



SUIS Pudong offers an opportunity for students to enter a continuum of education from Primary through to the end of Secondary to prepare them to become Global's citizens for the 21st century.

Dear Parents,

Welcome to our latest newsletter. We have reached the end of our seventh week of online teaching and learning. Although we are very pleased with how things are working, of course we would definitely prefer to be on campus with our amazing students. We are doing our best to make sure that our regular and exciting events are continuing to take place. I would like to say a very big well done to our students for their active contributions. Each time we ask for students to share photos, send posters etc. - we get a fantastic number of our students doing so - well done students! We will be having our labour day holiday which begins tomorrow 30th April. We wish that all of our families have some good earned rest and family time with one another. We will see our students back for online learning next Thursday 5th May. Take care everyone.

Earth Week 2022

We love and care for our Earth. Every year, we celebrate Earth Day on the 22nd of April. For this exceptional occasion, we held our Earth Week at SUIS. Our conscientious and responsible SUIS students showed their care and sense of community to keep the Earth healthy.

*G5 Wolf Shine Earth Day
zero-waste poster*





G1 Whale Johannes Wind Turbine

Students first showed off their innovative and imaginative skills by upcycling some used toys and fabrics to make something new. We saw new pencil cases from old cardboard boxes, new tote bags and accessories from old t-shirts.

Next, students should their responsibility and global citizenship by spreading the awareness by creating eye-catching zero-waste posters. There were many great ideas that will help all of us to reduce the amount of waste we make.

**SINCE THIS IS
EARTH WEEK, THE
ONLY "NEW THING"
I USED IS A PIECE OF
GREEN PAPER FOR
THE
BACKGROUND. THIS
IS BECAUSE IT
WOULD BE BETTER
FOR MOTHER EARTH
IS WE REUSE SOME
STUFF.**



G4 Jajuar Joy Upcycled game box



G3 Camel Ariel Homemade candle

Lastly, some confident SUIS students complete a sustainability project to show how we can live on Earth for many generations to come. Some responsible students created and cared for their own vegetable garden. While other reflective students made their own compost.

*G2 Woodpecker Ryan Sun
upcycled boat from cardboard*

All of these environmentally-caring ideas were shared in our weekly assembly on Friday 22nd of April. One student for each class presented their ideas for what they did, while our hard-working SUIS community looked on with amazement. We will always pledge to be responsible and take of our Earth!



Struggling with Parent-child conflict?

Come here and check our solutions

During the time when people have to stay at home, parents and children have to face their own pressures respectively. Families spending a long time together in a limited space can easily induce parent-child conflicts. Proper handling of conflicts can enhance the parent-child relationship, while improper handling may lead to an escalation of conflicts. If your parent-child relationship status is closer to the former, your sense of competence and happiness should be high. If your parent-child relationship is often similar to the latter, please do not worry a lot.

Today, we will talk about how to deal with parent-child conflicts.

Parent-child conflict can be divided into two categories.

One is that **the child fails to meet the expectations or requirements of the parents**, resulting in the parents' psychological imbalance and emotions. For example, the child is procrastinating, does things lazily, has a low motivation with studying, does not listen to the parents' advice, or acts against the parents, etc.

Another is that **the parents fail to meet the needs of the child**, which leads to the child's psychological imbalance and emotions. For example, the child demands are excessive or unrealistic, the parents fail to fulfill their promises to the child, ignore the child's feelings and thoughts, fail to give the child enough affirmation, or blame the child without understanding the whole situation, and so on.



It is not scary to have emotions, and what matters is the interaction between them after the emotions are generated. All conflicts have two possible results. One is the relationship remaining peaceful and harmonious, and the other is the escalation of conflicts.

For example, what would you do when you see your child sitting awkwardly and distracted during an online class?

Option A: criticizing the child in a harsh manner, "***What does it look like when you sit crooked in class?*** Are you studying at all?"

Option B: getting the child's attention with an "um" sound, and then reminding the child to correct his/her sitting position.

Different choices lead to different results. Option A may cause the antipathy of children, which may lead to emotional outbursts and tantrums of children, making the parents angrier, and further escalation of conflicts. If you choose option B, the child understands the expectations and requirements of the parents, and the relation remains peaceful. Therefore, if parents can choose an appropriate method, they can gradually transform parent-child conflict into peace and harmony, and the child follows the parents' instruction. Here, the key is that parents hold their nerve.



When the child's needs are not met, he/she may lose his temper. At this time, if parents remain peaceful in emotions, and try to understand the child's needs, the child will gain a sense of security, and parents will tend to think calmly, looking for opportunities to communicate with the child. Parents will then be able to locate the exact reason of the child's tantrums quickly. If the child's needs are reasonable, parents can meet his/her needs directly. If the needs are unreasonable and unrealistic, parents can communicate with the child to find an alternate solution. The child will gradually calm down.



Some parents said that in the face of parent-child conflict, they sometimes become emotional in a second and the critical words just come out without control. They just don't have the time to think about changing reaction.

Don't worry, we can adjust our emotions in the following ways.

1. **Press the pause button for a conflict.** When parents are angry and their emotions are about to explode, they can say pause to themselves, or count from 1 to 10, remind themselves that losing temper would not work, and think about the reason why they are angry, and so on. Calm down their emotions first, and then deal with the conflict.



2. **Reflect on the previous conflicts.** If parents are not able to hold back their tantrums, they can reflect on the reasons for their tantrums when they calm down, and think about the situations that easily triggered their tantrums in the past. Finally try to come up with some answers to the question: what will be better dealings if a similar incident happens next time.



Parents are busy with work at home, and have to take care of the children's study and life at the same time, which is really stressful. I hope all parents can take good care of themselves, maintain stable emotions, and deal with the parent-child relationship in positive ways.

Labour Day SUI Star Helpers

When we think of the May Day holiday, we think of the sense of community and responsibility to help others and make a positive difference.

Now more than ever, our families and local communities need more support and assistance.

We have created our SUI Star Helpers to show us your responsibility, community and proud sense of citizenship.

Choose a star activity, and upload what you did through photos, videos, along with a short piece of writing to SeeSaw.



1 – star helpers

Help out with household chores (sweeping the floor, washing the dishes, etc)

2 – star helpers

Help out with household chores and taking care of parents, siblings or grandparents (cooking for them, gentle message, create activities for younger siblings)

3 – star helpers

Help out your local community by volunteering for simple tasks (small deliveries in your building, organising the recycling for your building)



Important Notice

When participating in any outdoor volunteering or activities, maintain a high-standard of hygiene and precaution

- wear proper protective equipment
- masks worn properly
- Sanitize your hands when needed
- washing with soap carefully afterwards



Upload deadline –Wednesday 4th May at 2pm

You can choose which star you would like to try and upload it to SeeSaw, using picture, video with a short piece of writing.

Thank you all and have fun!



Activity package for students

In order to make sure students' life at home can be more eased, creative and exciting, also to decrease some screen time, we decide to temporarily take away one of the single subject lessons ICT since we are already practising lots of ICT skills everyday. Instead, we would provide you with a package of resources that your child can use without a screen.

In this package, you can find lots of hands-on activities guidelines including crafts, games, even colouring sheets or word search sheets that you can print out for your child.

Please notice they are all optional, we will not schedule a certain time on the timetable for students to finish them so you can make your own arrangements.

Link: <https://pan.baidu.com/s/1bKOnnzu5n-xCLToNADFj4g>

Code: 7lxa

We hope that you all enjoyed the ELG training session we provided yesterday and took away some useful suggestions. We hope that the PSG Science workshop this afternoon with your daughter/son will be enjoyed too. We highly appreciate our PSG who have supported the school these days, providing external learning resources to our Primary students during this challenging time. Thank you!

Key Dates

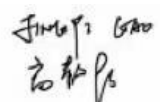
- 30th April to 4th May - Labour Day holiday
- 9th - 13th May Science Week

Kind regards,



Ms. Kim Sahi

Co-Principal



Jingyi Gao

Head of Primary