

Upper School Co-curricular Programme 2018-2019

CO-CURRICULARS	FALL	WINTER	SPRING																																		
ARTS	Appleby Rocks! Broadcasting/ACTV Computer Graphics Computer Programming Debating Digital Photography School Newspaper	Argus Debating Model UN / ACMUN* Digital Music Film Studies School Newspaper School Play (acting, tech, pit band, sets) US Visual Arts Vex Robotics	Appleby Rocks! Argus Dance Training Debating Practical Arts School Newspaper																																		
ATHLETICS Interscholastic Teams	<table border="0"> <tr> <td>Boys</td> <td>Girls</td> </tr> <tr> <td>Cross-Country</td> <td>Cross-Country</td> </tr> <tr> <td>Soccer</td> <td>Basketball</td> </tr> <tr> <td>Volleyball</td> <td>Field Hockey</td> </tr> </table>	Boys	Girls	Cross-Country	Cross-Country	Soccer	Basketball	Volleyball	Field Hockey	<table border="0"> <tr> <td>Boys</td> <td>Girls</td> </tr> <tr> <td>Basketball</td> <td>Hockey</td> </tr> <tr> <td>Hockey</td> <td>Squash</td> </tr> <tr> <td>Swimming</td> <td>Swimming</td> </tr> <tr> <td>Squash</td> <td>Volleyball</td> </tr> </table>	Boys	Girls	Basketball	Hockey	Hockey	Squash	Swimming	Swimming	Squash	Volleyball	<table border="0"> <tr> <td>Boys</td> <td>Girls</td> </tr> <tr> <td>Badminton</td> <td>Badminton</td> </tr> <tr> <td>Golf</td> <td>Golf</td> </tr> <tr> <td>Rugby</td> <td>Rugby</td> </tr> <tr> <td>Slowpitch</td> <td>Soccer</td> </tr> <tr> <td>Tennis</td> <td>Slowpitch</td> </tr> <tr> <td>Track & Field</td> <td>Tennis</td> </tr> <tr> <td></td> <td>Track & Field</td> </tr> </table>	Boys	Girls	Badminton	Badminton	Golf	Golf	Rugby	Rugby	Slowpitch	Soccer	Tennis	Slowpitch	Track & Field	Tennis		Track & Field
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Instructional	Bronze Cross/Bronze Medallion Intermediate Running Learn to Swim Novice Running Outdoor Games Squash Tennis	Indoor Soccer	Badminton Intermediate Running National Lifesaving Swimming (NLS) Novice Running Outdoor Games Rock Climbing Squash Table Tennis																																		
SERVICE	EarthWorks (Environmental Service)* IMPACT Elementary After School Programs* Social Justice* The Film Project Voices for Change	EcoMentors* IMPACT Elementary After School Programs* Social Justice* The Big Idea The Film Project	EarthWorks (Environmental Service)* IMPACT Elementary After School Programs* Social Justice* The Big Idea The Film Project Voices for Change																																		

CLUBS	YEAR ROUND		
ARTS & DESIGN	Argus Yearbook Club Argus Photography** Cantus Chamber Choir** Chapel Choir** Concert Band**	Cooking Club Craft Club** Choreography Club Drawing Club**	Graphic Novel Club** Guitar Club** Orchestra** Photography Club**
BEYOND THE CLASSROOM	Biomedical Club Debating Club** Entrepreneurial Business Club	Horticulture Club** Integrated Science Club Mathematics Club	Music Appreciation Club OWL (Online Writing Lab) Science Club
COMMUNITY ADVOCACY	Buddies R Us* Camp Vista* GSA Club Kids4Kids Club*	Newcomers Tutoring Club Oakwood Breakfast Club* Peer Tutoring Club Partners in Health* Right to Play*	SPEAK* Student Ambassadors Club* Swimming with Community Living* War Child Club*
GLOBAL CITIZENSHIP	Chinese Arts and Culture*1** Hispanic Club*1**	Middle Eastern and North African (MENA) Club*1** Model United Nations*1**	Round Square Council* Truth and Reconciliation Youth Initiative Club
LEADERSHIP	Academic Council Arts Council Athletics Council Chapel Council	Community Wellbeing Council International Council* Residential Life Council	Service Council* Sustainability Council* US Council
WELLBEING	Chess Club** Dungeons and Dragons Club**	Meditation Club	Peer Counselling Club*

**Appleby College Diploma with Distinction in Global Leadership co-curricular/club*

***Bronze Duke of Edinburgh co-curricular/club*

**** Indicates co-curricular/club meets both Global Leadership Diploma and Bronze Duke of Edinburgh co-curricular/club requirements*