



SUIS PUDONG NEWSLETTER



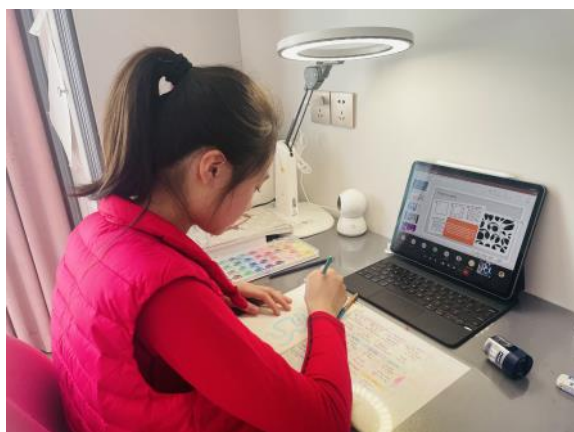
SUIS Pudong offers an opportunity for students to enter a continuum of education from Primary through to the end of Secondary to prepare them to become Global's citizens for the 21st century.

Dear Parents,

Unfortunately, we have had to switch to online learning due to the impact of the current Covid situation. We have settled ourselves to using Microsoft Teams as our platform to provide our online lessons. Thank you to our entire Pudong community of students, teachers and parents coming together to facilitate this. We have all developed our skills to learn new things and challenge ourselves. After just one week of online classes, we have all managed to problem solve, troubleshoot and have successful lessons. A very well done to everyone.

Parents, please help us to ensure that all of the students get the very best out of their online learning by reading through our guidance, ideas and tips. Thank you for your feedback, suggestions and positive messages. We welcome these and will find ways to improve for the better.

Unfortunately, we are unable at this point to give any definite date for the opening of school. I along with our staff and students are eager to get back to campus to resume our regular schedules. Until then, we will continue working, learning and interacting through our online platform. We appreciate your patience and support. Please stay well and keep safe.



Online Learning

Now that we have returned to online teaching, we are doing everything that we can to ensure that our children remain healthy, motivated and still connecting with us through their online lessons. This an opportunity for them to ask questions and also prevent them from becoming isolated. There have been some excellent examples of online learning being used by teachers and both students and staff have adjusted to this quickly.

We are aware that too much screen time can impact their well-being, so we have asked our staff to follow the recommended guidance below for their lesson structure.

Single 50-minute lesson

5 minutes	10-15 minutes	20 minutes	10 minutes
No teaching, waiting for student arrival/transition time.	Registers taken Lesson concepts and instructions are explained	Independent work, students only have to look at the screen when or if they have questions.	Turn in assignment, consolidation via teams, Q&A, early dismissal





Double 100-minute lesson

5 minutes

No teaching,
waiting for student
arrival/transition
time.

20 minutes

Registers taken
Lesson concepts and
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answered

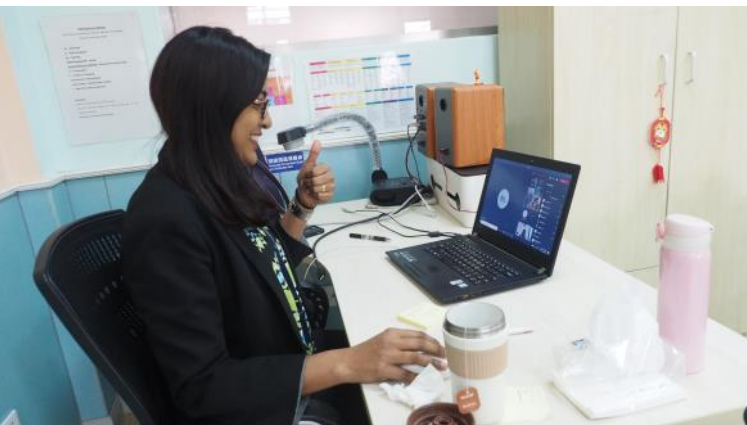
50 minutes

Independent work,
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20 minutes

Turn in assignment,
consolidation, Q&A,
early dismissal.

We have also asked our teachers to provide students with device free homework where possible and to reduce the frequency of this. However, we have also asked teachers to upload optional homework, for those students who would like to do more at home.



Outside of lesson times, we recommend the following to parents;

- Focus on what your child is doing in lesson and ensure that they are not watching non curriculum related material or playing games during the lesson or check their browser history at the end of each day.
- Reduce their screentime outside of lessons.
- Designate a place for all devices to be kept so it is hard for them to reach immediately.
- Encourage them to pursue other hobbies and build skills that build their imagination.
- During the parts of the lesson where they are completing work independently, check that they are taking eye breaks.

To rest their eyes, they should do the following:

- Every 20 minutes, they need to focus on an object that is 20 feet away for 20 seconds
- Ask them to create a distance from their devices or project onto a larger screen where possible.
- For laptops they should be 1 foot away from their screen and 10 feet away if using the television to project their lessons.



Nucleic Acid Testing:

As our teachers live in different districts all over Shanghai, some of their communities are undergoing Nucleic acid testing. As the times have not been specified, there may be cases where a teacher will need to end their lesson early, or may not be able to teach the lesson. Teachers have been asked to post independent work for the students on Teams, marked "Cover work +date", so the student should still log on and complete the work set independently.

Pastoral Care

In these uncertain and challenging times, the Student Services team will continue to provide pastoral care to students. We have put together important pastoral care information as a helpful guide to ensure students are taking care of their physical, emotional and social wellbeing. We will also send students wellbeing information and activities through the Form room sessions each day on Microsoft Teams.

HOW TO CONTACT PASTORAL STAFF?

Dear students and parents,

Be sure to stay connected with your tutors and Grade Coordinators. If you would like to speak to the school Pastoral team, we are available throughout the online learning period. Write an email outlining your questions and concerns and we will do our best to support you at our earliest convenience -whether it is via a return email, phone call or by setting up a catch-up meeting on Teams.

If you need to get in touch with a member of the Pastoral Team, please scan the below QR code to get in contact with us:



THE SUIS WAY- self-care tips for students

It is really important that you are always taking care of yourself. Be sure to maintain routines, stay engaged and connected and know that it is normal to be anxious in uncertain times. Below is a simple guide to help you stay focused. Be sure to communicate with your Tutor or Grade Coordinator if you need a little extra support.

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Maintain routines



Get up, get dressed appropriately and get ready for school like any other day.

Be sure to stay healthy by having a balanced diet, drinking plenty of water and exercising for 30 minutes a day. In your spare time try out something new- cooking, building something or even attempt a 1000-piece jigsaw puzzle!

Stay Engaged



Engage in connected learning- log into the applicable Teams platforms to see what school work you have for the day. Actively seek support from your teachers as needed. Your teachers will provide feedback to help you in your learning. Don't forget to seek help from your peers as well!

Stay Connected



Be sure to keep in touch with your friends. The use of phones, online communication tools and social media are great ways to stay connected.

Help others in need by sending a positive message or helping out around the house with family routines and chores.

Recognise that feeling worried is ok



It is ok to be worried and anxious, most of us feel like this at times. While anxiety around COVID-19 is completely normal and understandable, make sure that you are using reliable sources to get information. Talk to your parents or a trusted adult if you are feeling worried.

SELF-CARE TIPS FOR STUDENTS

Self-care sound pretty easy, after all, isn't it just taking care of yourself? Well, it is, but in reality there is a lot more involved in looking after ourselves. To practice effective self-care, we need to be constantly evaluating our physical, social and mental wellbeing and making the needed adjustments to keep us healthy. Below you will find some helpful tips on self-care.



Remember to Eat Well

We often forget to eat regularly. Our body reminds us when we are hungry, and we need to be eating the right kinds of foods. Constantly eating junk foods can negatively affect our physical and mental health. Try to get at least 2 servings of fruit and 5 servings of vegetables each day!

Remember to Get Enough Sleep:

Our minds and bodies are like batteries and they need to recharge- they do this through sleep. It is said that teenagers need 9 ½ hours (minimum) of sleep every night! Be sure to **not** stay up all night and sleep **all day** (you are not a koala!)

Remember to Stay Physically Active

Our physical health is often directly related to our mental health. It produces chemicals in our bodies that make us feel good! So be sure to practice being active for at least 30 minutes of each day!

Remember to Drink Enough Water

Our body's need fuel to function correctly. Food and water is our fuel. It is recommended that each person drinks 2 litres of water a day. And no, energy drinks and soft drinks don't count!

Have some YOU time

Don't forget to spend time doing something you enjoy. Whether it's playing computer games, reading a book, watching a movie or anything else, spending a little time every day on something we enjoy is good for our wellbeing.

Talk to Someone

It's important to have positive connections with the people around us. Remember to talk to your friends and family. It doesn't always have to be a deep and meaningful conversation, but by having regular positive conversations with these people, we will find it easier to talk to them when we need help. Be sure to connect with school staff if you need a chat and access the external support numbers provided.

External Support Services-Contacts

In the event you require extra support, please access the below list of external agencies for your reference. Be sure to phone 110/120 in the case of an emergency.

Counselling hotlines:

1. Shanghai Counselling Hotline: 962525 (24 hours)
2. Pudong District Adolescent Mental Health Education and Development Center. Tel: 400-820-6235 (24 hours)
3. Youth Services Information Desk Tel: 12355
4. Lifeline China: 400 821 1215/ <https://lifelinechina.org/>
5. ELG Mental Health Services: 4006 129 423/ <https://chinaelg.cn/en/mental-health-services/>












APPS AND RESOURCES TO SUPPORT YOUR WELLBEING

Below is a list of resources and apps that you can use to further support your wellbeing.



Be sure to check in with your parents or carers before you access them.

 <p>SuperBetter A tool to help you build resilience and get stronger, happier and healthier</p>	 <p>The Check-in For anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse.</p>	 <p>1 Giant Mind To feel less stressed, more calm and present to experience better health.</p>
 <p>Self-help for Anxiety Management A range of self-help methods to help you manage anxiety.</p>	 <p>MoodMission Helps you learn new and better ways to cope with low moods and anxiety</p>	 <p>Smiling Mind Meditation app for young people</p>
 <p>Skillz-Logic Brain games A fun memory game to improve skill, accuracy and logic</p>	 <p>AWARE— This app leads you through daily mindfulness meditation techniques, including energizing activities and breathing practice.</p>	 <p>Brain It On! Draw shapes to solve challenging puzzles</p>

STAYING HEALTHY AND ACTIVE DURING CONNECTED LEARNING

Don't be a "Couch Potato" during distance learning! A couch potato is an inactive person that sloths around all day watching TV. Be sure to stay healthy and active by:

- Eating a balanced diet
- Limiting junk food and fizzy drinks
- Drinking lots of water to stay hydrated- 2L of water a day!
- Limiting screen time that is not educational based
- Going to bed at a reasonable hour- keep your normal bedtime routines
- Keeping up positive hygiene practices
- Being active each day for a minimum of 30 minutes



Kidshealth.org (<https://kidshealth.org/en/parents/active-kids.html>) states that when teens are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- healthy weight
- better sleep
- a better outlook on life

Physically active teens also are more likely to be motivated, focused, and successful in school. (Especially during distance learning) Staying fit and healthy and mastering basic physical skills builds confidence at every age. Stretching your bodies is a great way to be active.



Seek your parents' permission and log onto YouTube for **"Flexibility Exercises for Teens with Fitness Coach Mark Verstegen"** at <https://youtu.be/vMfUdviSab4>

All you need is 20 minutes with Sportskool fitness expert Mark Verstegen and you'll become a master of the stretch!

P.E WITH JOE is another YouTube site that you can access to stay physically active during distance learning. Log onto **Joe- The Body Coach TV**. A message from Joe- "Starting Monday 23rd March I'm going to be hosting free workouts aimed at kids LIVE on my YouTube channel. With the schools closed and with us all spending more time at home, it's more important than ever






that we keep moving and stay healthy and positive. Exercise is an amazing tool to help us feel happier, more energised, and more optimistic. The workouts will be fun and suitable for all ages and even adults can get involved". Your PE teachers will send you through some more links.



BE SURE TO TAKE CARE OF YOURSELF AND ALWAYS COMMUNICATE WITH A TRUSTED ADULT IF YOU NEED HELP

Online Academic Competitions

Although we are entering an online learning period, our students are still able to sign up for the following international academic competitions. All competitions can be carried out online. Registrations need to be complete two weeks before the tournament date, and students can sign up or find out more information about the ones they wish to compete in by scanning the QR codes for each tournament:

Academic Competition	Date	Registration Details/Eligibility
Math Kangaroo	16 th April 2022	Grade 1-12
Junior Physics Challenge (JPC)	Final: April 2022	(open to students who qualified from the Preliminary round)
Biology Challenge (BC)	14 th May 2022	 Grade 6-9
The Oxford University Computing Challenge (OUCC)	8 th May 2022	 Grade 1-9
Computational and Algorithmic Thinking (CAT)	28 th May 2022	 Grade 5-9
Big Science Competition	21 st May 2022	 Grade 7-10
Junior Science Olympiad of Canada (JSOC)	21 st May 2022	 Grade 7-9

Key Dates

Please note the upcoming key dates:

- Apr 1: Mid Semester Reports Issued

Kind regards,



Ms. Kim Sahi

Co-Principal



Ms. Bonnie Cai

Assistant Principal and Head of Secondary