



SECONDARY ECA TERM 1 - 2024

# SECONDARY ECA TERM 1

WELCOME TO ISB SECONDARY ECAS  
WE ARE DELIGHTED TO BE ABLE TO OFFER A VARIETY OF  
EXTRA CURRICULAR ACTIVITIES THIS TERM

PLEASE SEE THE ECA OPTIONS BELOW



## **Additional Maths (Year 10 to 11)**

(Invite only) Lessons for Add Maths class.

## **Archery (Arrafi Complex) \$75/term (Year 3 to 6) Ar-Rafi Archery Academy**

Archery aims to expose students to the theoretical techniques and practice of traditional archery. We introduce various archery techniques up to the standard level. Run by the Ar-Rafi Archery Academy, the club aims to provide a platform to raise students' spirits and mobilise archery activities in sports. Come and join this fun and exciting club that strengthens the upper body and increases balance, focus and endurance. Sessions will be held at Peak Performance.

## **Badminton (Year 7 to 13)**

Come along and enjoy playing social badminton with your friends. This ECA is for players of all abilities who just enjoy playing, rather than receiving coaching.

## **Basketball (Year 7 to 13)**

Come and learn the basics of basketball, develop your skills or train for your team.

## **Book Club (Year 7 to 13)**

Come and immerse yourself in the magical world of books! If you love reading, you can spend time doing your favourite thing. If you find reading hard, I can help you to become more confident and find some fabulous books to read. We will do our own independent reading and read some stories together. Reading for fun is great for your mental health and to help you improve your reading for school subjects too.

## **Business Skills (Year 7 to 13)**

(Invite only) Upskills and practice business questions in preparation for final examinations.

## **Chess Club (Year 7 to 13)**

If you are new to chess, want to improve, or looking for something a bit more competitive, come and join this great club, where students of all ages come to compete in strategic and tactical battles every week!



## **Chess Coaching \$75/term (Year 7 to 13)**

This is an opportunity for those who would like to take their chess more seriously and for those who aspire to be a Grandmaster one day. Students will be coached by Pg Hira, who is Brunei's National Chess Champion and a qualified FIDE Instructor.

## **Chinese Chess Club (Year 7 to 10)**

Chinese chess, or Xiangqi, is an activity that immerses students in a captivating strategic board game. With two players, it involves 16 distinct pieces each side, all with unique movements and goals. By learning rules and tactics, students enhance critical thinking and problem-solving abilities. The engaging practice, puzzles, and analysis sessions refine their skills. Tournaments introduce healthy competition, while delving into its cultural origins provides a richer experience. Chinese chess serves as an ideal after-school pursuit, cultivating cognitive skills and cultural appreciation simultaneously.

## **Collaborative Artwork – ISB 60th Anniversary (Year 9 to 11)**

(Invite only) This ECA creates collaborative artwork as a momentum for the guests of honour, attending the ISB 60th anniversary gala night. We will create a big collage out of single paintings by every participant of this ECA. This requires commitment and talent. If you are a talented, dedicated and open-minded artist, join the ECA and have your signature on an artwork that goes out to the royal family.

## **Creative Arts \$35/term (Year 7 to 13)**

Students will be able to learn the applied knowledge & skills of creating textures, colours and form as part of their art & craft activities

## **Darts (Year 10 to 13)**

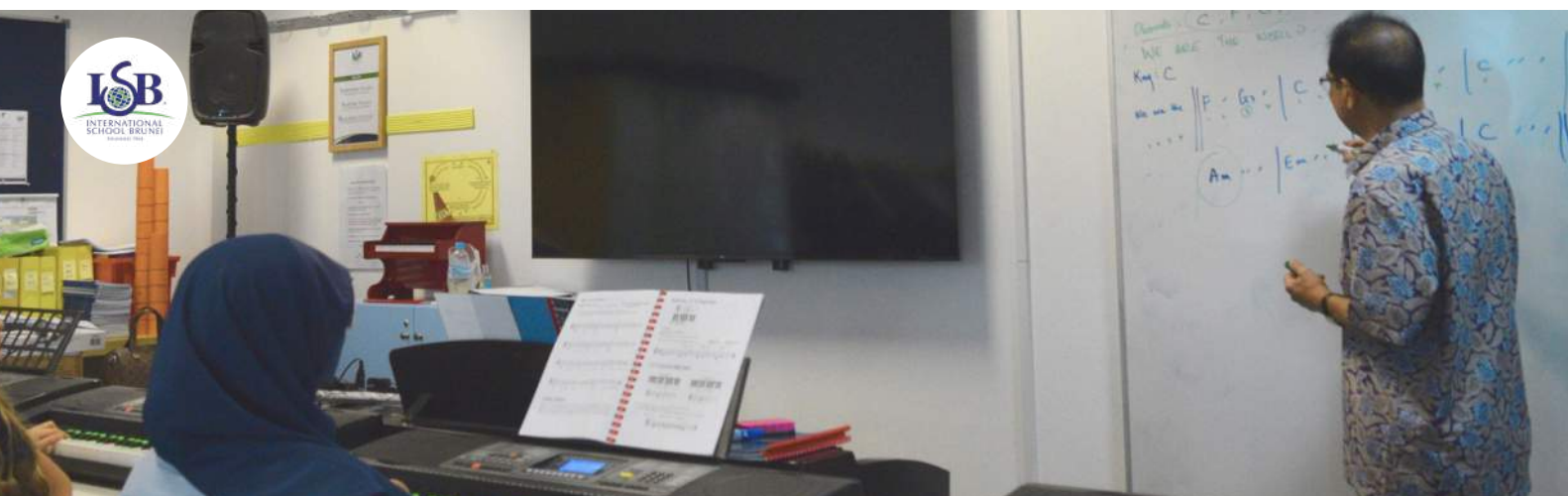
Want to improve your mental mathematics? Want to do quick multiplications, additions and subtractions whilst having fun? Darts might just be the ECA for you then! Learn the rules and different types of games, ranging from 301 to round the clock. You never know, you might get a 180!

## **Duke of Edinburgh (Year 10 to 13)**

The Duke of Edinburgh's International Award is a non-competitive, internationally recognized program designed to encourage young people to develop positive skills and lifestyle habits. The Award is about personal challenge and development and is adaptable according to each participant's interests and abilities. The strength of the Award is our ability to readily partner with other youth organizations through leader development and resource sharing.

Note: Requires you to be 14 years old and above

# SECONDARY ECA TERM 1 - 2024



## **DT Project (Year 11 and 13)**

The DT Project Work ECA is designed specifically for final year IGCSE and IBDP students, providing them with a dedicated time and space to focus on their DT coursework. Students will benefit from access to specialized equipment, resources, and guidance from staff. The structured environment encourages collaboration, problem-solving, and the development of practical skills essential for their projects. This ECA aims to enhance students' understanding and execution of their DT coursework, ultimately contributing to their overall academic success.

## **English Exam Class Revision (Year 11 and 13)**

Catch up and revision of IGCSE/IB content.

## **FOBISIA Games**

The U15 FOBISIA Games training is designed to specifically support our Year 9 and 10 FOBISIA athletes that are representing ISB in Thailand this year

## **Football (Year 7 to 13)**

Come and join the ECA for your age group to learn new skills, improve upon existing skills and experience playing games as a team in the Football ECA run by professional coaches.

## **G&T Dance 60th Anniversary Performance**

(Invite only) A group of selected dancers will meet each week to learn, choreograph and create a special Dance performance for the ISB 60th Celebrations. The collaborative piece of dance will be performed at the 60th Gala Dinner at the Empire on 11th October

## **Hadrah (Year 7 to 13)**

Hadrah is a traditional Bruneian instrument, commonly played in groups, used to welcome delegates and performed in weddings. It symbolises Bruneian culture and heritage, as well as learning skills such as perseverance and commitment.

## **Hip Hop (Year 7 to 13)**

As Triton's, we want to promote a space for students to express their passion for dance and performing. This would be a great chance for students of different years to get to know students of other year groups where they can bond amongst similar interests, as we know that it's not easy to find friends with the same liking for performing, so this ECA allows that for students who aspire to be little to big stars. Just as their mentors (us) Farisya and Syasya, we want to put this ECA together in hopes of showcasing young talents across all year groups to become a legacy of the arts in ISB.



## **History Club**

Time every week for keen historians to learn about History we don't cover in the curriculum. We will have debates/discussions, watch historical films and pupils will occasionally be asked to give a talk on an area of History they are interested in, for the rest of the club.

## **International Club (Year 10 to 13)**

The International Film Club Invites Year 10 to Year 13 students to explore and celebrate global cinema. We will watch a diverse selection of films from around the world, followed by lively discussions and cultural exchanges. Join us to discover new perspectives, enhance your film appreciation skills, and connect with fellow students through the universal language of movies.

## **ISB 60th Anniversary Singing Ambassador (Year 5 to 13)**

For students who love to sing and take it to higher levels - developing musicianship and performance skills along the way!

## **Japanese for Beginners (Year 7 to 9)**

Japanese for complete beginners. Learn to read Hiragana and Katakana (and maybe some Kanji!).

## **Jazz Band (Year 7 to 13)**

(Invite only) The Jazz Band is ISB's senior instrumental music ensemble. The band includes instrumental and vocal musicians who are passionate about making great music and having fun along the way. Playing a mixture of jazz, funk and reworked pop favourites their sound is lively and fun. On stage they are energetic and dynamic and perform at various school and community events. Entry into the band is based on an audition process.

## **Karate Shotokan (Peak Performance) \$33/term (Member) and \$55/term (Non-member) (Year 1 to 13)**

Shotokan Karate practice strengthens the mind, develops composure, a clearer thought process, deeper insight into one's mental capabilities, and more self-confidence. It strengthens the entire body, improves coordination, quickens reflexes, builds stamina and overall health.

## **KCpop Dance Fitness (Year 3 to 13)**

KCpop is a dance workout that will bring a lot of health benefits particularly to boost physical and mental health, sharpen the mind and ease anxiety. This class is suitable for all and is offered to students from Year 3 to Secondary, students who are particularly Kpop & Cpop fans will enjoy the great variety of moves and be inspired by the catchy Korean and Chinese music and its own signature moves, making it creative, interesting and fun.



### **Leo's Club (Year 10 to 13)**

Leo's Club is a club where students can develop their leadership skills by initiating projects and collaborating with others to aid communities in need and join social service activities. This club will allow students to make a difference, develop skills to become more independent and take the initiative towards problem-solving and raise global awareness.

### **Let Us Discuss - Articles and Stories (Year 10 to 13)**

Students will pick a book that interests them and will read assigned chapters every week and discuss.

### **Lion Dance (Year 9, 10 and 12)**

Clashing cymbals accompanying thunderous beats of the drum are sounds that always permeate through Chinese New Year. At ISB the lion dance ECA is designed to prepare for Chinese New Year celebrations. Through this club, students proudly show off a big part of Chinese culture and keep this time-honored tradition alive. Taking part in this ECA has made students understand and appreciate Chinese language and culture more, at the same time, they build their stamina and teamwork through the fun but hardworking lion dance.

### **Malay Enrichment (Year 9 to 11)**

Throughout the course, The Malay Language Programmed aims to guide the beginner to achieve competence in understanding and to use the primary Malay language. The initial emphasis will be on the use of Malay at the level of everyday discourse. To facilitate immersion in the language, students would be taught the necessary skills of listening, reading, writing, and conversing in basic conversational Malay. Subsequently, we will build upon the standard attained by students by introducing the use of standard Malay for other functional and formal purposes. No prior knowledge in Malay is required. At the end of this course, you will be able to achieve competence in understanding and using the basic Malay language.

### **Mandarin Beginner Clinic (Year 4 to 8)**

(Invite only) This ECA is to provide new students with extra support in learning Mandarin.

### **Maths IGCSE Support (Year 9 to 11)**

Maths Support sessions on topics already covered in class.

### **Meditation and Mindfulness (Year 7 to 13)**

Come join a safe space to reduce physical, mental and emotional stress using a wide variety of relaxation and meditation techniques. Learn about healthy and active methods for emotional processing by harnessing group dynamics to increase connection, acceptance and authenticity.

# SECONDARY ECA TERM 1 - 2024



## **Mountain Biking (Hutan Simpan Berakas) \$15/week own a bike, \$20/week to rent a bike, \$10/week with KRA bike transport/storage (Year 4 to 13) Kingdom Rides**

\$15 per week per child for MTB ECA, \$20 per week per child to rent our bike which we transport to and from and store each week, \$10 per week per child to have KRA transport and store children's personal bikes.

You must be a competent rider and have your own mountain bike to join Kingdom Rides on their exciting Mountain Biking adventures on the jungle tracks around the local area. You will have fun, gain confidence, keep fit and learn new biking skills with different trails being explored over the term. Students will need to get themselves to the location each week.

## **Music Lessons**

Group music lessons are offered on a variety of instruments. Lessons are offered in small groups with a professional music teacher. Lessons are given both to Primary and Secondary students in the Music Department. Group music lessons are offered on a variety of instruments. Lessons are offered in small groups with a professional music teacher. Lessons are given both to Primary and Secondary students in the Music Department.

## **Netball (Year 7 to 13)**

Netball training and game play for students of all abilities. Come along and have fun whilst getting fit, making new friends and developing your netball skills.

## **Painting and Drawing for Fun (Year 7 to 11)**

Come let your creative energies flow in this self-driven, teacher assisted art space. You can create 2D artworks with subject matter and techniques of your choosing. You will have access to core art materials, but art materials will need to be purchased if they are large or too specialized.

## **Photography Walk (Year 7 to 8)**

A Photography Walk involves taking students on a guided walk where they can explore and capture interesting scenes and objects with their cameras. It encourages creativity, observation skills, and provides an opportunity for students to appreciate their surroundings through the lens.



## **Parkour \$75/term (Year 7 to 13)**

Running, jumping, vaulting, climbing and rolling are all things you will do in Parkour. Parkour is a training discipline that developed from military obstacle course training, and it enables you to move freely across any terrain, trying to get from one point to another as quickly as possible. Great for fitness, the need to think quickly, boosting confidence and building strength, this ECA will be great fun.

## **Rock Climbing (Up Climbing Centre) \$275/term (Year 3 to 13) OMNI**

This takes place at the Up Climbing Centre where Mr Min will be there to coach the students. Students need to transport themselves there. Students will get the chance to climb on a variety of different walls and will be challenged whatever their ability. Climbing is great for strength, confidence and for students to push themselves to the limit and feel a great sense of achievement. All climbing gear is provided. Come Climbing and lose yourself in the 'flow' of each climb.

## **Running Club (Year 4 to 13 - Friday mornings)**

Ramp up your running speed and stamina by joining the early morning running ECA. Whether you are a beginner or an advanced runner, it's a great way to provide an energy boost to help kickstart the day.

## **Secondary Mathematical Olympiad (SMO) (year 7 to 13)**

Explore the thrilling universe of Mathematics with our ECA Secondary Mathematical Olympiad! This dynamic program is tailored for secondary and IBDP school students who want to join and prepare for the mathematics competitions.

During the session, students can sharpen their mathematical abilities, tackle engaging challenges, and prepare for prestigious national and international competitions. Participants will cultivate critical thinking, problem-solving, and innovative approaches to complex questions with mentors. Embrace this opportunity to meet like-minded peers and embark on a journey of discovery and achievement. Join us and transform your mathematical journey into an adventure!

## **Sim Car Racing \$100/5 weeks (Year 10 to 13)**

Sim Racing (simulated car racing) offers students a unique driving experience. Students can experience the sights, sounds and feel of real-world car racing from the comfort and safety of an online digital platform. In simple terms, sim racing is as close to car racing as it gets.





## **Slot Car Racing (Lambak) \$12/week (Year 4 to 13) Kingdom Rides**

\$12 per week per child including rental cars, rental controllers and use of the track.

Let's race onto the track with slots for miniature-powered race cars like real track racers from classic Group 5, Group GT3, and F1 racing. Each race will have a qualifying round and four rounds of racing. The qualifying round is when you need to achieve your fastest lap time in one minute. One round of racing will take 5 minutes. How do I win the race? Each racer has to achieve the fastest lap time to lead the qualifying round. To win the race, racers need to earn more laps in every round.

So, what are you waiting for? Register now, and let's get up to speed on slot cars!

## **Swimming (Year 7 to 13)**

Advanced: This is for competent and confident swimmers who are looking to refine their technique in all the strokes and improve their stamina.

## **Tech Leaders (Year 7 to 13)**

Join the Year 12 Tech Leaders and be part of the organising committee for student run 'tech events'. This club is for students with an interest in 'tech' and those that have signed up for the student council role.

## **Volleyball (Year 7 to 9)**

Learn the skills of volleyball, improve your existing skills and enjoy playing the game whilst having fun and getting fit in the group.

## **White Coats (Year 13)**

This ECA is aimed at Y13 students only who are planning to apply to study Medicine, Veterinary Medicine and Dentistry at university. We will continue training for the MMI (multiple mini interviews) that are required as part of the Med/Vet/Den application process. We will practise interview skills including role plays to help give you confidence in the different elements of the interview process. If you have any questions about the ECA, please email Mrs Deacon.

## **Zen Colouring (Year 7 to 11)**

A club to relax, practice mindfulness and create lovely pieces of colorful art.