect opportunity for you to explore your artistic nature whilst developing your academic masterpieces!

Badminton (Secondary)

Whether you're a seasoned player or a beginner, the club provides a vibrant and inclusive environment for all skill levels. Engage in friendly matches, enhance your fitness, and forge lasting friendships. The club is open to all the secondary students.

Ballet (Primary)

Ballet is an art form created by the movement of the human body. It is theatrical – performed on a stage to an audience utilizing costumes, scenic design and lighting. It can tell a story or express a thought, concept or emotion. Come and learn the different unique styles and enjoy.

Basketball

Playing basketball helps to improve motor coordination, flexibility, and endurance. It also encourages speed, agility, and strength. These skills are shown to have a positive effect on promoting a healthy body weight and encouraging more physical activity, which can enhance cardiorespiratory fitness and self-esteem.

Board games & strategy club (Secondary)

In Board Games and Strategy, we explore different strategic board games - they are fun but challenging! The games we have played/will play include Kingdomino, Ticket to Ride, Cartographers and Smash Up.

All these games require slightly different thinking and organisational skills. Students usually play in a team so they can learn how to negotiate and communicate effectively.

Biology Preparation club (Secondary)

Open to KS4 and KS5 to work on exam technique and look at a range of past paper questions and practicals skills to fully prepare exam groups for either their IGCSE or A levels in Biology

Board games club (Primary)

Immerse your child in a world of strategy, fun, and friendly competition. The club offers a diverse selection of board games, promoting critical thinking, social interaction, and a love for tabletop entertainment. Join us for a playful journey where young minds learn, laugh, and create lasting memories through the magic of board games

Bookmaking club (Primary)

Children in the Book Making Club will learn how to make several types of mini books with short stories. They will be imagining and writing stories. They will also get ideas for their books from books in the library. The club is focused on Y1 and 2 students.

Breakdance (Primary)



Connect with fellow students, move to the rhythm, and experience the vibrant world of breakdance in a fun and inclusive environment. Get ready to spin, flip, and groove.

Ceramics club (Secondary)

Students will be investigating pottery and ceramic construction, modelling and glazing processes to create a series of personal ceramic.

Chemistry support club (Secondary)

Support for the huge sixth form cohort studying Physics at A level KS4 and KS5 Chemistry Support Club, exam help, past paper questions

Choir Club

Do you enjoy singing, then the Choir club is for you! The Choir will be singing a number of popular songs, as well as songs that the students would like to sing. Students will be placed in the correct voice range and will also be learning how to read vocal music. Singing in a group is not only fun, but will boost confidence and overcome shyness as the focus is on the collective sound rather than individual performance.

Club de Espanol (Secondary)

El club de español' is open to students studying Spanish as well as anyone interested in learning more about the language. It is a chance to practice with different people, particularly to develop speaking and listening skills, and to get any extra support you might need on a drop-in basis.

Coding

Level 1: At the beginner level, our curriculum introduces students to coding and teaches them to independently create simple Scratch projects. Students learn fundamental programming concepts (such as Variables, Loops, and Conditionals) and apply them to create customized, interest-based games, stories, and animations.

Intermediate-level courses build on students' existing coding knowledge and teach new programming concepts (such as Events, Functions, and Game Physics). Students start coding complex games of various types including classic games, such as Star Invader (a shooting arcade game), Mario (a jump-and-run platformer game), or Snowball Fight (a player versus player game).

Level 2: we have App development. Students learn to the basics of app development and design.

Colouring club (Primary)

Helping kids with mindful coloring for a relaxing end of the day activity.

Community club (Primary)

A great chance to make new friends amongst one of the community partner schools by doing science experiments and creative activities, while developing your Nepali and English skills!

Creative writing

Are you the next J K Rowling? Perhaps you see yourself as more of a J R R Tolkein? Either way, this club allows students to embrace their creative side and foster the love of the English language.

Cricket (Secondary)

Join the cricket club and step onto the pitch for a thrilling experience of sportsmanship. Students will learn different advanced drills and skills at an advanced stage of the game. Get ready to bat, bowl, and field your way to fun-filled moments on and off the field with our dynamic cricket community.

Cross stitch club (Primary)

Cross stitching allows you to focus on the moment, promoting mindfulness and reducing anxiety. The children will be learning some cross stitch skills and make some patterns as well. It's your own little therapy session!

Dance performance

Experience the ultimate fusion of rhythm and energy at our student-centric dance club! Immerse yourself in pulsating beats, vibrant lights, and a dynamic atmosphere that fuels your passion for dance. Unleash your inner dancer, make new friends, and create lasting memories at the heartbeat of our student dance community!

Digital media club (Primary)

Digital Media Club engages students interested in photography, videography and creative arts. Students will be given training to develop their skills in video editing, photo taking and project production. They will build their confidence and communication skills through various media tools.

Drawing club (Primary)

The students will be shown the pictures to be drawn or sketched as per their level and will be suggested where and at what point they can improvise.

Engineering club (Secondary)

To facilitate knowledge around engineering through regular discussions, presentations and recommendations between anybody who is interested in the realm of engineering. New topic/course focus generally each session with focus on its current developments - what engineers could achieve, interesting ways they developed in the past, and what paths branch out for the people that research those topics.

E-sports Club

Many USA universities are now offering Esports scholarships, and with these scholarships they promote academic excellence. Esports is an ever increasing industry and now TBS is going to embrace this new form of competition. The Esports club will allow students to practice and compete in various computer based games, with the hope of joining external competitions in the future.

Extended Maths club (Year 5)

(INVITE ONLY) - An opportunity for children to practice maths concept further in an engaging way.

Extended Writing club (Year 5)

(INVITE ONLY) - Children in Y5 will be writing stories and comics. They will be enhancing their writing skills to help them improve for their class work.

Football

Welcome to the Football Development Club, where young talents embark on an exciting journey of skill enhancement, teamwork, and sportsmanship. The club focuses on fostering a passion for football in providing

expert coaching to nurture their abilities, and creating a positive environment for personal and athletic growth.

Geography coursework clinic (Secondary)

Students will receive support in completing their geography coursework

Gymnastics (Primary)



Step into the world of grace and strength at the Gymnastics Club! The club is a vibrant space where young minds discover the joy of gymnastics. With expert coaching and a supportive atmosphere, children explore flexibility, coordination, and balance while building confidence and having fun. Join us as we flip, tumble, and soar through the exciting world of gymnastics!

Glee club (Primary)

Students get to sing a medley of songs, with costumes and choreography and perform for an assembly or concert

Handball (Secondary)

The Handball club is dedicated to fostering a love for the sport in a fun and inclusive environment. Our expert coaches focus on skill development, teamwork, and, most importantly, creating lasting memories for young players. Join us for an exciting journey of growth, friendship, and the thrill of handball!”

Handwriting club (Primary)

This club aims to improve children’s handwriting skills. We will use a variety of methods to develop children’s fine motor skills and the presentation of their writing.

Homework club (Secondary)

The Homework club is to help tThe purpose of the Homework Club is to assist children in resolving difficulties and provide support with their assignments. This club is specifically designed to aid students in completing their homework.e children to solve the problems and help in their homework

Junk Modeling (Primary)



Junk modelling is the process of creating arts and crafts out of recyclable household materials. It is a great way to inspire children’s creativity while simultaneously educating them about waste.

Karate



Welcome to our Kids Karate Club! Here, children discover the world of martial arts, building confidence, discipline, and respect. Our club offers expert instruction in karate techniques, emphasizing both physical fitness and mental focus. Join us for a journey of self-discovery, where young minds and bodies thrive in a supportive and engaging environment.

Keyboard Club (Primary)

Ensemble playing to enhance keyboard skills - travelling through different hand positions while understanding the role of harmony in the process of learning a number of songs

Lego club (EY)

Join the excitement at our LEGO Club for children! Unleash creativity, build friendships, and embark on imaginative adventures as young builders explore the colorful world of LEGO. From constructing towering skyscrapers to crafting fantastical creatures, every session is a journey of fun and learning. Let your child's imagination take the lead in this dynamic and hands-on LEGO experience!

Maths club (Secondary)

Supporting students with revision and content for those struggling. Maths problems and preparation for maths competitions.

Media club (Secondary)

(INVITE ONLY) - Media Studies Production skills and study skills workshop

Nepali club - Beginners (Primary)

Welcome to our Beginners Nepali Club for

Children! This is a welcoming space where young ones can explore and learn the basics of Nepali language and culture. Our club offers a fun and interactive environment, providing an introduction to the Nepali writing and reading.

Painting club (Primary)

We will be doing creative painting using water colors and lots of different tools.

Permaculture (Secondary)

Developing the school garden, growing our own vegetables, making compost, making the school site more eco-friendly.

Science

Do you like science? Enjoy designing and building? Do you dream of one day becoming a world-changing researcher or engineer? Then Science Club is just the club for you! In this club, we will build things. We will mix up chemicals. We will work like scientists. Come join the fun!

Pilates & movement (Primary)



The Pilates & Movement Club, where young minds and bodies explore the joy of movement! The club offers a fun and dynamic environment for children to

discover the benefits of Pilates and other mindful exercises. Through playful activities and guidance, we promote flexibility, strength, and overall well-being. Join us in fostering a love for movement and empowering young ones to embrace a healthy, active lifestyle.

Physics support club (KS5)

Support for the sixth form cohort studying Physics at A level.

Programming competitions club (Secondary)

Preparing and practicing for programming competitions throughout the the year. Students should have some knowledge of Python.

Scouts club (Primary)

Scouting is where young people make new friends, have amazing adventures, and learn new skills. Scouts are do-ers and give-it-a-go-ers. Yes, we go camping, hiking,swimming etc. But we also get to hang out with our friends every week – having fun, playing games, working in a team and taking.

Secondary band Club

What better way to combine creativity and the love of music. Can you play an instrument? If so, come along to this club and play alongside other like minded individuals.

Senior MUN (KS4-5) & Junior MUN (KS3 & Y10)

Model United Nations (or MUN) is an exceptional opportunity to develop your

understanding of issues that impact the world we live in. It provides occasion to build up confidence in public speaking, discussion and debate, as well as chances to meet with and talk to students around the world.

STEM Club

This club aims to foster a love for STEM subjects, encourage critical thinking, and inspire the next generation of innovators and problem solvers. This club will also act as a way to meet and discuss STEM topics with like-minded peers and create a community where knowledge and compassion can be developed.

Sketching club (Primary)

In the sketching club, students will be taught to learn different styles of sketching for the beginners. And the levels of sketching will be differentiated as the lesson progress.

Table tennis

The club offers a fun and supportive environment where young players can learn, improve their table tennis techniques, and foster a love for the sport. Whether your child is a beginner or an aspiring pro, our dedicated coaches ensure an inclusive and enjoyable experience for all.

Tennis



The Tennis Club is fun-filled sessions designed to introduce you to the basics of the game, enhance your technique, and connect with fellow beginners. Let's serve up some excitement and ace your way into the world of tennis!

TBS Newspaper club (Primary)

Do you love writing? Are you interested in photography? Would you like to share the local and TBS news and be a published writer in the Yabbering Yak? Then newspaper club is for you! Just bring your great ideas and imagination and help us to continue to grow the Yabbering Yak team. You'll get to report of news from the school, help choose out Teacher of the Week and learn journalism and reporting skills

Train, play & master Ping Pong (Secondary)

The club is designed to introduce children to the exciting world of table tennis while fostering their skills and passion for the sport. Help your child develop their technique, strategy, and love for ping pong through coaching and fun drills, it aims to cultivate teamwork, coordination, and sportsmanship in an engaging setting.

Zonta club (Secondary)

TBS Z-Club has its own student-led projects and the Club Committee also organises events and activities for Z Club members. Such events include 'Women's International Day' and the 'Flowing Forward Festival' to raise awareness of the normalisation of menstruation in Nepal. The Z-Club advocate for equality, education and an end to child marriage and gender-based violence. We

are a student led group and are open to student initiatives and discussion around women's and girls issues in Nepal and beyond.)

Zumba (EY)

Welcome to Zumba Club, where little ones embark on a rhythmic adventure filled with joy and movement! Our specially designed Zumba classes for early years children blend vibrant music, simple choreography, and playful activities to create a lively, age-appropriate dance experience.

World Scholar's Cup Club

WSC is an annual academic tournament which consists of three different stages - a Regional Round, a Global Round (one of the cities in another country) and the Tournament of Champions in Yale University, USA. This year, TBS is planning to organise an international trip to the WSC Global Round in Kuala Lumpur in June, if teams get qualified from the Kathmandu Round. Students have to demonstrate academic competency in different areas in order to get qualified.

In this club, students will do debating and writing workshops, as well as trivia knowledge quizzes. We will also prepare for the Cultural Fair and Scholar's Show to showcase Nepal when it gets closer to Global Round. All students in this club will be invited to join the Kathmandu Round in early February. If teams are qualified, families will have the option to sign up for the trip to the Global Round in Kuala Lumpur during Enrichment Week 2024. Please note that TBS will run the next Yale trip in 2025.