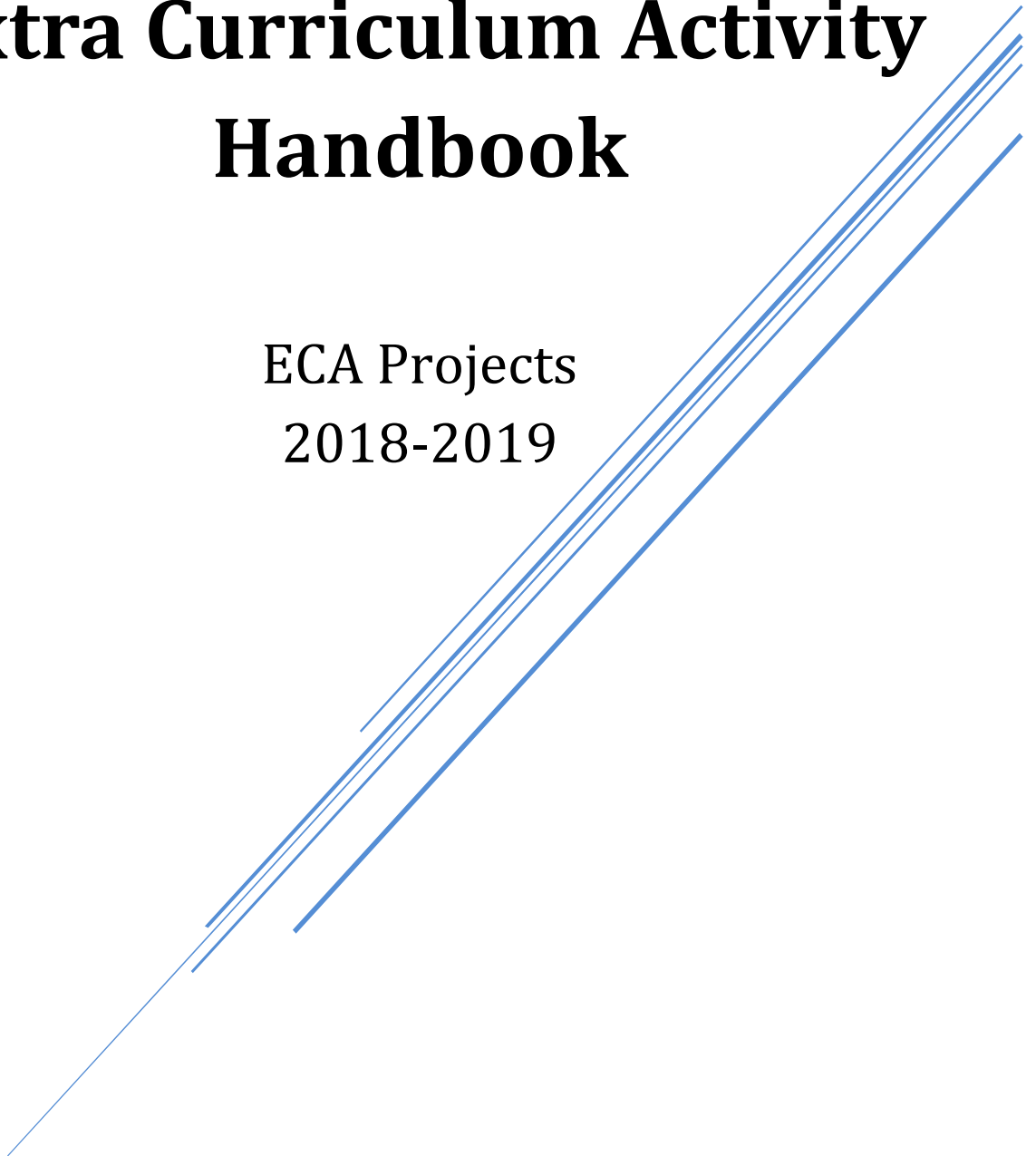




常州外国语附属双语学校  
CHANGWAI BILINGUAL SCHOOL

# Extra Curriculum Activity Handbook

ECA Projects  
2018-2019





# Content

<b>1. 简介 Brief-introduction of ECA(CAS)</b> .....	<b>2</b>
<b>2. 要求 Requirements</b> .....	<b>3</b>
<b>3. 选课单 Course Selection Sheet</b> .....	<b>4</b>
<b>4. 注意点及选课流程 Notes and Process</b> .....	<b>5-6</b>



## What Is IB ?

The International Baccalaureate Organization (known as the IB) offers four high-quality and challenging educational programmes for a worldwide community of schools, aiming to create a better, more peaceful world.

## IB Mission Statement

The International Baccalaureate aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.

## The Nature Of CAS

CAS is organized around the three strands of **creativity**, **activity** and **service** defined as follows.

**Creativity**—exploring and extending ideas leading to an original or interpretive product or performance

**Activity**—physical exertion contributing to a healthy lifestyle

**Service**—collaborative and reciprocal engagement with the community in response to an authentic need

## Aim

The CAS programme aims to develop students who:

- enjoy and find significance in a range of CAS experiences
- purposefully reflect upon their experiences
- identify goals, develop strategies and determine further actions for personal growth
- explore new possibilities, embrace new challenges and adapt to new roles
- actively participate in planned, sustained, and collaborative CAS projects
- understand they are members of local and global communities with responsibilities towards each other and the environment.



## CBS - ECA 课程要求

### CBS - ECA Course Requirements

1. ECA 课程以老师为课程负责中心。  
Teachers will be in charge of the ECA courses.
2. 学生每学期必选 2 个 ECA 课程（周一和周三相同，周二和周四相同）。  
Students need to choose 2 ECA courses for each term. (Monday and Wednesday have the same one, and Tuesday and Thursday have the same one.)
3. ECA 课程每学期更换一次。开学第一和二周和最后一周不开展 ECA 课程。（各学部开始和结束时间可按实际情况再定）  
ECA course will change every term. Frist and Second week and last week of each term have no ECA course. (Each department can make their own decision for the beginning and ending of ECA course.)
4. 原则上，除学科竞赛类 ECA 活动（学科老师单独要求除外），其他 ECA 可以初高中跨学部报名上课。幼儿园和小学单独（可跨年级）开展 ECA 课程。  
Basically, except the ECA course for subject competition (if it's required), all the other ECA courses can be taken by both Middle year and High school students. Foundation and Primary have their own department ECA course.
5. 每学期要求 ECA 课程老师给各 ECA 班级学生综合评价，包括课堂表现，作业情况以及总评。  
All the ECA course teachers will give an overall evaluation for each student for their class each term, including class behaviors, homework and overall evaluation.
6. 学生一旦选择好 ECA 课程，除特殊原因外（学部负责人同意）不可随意更改。  
Once student choose the ECA course, it won't be changed anymore except particular reasons (with the permission of the head of the department).
7. 学生必须认真对待 ECA 课程，如发现任何严重违反课堂要求和老师要求的情况，学校将按照校规处罚。  
Students must take the ECA course seriously, and school will punish students according to school rules if anyone caught by teachers gravely violating classroom rules and teachers requirements.



**2018-2019 CBS - ECA Selection Sheet For G10-G12**

		<b>ECA</b>		<b>Class Size</b>	<b>Options</b>
<b>Monday/ Wednesday</b>	<b>运动学院 Sport Clubs</b>	1	篮球俱乐部 Basketball Club	10-20(Boys)	Option1:
		2	羽毛球俱乐部 Badminton Club	10-20	
		3	射箭俱乐部(收费) Archery Club (charge) Around 2500RMB	3-10	
		4	瑜伽-普拉提 Pilates - Yoga	2-10(Girls)	
	<b>非运动学院 Non-Sport Clubs</b>	5	手工制作 DIY Club	10-25	Option2:
		6	英语俱乐部 English Club	5-20	
		7	曼荼罗绘画社 Mandala Painting	6-16	
		8	会计俱乐部 Accounting Club	10-20	
		9	义工协会 Community Service Club	5-15	Option3:
		10	烹饪课 (自费) Cooking Club(Self Expense)	6-16	
		11	礼仪社 Etiquette Club	8-20	
		12	数学竞赛 Mathematics Competition	10	
<b>Tuesday/ Thursday</b>	<b>运动学院 Sport Clubs</b>	1	舞蹈社 Dance Club	8-14	Option1:
		2	足球俱乐部 Football Club	12-20(Boys)	
		3	棒球俱乐部(收费) Baseball Club (charge) Around 4000RMB	10-18	
		4	网球俱乐部 Tennis Club	2-8	
	<b>非运动学院 Non-Sport Clubs</b>	5	校报社 Students' Newspapers	5-15	Option2:
		6	话剧社 Drama Club	5-16	
		7	西班牙语俱乐部 Spanish Club	10-20	
		8	英文报刊阅读社 English Article Reading	5-15	Option3:
		9	烹饪课 Cooking Club	4-10	
		10	探案游戏 Detective Games	7-10	
		11	英语辩论 English Debate	8-12	
		12	电子游戏设计研习社 Video Games Design	5-10	
		13	物理化学竞赛 Physical Chemistry Competition	10	
<b>Student Name:</b>		<b>Class:</b>			



### 一、选表注意事项/ Sheet Selection Notes:

1.周一、三可以有三门备选课。周二、四同样为三门备选课。大家按照兴趣程度排名。最后按大家排名进行排课。(第一选择课程满员或取消,则安排第二选择。以此类推)

You can have 3 candidate classes for Monday and Wednesday; 3 candidate classes for Tuesday and Thursday. Rank your 3 options according to your preference. You will be assigned to the classes you like best. In case your first option class is full or being canceled, you will be placed in your second option and so like.

2.建议选择 一个运动类, 一个非运动类。

It is suggested that you combine one sporty club and one non-sporty club in the end.

### 二、选课流程/Process

Time	Time	Steps
第二周	2018.8.27 -2018.8.30 周一至周四	体验各个课程
Week 2	27/08/2018 – 30/08/2018 Monday to Thursday	Class experience: you can try the classes you like
第二周	2018.8.30 周四下午	确定好要上的课程
Week 2	30/08/2018 Thursdays afternoon	Make final decision about which classes to take and complete the “course selection form”
第二周	2018.8.31 周五上午	选课单交给班主任
Week 2	31/08/2018 Friday morning	Hand over the “course selection form” for the home teacher
第三周	2018.9.3 周一	按时参加每周一-周四下午的活动课
Week 3	03/09/2018	Take the classes you chosen on time!