



Co-curricular Booklet 2018 – 2019



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Message from the Principal

Dear parents, students and friends of ABS,

Welcome to the Amman Bacculaureate School (ABS) Co-curricular Handbook. ABS has a proud and strong tradition of participation in the El Hassan Youth Award and running challenging expeditions. Within the community, ABS students are often engaged in community service and volunteerism. The THIMUN affiliated AMMUN conference is one of the leading Model United Nations Conferences in the Middle East and North Africa. This commitment to the non-academic side of the school speaks volumes about the students' own traditions and the homes they come from.



Arab Heritage

Lifelong Learning

Team Work

Achievement

Responsibility

Bilingualism

International Mindedness

Youth Empowerment

Excellence

Holistic Education

التراث العربي

التعلم مدى الحياة

العمل الجماعي

الإنجاز

المسؤولية

ثنائية اللغة

الأفق الدولي

تمكين الشباب

الامتياز

التعلم الشمولي

The foundations of a sound education are built on the values of the home in which a child is raised, hence the creation and implementation of the AL-TARBIYEH acronym that epitomises ABS's guiding statements and celebrates the quality upbringing that a harmonious home/school collaboration nurtures in each student. Education in the classroom adds skills and builds layers of knowledge and assists in the socialisation process. Outside the classroom, sports and co-curricular activities provide opportunities for students to explore, lead and excel; often in a non-competitive environment.

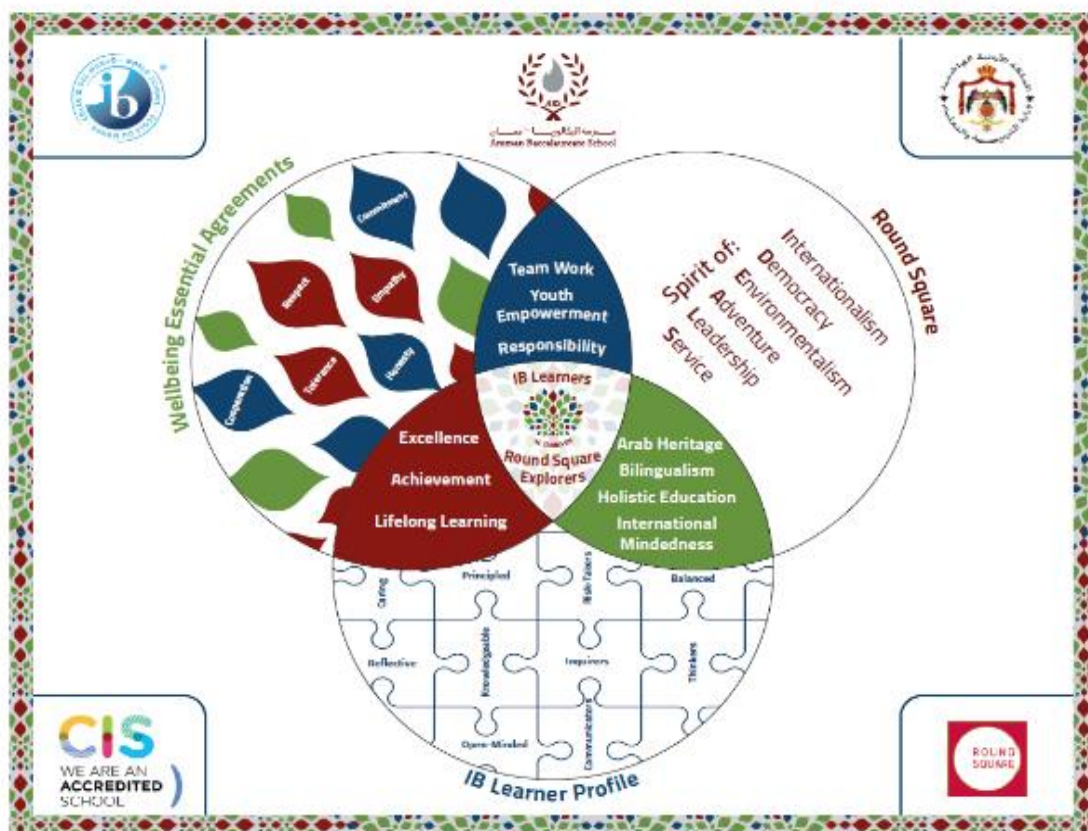
At ABS, the focus is the education of the whole child within the parameters of the International Bacculaureate (IB), a programme that the school has been committed to for over 37 years. At the core of the IB programme is

the requirement for community service to the school and in the local and national domain. The IB challenges students to give their time freely and to engage with their communities and to reflect on their involvement.

Reflecting is key to the learning process. Reflecting on the success, the determination needed to succeed, the challenges along the way and how decisions were made. The mentors, parents and teachers who have contributed in various ways are all significant in the child's progress. The journey a young person takes is never a clear road, and who would want a life without challenge? This is where Co-curricular Activities and the many options open to ABS students can provide a safe and secure context for students to learn responsibility, take risks and take up the challenge of leadership. A student who joins ABS is entitled to take full advantage of what The Amman Baccalaureate School Experience has to offer throughout his/her educational journey.

Yours sincerely,
Mr Stuart Bryan
Principal

The Amman Baccalaureate School Experience



Amman Baccalaureate School Co-curricular Activities

As an IB World School offering all four of the IB Programmes, ABS prides itself on offering a holistic education that includes rigorous academic programmes and a dedicated commitment of implementing the components of the wellbeing model, which are complemented by a comprehensive co-curricular offering. The ABS holistic education approach to learning is student-centered that encompasses the elements of ABS's AL-TARBIYEH as well as the IB attributes.

Co-curricular activities are learning experiences that may, due to their nature, occur during or after the school day as well as during weekends and school holidays. They include both competitive and non-competitive forms of engagement, as well as individual and team events. Depending on the activity focus, students engage with the local, national and global community. Participation in such activities are on a voluntary basis based on learner preferences and interests. ABS strives to provide our students with quality programmes. We encourage all students to participate in as many co-curricular activities as possible to expand their level of experiences and to aid in their development of being well-rounded, global citizens, with an emphasis on social, emotional, and physical fitness and overall a well-balanced repertoire of skills and knowledge.

The co-curricular activities at ABS are an important part of the IB Programme as they complement the academic programme making students well-rounded. The ABS programme is decisively associated with three awards: the Duke of Edinburgh International Award delivered through the El Hassan Youth Award Office, the Sarvath El Hassan Award and the Al Sawsanah Award. Designed for three different age groups within the School, the Award Schemes springboard from the co-curricular foundation and push the student to become more responsible, more self-challenging, and more aware of the world around them.

ABS Co-curricular Activities Menu: Term 2

[K-Grade 12 Co-curricular Activities for Term 2 Comprehensive Overview](#)

[Primary School Co-Curricular Activities Menu: Term 2](#)

[Middle Years School Co-Curricular Activities Menu: Term 2](#)

[IB College Co-Curricular Activities Menu: Term 2](#)

Parents will receive e-mails from the appropriate school division offices with specific details with regard to the registration process closer to the date of activities, expeditions, clubs, etc.

Co-curricular procedures for inclusion

For the ABS Co-curricular programme to be successful it must be inclusive of all parents, students and staff across the School. To achieve this it is necessary that all parties adhere to the following 3 guiding principles;

1. Understand the ABS Essential Agreements
2. Commitment
3. Responsibility

Expectations of parents

1. Assist sons/daughters to complete option forms, parental consent and health forms in a timely manner
2. Assist sons/daughters in arriving to activity sessions prepared and on time
3. For enquiries: approach the Director of Student Co-curricular Activities first via mmakhamreh@abs.edu.jo, who will then discuss these with the CAS Coordinator, or the appropriate Head of School
4. Support decisions of ABS staff made in the interest of all students
5. Encourage sons/daughters not to bring mobile phones as these are not compatible with sports, creativity or service sessions. Also, mobile phones can be lost or damaged and ABS cannot be held responsible for any damage or loss of phones or other electronic equipment
6. Assist sons/daughters to keep accurate records for all activities and submit these in a timely manner

ABS staff, coaches and supervisors

1. Submit comprehensive risk assessments for each activity in a timely manner
2. Keep accurate attendance register and issue a Pass or Fail report card at the end of the activity
3. Bus drivers: Be familiar with route and all student pick-ups
4. Notify the responsible coordinator the day before you will be absent and arrange a substitute
5. To be familiar with the rules of the activity
6. Prepare a programme for the term which extends students and pass a copy of it to the Director of Student Co-curricular Activities
7. Inform Director of Student Co-curricular Activities immediately of all behaviour – both exceptional and poor, and any accidents or injuries to students

8. Ensure that all students in their activity have left the school premises prior to their departure
9. Heads of School to report all enquiries from parents to Director of Student Co-curricular Activities

Expectations of ABS students

1. Respect: follow the ABS essential agreements at all times and show respect to ABS staff, coaches and peers
2. The same rules apply as for a normal school day – on time, behaviour, be active and cooperative
3. Attendance: must be 90% or above (including reasons of illness) for a pass grade – absence note must be provided
4. Arrive on time with the correct equipment for each activity
5. Students should not change activities once they are chosen. To request a change in activity, an email must be sent to the Director of Student Co-curricular Activities and the student must be present in the new activity by Week 2. No changes will be entertained after Week 2 and no new sign-ups for activities after Week 2.
6. Wear modest, appropriate attire according to weather
7. If students insist on bringing mobile phones, all phones should be kept inside student backpacks and secured in a pocket with a zip. ABS cannot be held responsible for any loss or damage to phones or other electronic items.
8. Students are expected to demonstrate their commitment to being a team player whilst participating enthusiastically and in a positive manner. If for any reason, a student chooses not to follow the essential agreements, the supervising adult will remind the student of the overarching principles of the co-curricular activities are. If further action is required, the supervising adult will report such incidents to the Director of Student Co-curricular Activities and future participation will be reviewed.
9. IBC students need to keep reflection journal entries and co-curricular records up-to-date on ManageBac.

El Hassan Youth Award

The El Hassan Youth Award (HYA) Scheme was derived from the Duke of Edinburgh's Award Scheme, established in 1956, which spread to several countries in the world under different titles. The El Hassan Youth Award Scheme started in Jordan in 1984 as a pilot scheme at ABS.



The HYA provides a significant opportunity for Jordanian youth between the ages of 14-25 years to enrol in self-challenging, educational and non-academic programmes that focus on service, skills, expeditions and physical recreation to help achieve well-rounded personality development.



Meeting the minimum standards of achievement for each of the Bronze, Silver and Gold Awards, qualifies the participants for the Award in the form of a badge and certificate presented on behalf of HRH Prince El Hassan bin Talal.



Philosophy of the Award

The programme incorporates the basic set of human values long-sought by society, most important of which are: the values of freedom, justice, cooperation, participation, love, affiliation to one's country, sense of social responsibility, better use of leisure time, better productivity, etc, i.e. the values related to personal and social development. The most important strategy adopted by the programme lies in presenting opportunities and challenges for the participant in order to achieve a more developed person, who may then reflect well on their country.

Aims and Objectives

- To encourage participation rather than competition
- To promote the values of participation, cooperation, team spirit and social responsibility
- To reinforce the values of progress and citizenship
- To broaden the horizons of youth to enrich their life experiences
- To develop youths' skills, abilities and capacities in ABS students as well as national needs and aspirations
- To develop students' personalities, stressing the following aspects:
 - Self-reliance and self-control
 - Perseverance and determination
 - Initiative and originality (creativity)
 - Social responsibility and dedication
 - Value-oriented decision-making
 - The spirit of adventure
 - Fitness in mind and body
 - Life skills, professional skills, cultural skills, and family-related skills



The IBC CAS and HYA also recognise individuality; each participant invests in his/her own creative potential and talents. In this way, all students are strengthened by the system. The CAS programme is an obligation for graduation, but also a path to fulfilment of potential and personal gratification.

For further questions regarding the Co-curricular Programme, please contact the ABS Director of Student Co-curricular Activities.



Sarvath El Hassan Award Scheme

In 1996, the Sarvath El Hassan Award Scheme was established in the Middle Years School to recognise and further encourage students' involvement in Co-curricular activities. Through service to the community and the development of physical skills and creativity, the programme seeks to develop a well-rounded student.

Philosophy of the Award

In line with the philosophy of The School and the ideals set out in the International Baccalaureate Middle Years Programme, the Sarvath El Hassan Award is specifically designed to meet the needs of Middle Years School students and to provide an introduction to the El Hassan Youth Award Programme that students will follow in Grades 9-12.

Aims and Objectives

- To provide students with service learning opportunities
- To promote the values of participation, cooperation, social responsibility and good citizenship
- To provide students with the opportunities and skills needed to reach personal goals and aims
- To develop and nurture the following character traits:
 - self-reliance and self-discipline
 - perseverance, commitment and determination
 - initiative and originality
 - respect for body and mind
 - responsibility and loyalty
 - tolerance and respect for others

Requirements for Students

In order to qualify for the Sarvath El Hassan Award, satisfactory completion of the following requirements must be met over a period of two years in Grades 7 and 8:

- minimum of four activities from the ABS programme or, if not offered at ABS, a programme from outside school
- completion of two qualifying expeditions
- good behavioural record as approved by Head of School

For further questions regarding the Co-curricular Programme, please contact the ABS Director of Student Co-curricular Activities.

Al-Sawsanah Award

The philosophy of ABS supports the objectives of the Al-Sawsanah Award programme, which aims to develop all facets of the child through intellectual, aesthetic, creative and physical activity. The programme also develops a sense of responsibility in students both to themselves and to others, within the school, the local and international communities. This is reflected in the encouragement of students to participate fully in school life, to become involved in service to the local community and to develop an informed awareness of international concerns.

Activities are available to Grades 4 and 5 students.

There is no charge for participation.

The programme offers students the opportunity to develop a wide range of skills and interests.

Students may select one or two of the activities on offer provided they are on different days.

Transport arrangements will be as on other school days except at 4:15 pm instead of 3:00 pm.

In the second term, the student has to choose different activities from those chosen in the first term. Places in each activity are offered on a first come – first served basis.

Requirements for the Award:

1. By the end of Grade 5, a student must have finished eight activities as follows:

- 3 Creativity Activities
- 3 Action Activities
- 2 Service Activities

2. Grade 5 students must enrol in one additional activity on Saturdays for one term from 9.00 am to 12.00 pm (approximately 15 hours/student). They can choose either Environment or the Orphanage. They also must participate in the annual expedition (2 days, 1 night).

3. New students entering into Grade 6 are expected to have participated in the following by the end of Grade 6:

- 2 Creativity Activities
- 2 Action Activities
- 2 Service Activities

4. A student who completes more than the minimum requirements will receive a special certificate of honour.

5. Students may receive credit to count towards the Award in the event that they are taking part in an organised, long-term activity outside school.

For further questions regarding Al-Sawsanah Award, please contact the Al-Sawsanah Coordinator.

Community Service

Action, when defined as 'learning by doing and experiencing', is a key component in constructivist model of education, including the teaching and learning common to the IB Programme.

Service, as a subset of action, has always been a shared value of the ABS community. As such, ABS students strive to be caring members of the community who demonstrate a personal commitment to service and act to make a positive difference in the lives of others and to the environment.

ABS values service with others as an important way to engage in principled action across a range of overlapping local and global communities.

Through building authentic connections between what they learn in the classroom and what they experience in the community, students develop the kinds of attributes described by the IB learner profile that are essential for success in future academic pursuits and for adult life.



Creative Activities

At ABS, Co-curricular Activities may include, but are not limited to, the following:

Chess	Robotics
Dabkeh	Art Club
Drama Productions	Care Group
First Aid	Arabic Touch Typing
Fun French	Dance
Model United Nations	Guitar
Origami	Handicrafts
Cookery	Choir
Band	Round Square
German and Chinese	Amman Model United Nations (AMMUN)

Please refer the hyperlinked menus on page 5 of this booklet to see the current activities on offer.



Model United Nations

Model United Nations (MUN) is a simulation of the work of the New York-based United Nations. A country is assigned to each student delegate who then assumes the role of Ambassador and debates agenda items which are mostly taken from the 'real' United Nations. The MUN simulation is widely practiced by schools and universities in most countries. It is truly a global network of student conferences where delegates chair debates and control the overall organisation of the conference. Students learn and practice a variety of skills from public speaking, parliamentary debate and argument. A successful MUN delegate must also approach an issue with academic rigour and be able to work constructively as a member of a team with conference delegates who, for the most part, they have never met before.

AMMUN

The ABS MUN programme offers students valuable career paths, where a delegate can rise to become AMMUN's Secretary-General or hold another executive position in a premier MUN conference in the region. Such leadership positions are highly regarded by universities as they demonstrate commitment to a programme over a substantial length of time and the maturity of accepting responsibility to see a project through to its conclusion. All students are welcome in the ABS MUN Club and there are a variety of roles from journalist and photographer, to organisers and administration staff, as well as those who debate as delegates and chair the committees. MUN also offers roles for students in the International Court of Justice and here one will often find those aspiring lawyers arguing over their respective countries' role in an international dispute.



A Mini MUN – Grade 7

A Mini Model United Nations is a one-day training conference for Grade 7 students. Participation is mandatory for all Grade 7 students who would like to attend local and international conferences as part of the ABS MUN Club in the future. Students who do not complete the five training sessions and one-day conference will not be considered for ABS MUN delegations.

A mini MUN will debate resolutions on regional and global issues and students will be required to undertake research at home and attend five training sessions.

Local MUN Conferences

MUN is active in many of Amman's private schools and ABS participates in a large number of these conferences throughout the academic year. These conferences are open to students from Grades 8–12 and delegates can apply for student officer positions. The conferences generally fall on weekends and no school time is lost. Students names are presented to the Heads of School prior to conformation to check that there are no disciplinary or academic issues with students, the highest standards of behaviour are expected at all MUN conferences.

International Conferences

MUN provides ABS students with the opportunity to attend a number of highly regarded international conferences where they also experience the cultural highlights of the host city. Students attending international conferences are highly encouraged to apply for student officer positions, prepare thoroughly and be proud ambassadors for AMMUN.

The Hague International Model United Nations, THIMUN

The Hague International Model United Nations (THIMUN) is held each year the last week of January in The Hague. The conference brings together approximately 3,200 delegates from around the world for seven days and it is regarded as 'the world championships' of MUN. In the past, ABS delegates have held prestigious positions at THIMUN as committee Chairs, Deputy President of the International Court of Justice (ICJ) and Deputy Secretary-General.





Round Square



ABS is a global member of Round Square, which is an organisation of approximately 180 schools that share common IDEALS.

Internationalism: Students are taught to value and respect all cultures, religions and languages. They learn to see themselves as global citizens and are asked to look beyond gender, class, race, nationality and culture to understand human nature.



Democracy: Freedom of thought and speech is greatly encouraged and appropriate forums and channels of communication are in place for students to voice their views. Our students are also taught to appreciate the importance of self-discipline and are trained and expected to share in the responsibility for development of the school.

Environmentalism: Our students are expected to demonstrate concern for all natural environments, to be aware of proven problems and to play a practical role in tackling environmental issues. Students are taught the interdependence needed to maintain a healthy relationship between human beings and the planet.

Adventure: Our students participate in activities and expeditions that build character through adventure, meeting physical challenges and developing an appreciation of the outdoors.

Leadership: Our students are taught that true leadership is found in those whose convictions are rooted in personal responsibility, kindness, and justice. Opportunities for student leadership in the school community are fostered extensively.

Service: This is the key element utilised by Round Square schools to prepare students for life through the expectation of serving others. Our students commit themselves to local, regional and international service projects.