



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,

I hope you are all doing well during these challenging times. We are extremely proud of how students are taking responsibility for their learning and continuing to display their good learning habits. We have completed online learning for five weeks now and we hope the students continue to enjoy their learning whilst keeping safe and well at home with their families.

Reading: to help better ourselves but also an escape from reality.

“Reading gives us someplace to go when we have to stay where we are.”

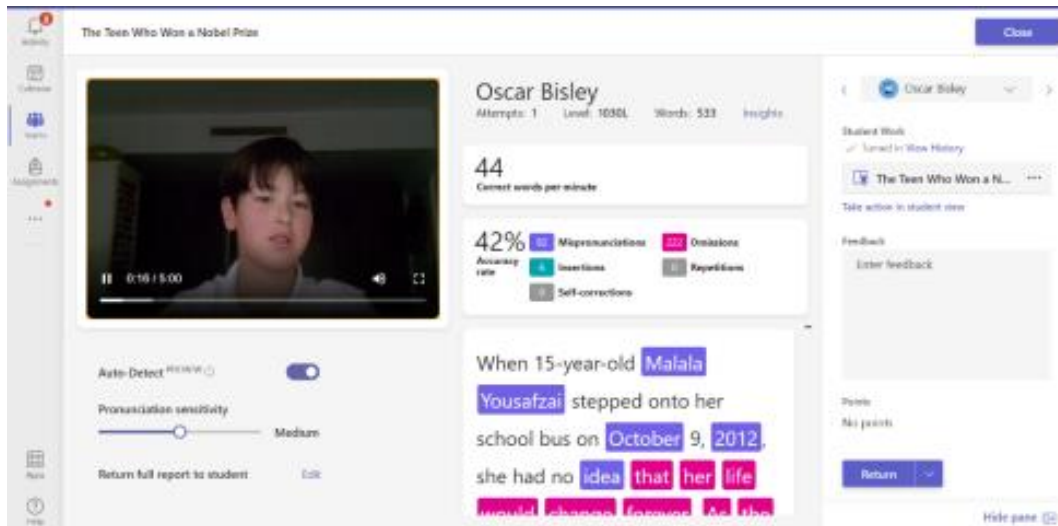
– Mason Cooley

As we all know, reading is a brilliant way to help develop language ability, it exposes us to different ideas and it helps us widen our understanding on particular topics; however, reading is also an amazing way to escape our own realities and allows us to use our own unique imaginations.

The screenshot shows a reading assessment interface for a student named Elaine Mi. The interface includes a video feed of the student, a progress bar, and various performance metrics. The text being read is: "Mamie Kennedy is practicing her boxing skills, furiously slamming her fists at a punching bag until it whips so hard that it's a blur." The interface also shows a feedback section and a "Return" button.

Metric	Value
Attempts	2
Level	1070L
Words	893
Insights	
Correct words per minute	119
Accuracy rate	86%
Mispronunciations	16
Omissions	11
Insertions	37
Repetitions	1
Self-corrections	0

We are all experiencing this very difficult time in Shanghai, so reading is now more than ever a fantastic way to go on a journey with our imaginations. We don't need special effects from a blockbuster movie or the newest computer game, we have the best tools inside our own head. Reading can take you on an unforgettable journey.



During our online learning, the English department is finding new ways to inspire students to read. Through using different tools on Teams and the internet, teachers are encouraging students to use their imaginations to read beyond the page and to use reading as a tool to relieve stress and anxiety during this very difficult time.

Key Stage Three/Grade Nine Star of the Month Award

Once a month the staff in our International Secondary are asked to nominate one student for the 'Star of the Month Award', whom they believe encapsulates the school values of excellence, respect, resilience, curiosity, collaboration and community. We are pleased to announce that the winner of the Star of the Month Award is Oscar Qu in 6B! Below are some of the comments made about Oscar by the nominating teachers:

'Oscar has had 100% attendance for his lessons since the start of the online period (except for a few Covid tests!)

'Oscar has received the highest number of Quality Points since the start of the online period (6!)

'Oscar is always engaged and contributing to online lessons'

'Oscar has submitted all of his classwork to an exceptional standard'

'Oscar has been proactive in assisting his classmates with Teams advice!'



SUIS Pudong Teaching and Learning Survey

At SUIS Pudong, we are keen to always hear feedback from staff, parents and students. Last week we surveyed our students and they have provided us with some valuable information about what they feel works for them, 214 students completed this.

Our G9s were happy with the current provision and the amount of work that they have been provided with. However, some mentioned that they would like to have more feedback from teachers about their work and some mentioned that they sometimes miss out on vital parts of their lessons due to their PCR testing, so we will work with our teachers on this area.

On the other hand, 67% of our Grade 6-8 students asked to have more offline independent work and projects, as they are worried about looking at the screen for lengthy periods of time, so once again we will work with our teachers to see how we can make adjustments to support our students with this.

Here are some of the comments provided below;

- *“There were people in past weeks had to do the covid test including me so they might not know what their classes had been talking about so I wish like someone could show their notes in class or to let the teacher to post the PPT in the chat box.”*
- *“Give us some time to leave the screen for resting our eyes.”*
- *“I notice that a lot more quality points have been handed out lately during online lessons and thanks to the teachers for taking more notice in classes”*

We would now also like to hear from you as parents! Please use the QR code below to complete the survey by Tuesday 19th April, 10:30am.



Tutor Times

The school has been listening closely to feedback from staff, students and parents regarding the online period, and in particular the amount of screen time that we are all currently facing. In an effort to reduce this, from next week morning tutor times will be held just once a week on Fridays, and students will be able to use this time Mondays to Thursdays to prepare and organize themselves for the day ahead. We hope that this reduction in required screen time will be beneficial to our students.

Grade 9 students will still need to attend their Zhong kao revision sessions on their allocated mornings at this time, but will not have tutor time on the other mornings. Those G9 students who had their revision sessions on a Friday morning will have this rescheduled to another morning to allow them to attend the Friday tutor time.

Professional Development Day

On Friday April 29th ISS will be having a Professional Development Day for our staff, students and parents. Our friends at ELG will be providing online training sessions for our staff, as well as tailored online training sessions centered around online learning for our students and parents.

The details of the student and parent sessions are listed below:

Students: How do I keep focus when learning online?

Online schooling can be hard to adapt to. In this workshop, we will talk about self-regulation concerns, difficulty keeping focused and emotional turbulences students may experience when learning online and how they can navigate through these challenges. Learning online during quarantine also means to study more independently. Therefore, this workshop explores various individual learning styles students may have, to allow students build their personal learning methods so they could learn by themselves efficiently with curiosity and motivation.

Mindfulness: healthy eating, sleeping and lifestyle.

In this refreshing workshop students will explore the foundations of building Emotional Intelligence with integrated and dedicated practices to help them train and develop EI skills. Such skills can largely help enhance their social-emotional thinking, regulating mind and body, and building self-control to foster motivation and further independence. This will be a unique opportunity for them to raise and enhance the awareness of how the healthy mind-body correlations will benefit their overall wellbeing.

Parents : Dealing with emotional stress related to online schooling

In this workshop, parents will learn how to work with emotional challenges they and their children may experience when learning online such as feeling frustrated with learning subjects and overwhelmed by studying alone. This also facilitates parents and students to enhance their abilities to identify, express and manage emotions. In workshop, parents and students have the opportunity to build their own "emotion profile", which helps with family communication.

Sign-up details and timings will be shared with parents next week, however the student sessions will be run during the school day and they will be required to attend. Students and staff will be off timetable for the day and normal lessons will not be operating.

Eco-Warriors Summit

Ms Ali has arranged for the student council to take part in the 4th Annual Eco-Warriors Summit. This is an event that has taken place annually since 2019 with a focus on empowering young people with the tools to discuss climate change. This year's theme is looking at the impact of technology on climate change. The students will listen to lectures from a range of speakers from different industries, including Microsoft and Tencent. The event was due to take place in person, but it has now been moved online.

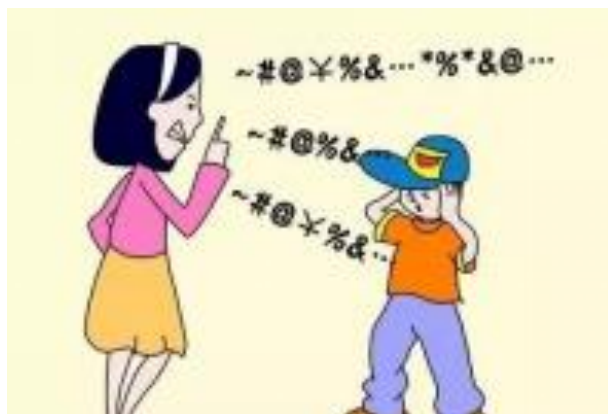


Let Parent-Child Relationship be Closer when Learning at Home

Dear parents and students, online classes have been going on for more than a month. How is your parent-child relationship during this time?



For some parents and children, it is not so easy to stay together with their families all day long. For parents, they not only have to deal with their own work, but also allocate some energy to pay attention to their children's life and study, and deal with conflicts and frictions with their children



sometimes. For children, sometimes they feel that parents want to interfere in everything, and they can feel like their parents don't understand them at all. You may currently be having these same experiences!

There are differences and disagreements in most parent-child relationships, and this is completely natural. During days when people are free to go out to work and study in different places, these differences are downplayed and put on hold. But now, parents and children are together 24 hours a day, those differences are inevitably magnified. With emotions added in, it can escalate into conflicts easily, resulting in a worse parent-child relationship.

So, how to improve the parent-child relationship?

Improving parent-child relationships starts with mutual understanding. Since the emotions and thinking of adolescents are still in the stage of development, while adults are relatively mature in emotions and thinking, it is important for parents to put aside their previous understanding of children and take the initiative to understand them.



Parents can try to understand the needs of children. *Adolescents yearn for independence and they want to be seen as independent, capable individuals. When parents interact with their children with their own expectations, children's need of independence may be hindered, and they will have emotions towards parents. If parents can see the need and emotions of kids, it will become an important support to children.*

Parents can try to understand the feelings and thoughts of their children. *It's not easy to think in a different position, because parents have rich life experiences, it is easy for them to talk lots of sense to kids with the hope that the child can accept it. However, what happens a lot is that children won't listen. This is because children sometimes feel that their thoughts and feelings aren't being seen and understood. If this happens lots of times, they will feel frustrated and ignored. If parents listen more and open the door to understand their children's feelings and thoughts, it will produce a different interactive effect from before.*

*For children, empathy also helps them understand their parents. In all parent's endless talking sense is always accompanied with parents' deep care and love, which sometimes is not realized by children. However, **it is a never-changing fact that parents love their children.***



Talk Show Contest

As part of Mental health Awareness Month, the Pudong mental Health Educational and Development Center are holding a video competition, where students can produce a stand-up comedy video on the subject of mental health. If students wish to enter this competition they can send their entries to Ms. Yuan by the 25th April. Ms. Yuan can also be contacted with any questions or queries regarding the competition.

2022年上海市心理健康月主题活动

“我秀我健康，一起向未来”脱口秀比赛

——浦东心理健康教育发展中心

作品要求 参赛者紧扣“我秀我健康，一起向未来”主题，以单人站立脱口秀形式围绕心理健康主题进行创作表演（俗称“讲段子”），并制作“脱口秀小视频”，以此展示学生积极乐观的心态，宣传普及心理健康知识。

格式要求 (1) 参赛者个人参赛，独立创作表演。(2) 标题鲜明，内容健康，须为原创，杜绝抄袭。(3) “脱口秀小视频”时间5分钟以内，带字幕分辨率不低于1080p，码率高于10M；视频大小500MB以内；格式仅限MP4、AVI、MOV；稳定拍摄，录音清晰，画面整洁。

报送要求 请参加浦东新区心理脱口秀比赛的同学先提交脱口秀文字稿，选拔通过后我们会通知本人再进行视频的录制和后期制作。请参赛同学在4月25日之前将脱口秀文字稿发至邮箱：crystalz.pd@suis.com.cn 邮件标题：脱口秀名称+班级+姓名

Show My Health Talk Show Contest

Improving Mental Health and Well-Being
By Pudong Mental Health Educational and Developmental Center

Theme Follow the theme of "show my health", and create your video related to mental health topic in the form of stand-up comedy, to show your positive attitude towards life, and publicize the mental health knowledge.

Format It should be original work with clear topic. The final video should be no more than 5min, no large than 500M, with caption, in MP4/AVI/MOV format. The video and voice should be clear.

Participate If you want to participate in the talk show contest in Pudong District, please submit the talk show transcript first. You will be informed of video recording after selection. Please send your transcript to ireney.pd@suis.com.cn before April 25th

Key Dates

Please note below the upcoming key dates:

Wednesday 20th April : Grades 6 and 9 Parent-Student-Teacher 3-Way Conference

Thursday 28th April : Grades 7 and 8 Parent-Student-Teacher 3-Way Conference

Friday 29th April : Professional Development Day for our staff, students and parents

Kind regards,



Ms. Kim Sahi

Co-Principal



Ms. Bonnie Cai

Assistant Principal and Head of Secondary