



CO-CURRICULAR GUIDELINES FOR INTERNATIONAL STUDENTS



CO-CURRICULAR OPPORTUNITIES

Long Bay College offers students a wide range of opportunities to enhance their high school experience through the development of lifelong friendships, leadership skills and experiences outside the classroom. Students are encouraged to take up these opportunities to make the most of their time at Long Bay College, integrate into life here, develop their English skills and grow their future prospects for university and beyond.

Our guide to clubs and activities is a taster of what is on offer. Prior to reading, please note the following:

- Some activities are offered all year round and some are only available during specific times of the year.
- Dependent upon the chosen club, some clubs do require extra fee.
- Students are encouraged to speak with staff if they have a desire to join a club, group or sports team or start a new activity or group.
- In addition, students are required to check the Daily Notices and other publicity around the school for clubs and activity contacts, start dates, updates and further details.
- Please also note that groups, clubs and activities on offer in Term 4 for students in Year 11, 12 and 13 are limited due to this term aligning with and largely focusing on New Zealand's national exams.

SPORT

Summer Sports – offered in Term 1 and 4:

- Cricket
- Indoor and Beach Volleyball (Seniors in Term 1 & Juniors in Term 4)
- Waterpolo (Seniors)
- Touch Rugby
- Athletics Zone Days (1 Day Events)
- Futsal (Indoor Football)
- Orienteering
- Tennis

Winter Sports – offered in Term 2 and 3 (please note that trials will often take place for these sports in Term 1):

- Basketball
- Hockey
- Football
- Rugby
- Netball
- Curling
- Snow Sports

Sports offered all year round:

- Waterpolo (Junior)
- Badminton
- Table Tennis
- Rock Climbing
- Golf
- Coaching Development



THE ARTS

Music Groups:

- Big Band
- Chorale
- Concert Band
- Jazz Combo Groups
- String Orchestra

Dance Groups:

- Hip Hop Crew
- Dance Jazz Ensemble
- Showquest
- Afterschool Dance Groups

Drama Groups:

- Junior Drama Company
- Senior Drama Company
- Musical Productions
- Shakespeare Company
- Tech Crew (Sound and Lighting)

Long Bay College also offers weekly itinerant music lessons in the following instruments and music areas:

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|------------|------------------|---------------|
| ◦ Flute | ◦ Viola | ◦ Trombone |
| ◦ Oboe | ◦ Piano/Keyboard | ◦ Guitar |
| ◦ Clarinet | ◦ Voice | ◦ Saxophone |
| ◦ Bassoon | ◦ Drums | ◦ Violin |
| ◦ Trumpet | ◦ Electric | ◦ French Horn |
| ◦ Tuba | ◦ Bass | |



OTHER CLUBS ON OFFER

Art club: A fun, relaxed atmosphere where students can engage in art projects.

Debating: Explore social issues and debating techniques.

Chess Club: Enjoy chess and some friendly competition during lunchtimes.

Cultural Council: Get together with like minded students to celebrate the different cultures of the school.

Dungeons and Dragons: Meet new people while playing Dungeons and Dragons

Sustainability Council: An action-based leadership group engaging in environmental issues.

Junior and Senior Council: Make your voice heard and discuss school related issues.

Kapa Haka: A group which performs traditional Maori dancing and chanting.

LBC UNICEF: A group dedicated to improving the lives of children across the world.

Letters to Strangers: A global youth-run non-profit association seeking to destigmatize mental illness.

Kindness Club: Our members believe that the world should be a kinder place and are interested in making others happy through acts of altruism.

Librarians Club: Students who enjoy books and reading have the opportunity to become Library Monitors.

Maths Club: A place for solving Maths problems for fun or getting some help when you are stuck with your Mathematics.

Movie Club: Connect with others, all while watching movies!

NZ Sign Language Club: A group where students can learn New Zealand Sign Language

TRAVEL IN NEW ZEALAND

New Zealand boasts some of the most beautiful scenery in the world. Students are encouraged to travel and explore the breathtaking landscape. During the school holidays, many international students choose to travel and see more of New Zealand by joining an approved organised trip with an approved tour operator. Students enjoy travelling around both the North and South Islands with their diverse natural beauty and leisure opportunities. There are also weekend trips to the Bay of Islands, Rotorua and the Coromandel, as well as snow trips to the Tongariro Crossing. Day trips to places like Hobbiton and the Kiwi House, or even horse riding and surfing trips are very popular too.

INTERNATIONAL CALENDAR

Dependent on student uptake

Term 1

- Welcome to New Zealand (Orientation Trip)
- Discover Aotearoa Programme and Camp
- Golf
- After-school Badminton, Table Tennis, Basketball and Volleyball

Additional Holiday Trip and/or Activity

Term 2

- Discover Aotearoa Programme and Camp
- Golf
- After-school Badminton, Table Tennis, Basketball and Volleyball
- Additional Trip for Short Term students

Additional Holiday Trip and/or Activity

Term 3

- Discover Aotearoa Programme and Camp
- Ski and Snowboard Trip to Queenstown
- Golf
- After-school Badminton, Table Tennis, Basketball and Volleyball

Additional Holiday Trip and/or Activity

Term 4

- Golf
- Ski Programme
- After-school Badminton, Table Tennis, Basketball and Volleyball
- End of Year Programme and Trips
- International Student Camp in Mangawhai

Additional Holiday Trip and/or Activity

For more information, contact Jemma Jones, on jmJones@lbc.school.nz

