



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 21<sup>st</sup> century.

Dear Parents,

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 Secondary students during this challenging time. Thank you!

## *Online PE Teaching and Learning*

The PE department hopes that the first few weeks of Distance Learning has gone well for all of you. Our lives have been disrupted with the ongoing lockdown and testing, so we do hope that you have all been able to cope with what we know are challenging times.

Whilst not an ideal situation, Distance Learning gives us all an opportunity to reflect on the importance of Physical Education and how it contributes to a healthy body and mind.

Although we know that there will be frustrations, we are immensely grateful to our hard working, creative and dedicated staff for turning to a high value Distance Learning programme with almost no notice. We are also very grateful to you, our parents, and all the students, for facing this challenge with the positivity and enthusiasm that we have seen thus far.

The PE team understands the current need to be active, but in the same breath be stuck in confined spaces. We are therefore continuously recording and uploading videos onto the PE channels that are sufficient for home exercises.





**Workout Warriors of the Week**



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We have seen creative photo submissions of our students in a bid to use them as one part of the end of year report grades, to keep students engaged and to make the online experience fun.



Evidence is clear that PE, as the only subject that educates through the physical domain, is central to children building an active and healthy lifestyle, developing other key life skills and improving academic attainment. PE should rightly sit at the heart of our school and become a lifelong habit for all children regardless their background.

A recent Youth study clearly demonstrates that children are fitter and more successful at school if they exercise and stay active during the day. Additionally, the research shows the positive impact an active curriculum can have in helping young people recover from the consequences of the pandemic and in supporting them in more settled times.



A few key benefits of physical activity include the following:

- It maintains fitness levels
- Improves your memory and brain function
- Protects against many chronic diseases
- Aid in weight management
- Lower blood pressure and improves heart health
- Improves quality of sleep
- Reduces feelings of anxiety and depression
- Improves mental health

At SUIIS we believe that exercise, sport, activity and PE should be at the core to the education and development of all young people, not just in a moment of crisis but for the long-term. We therefore urge parents to encourage their children to stay active during lockdown and more so to make it part of a lifestyle.

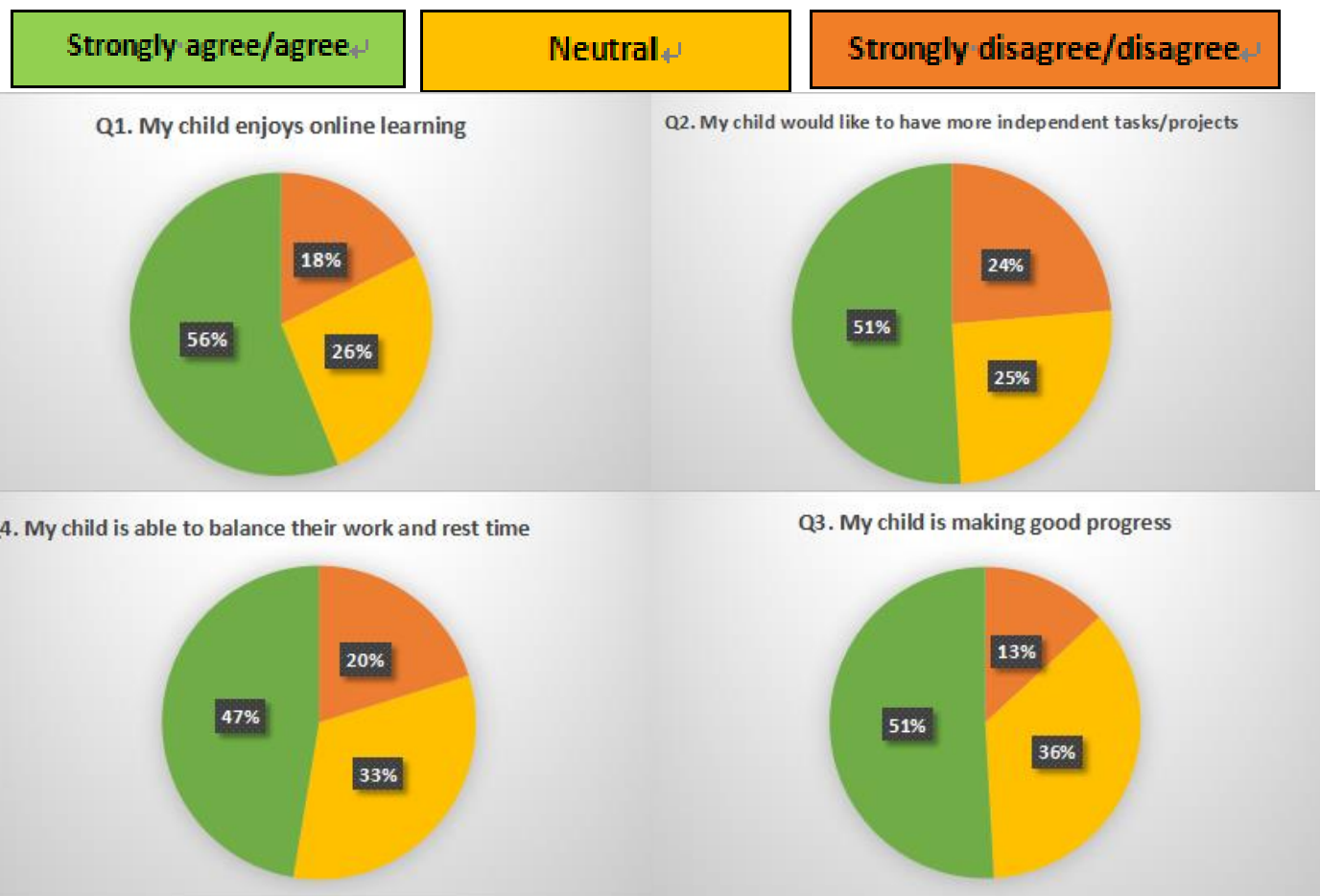
We do not believe in the mantra that emerged during the COVID crisis of a 'new normal'. This is not normal; it is a temporary measure to guide us through a difficult time. There is no 'new normal', just 'the normal' that makes good schools great – the magic that happens around the school, the relationships that encourage people to do their very best, and the challenges we face together that help us progress. I wish you well during this temporary phase, and very much look forward to welcoming all your children back into school as normal.

## *Parent Survey Feedback*

In the last newsletter we shared a QR code with you to provide feedback on your child's online learning experience. 135 parents submitted their feedback, thank you to those who completed it, the feedback was very helpful.

As expected, the results from the survey displayed below are varied as each child's circumstances and needs are unique. We will use the results and comments to ensure that the majority of their needs are catered for.

### *Key:*



## *Survey Comments:*

As with the survey questions, we had a number of comments from parents in the survey, the key areas of concerns were;

- **Student feedback:** Some parents mentioned that they would like more feedback provided on students work. Many teachers are currently doing this via Teams and we will continue to encourage staff to provide this on a regular basis. Some parents also mentioned that they would like teachers to go through the answers of the questions in the assessments during the lesson. Teachers do not do this all the time as some students may have got all the questions right, so it would be unfair for them to spend their time listening to questions and answers that they already know. We will discuss this with teachers to look at alternative methods of feedback that has the most impact for all learners.
- **Slow internet:** The internet speed has been highlighted by many parents, unfortunately this is something that we are unable to control, however if this is a persistent issue for your child, please email their form tutor and we can see what we can try to help with. We will also speak to teachers about uploading any videos as some parents and students mentioned that some videos were slow.
- **Screen time:** This is something that was raised in both the student and parent surveys, where possible we will try to ensure that students are provided with more breaks as well as off-screen activities. Some tips for eye health were also shared in a previous newsletter, so please check that your child is doing this.

### **Below are some examples of comments from parents;**

*“The online class period is a good opportunity to cultivate children's self-discipline and self-care ability.”*

*“As for every class assessment, mid-term and term-end exam, can teachers go through the exam paper together with students and let students know the points they lost?”*

*“Why don’t we just give students more break time between classes and shorten the time of each class”*

*“I hope that there should be more time reserved for reading, since it is really important for the students now that they are looking at an electronic device all day. And because of this, I hope that the school could decrease the amount of homework given to the students because I feel like it definitely increased since they were last at school.”*

*“We're thankful for teachers' efforts”*

*“Students work should be less online, it would be better for parents to print out the worksheet”*

*“If the school reduce the screen time that will be better”*

*“Thank the teacher for often sending emails to tell us the children's behavior and situation”*

If you have any other comments or feedback, please email your child's tutor and we will get back to you.

## *Teaching And Learning Methodology*

To providing the best quality education for all students, we regularly refer to and analyse research centered on teaching and learning methodology. One area of learning methodology focuses on the impact of independent vs teacher directed learning. On the whole, it is universally proven that teaching and learning should incorporate more self-directed study. Students who have learned how to self-study are more capable of organising their own learning, apply their learning to a variety of unfamiliar contexts, overcome difficulties, and they are open to development and change. In addition to this it allows them to develop their self-confidence and awareness and they know their own learning styles, more adequately preparing them for their future studies. As a school it is crucial for us to develop self-discipline in our students so that they are able to reflect on their own needs and gain a deeper understanding of their course content, which rote memorization cannot fulfil.

A flexible approach to learning also encourages student engagement and makes them an active participant in their own learning pathway. This was something that many of our students raised in their survey and in discussion with their teachers.

## *How To Motivate Your Child With Independent Learning:*

Although it is important for parents to take an active role in ensuring their child completes independent study and revision, it is also important to not force your child to do it but to support them where possible.

Encouraging your child to find motivation in a positive way is important for building habits that last. Forcing your child to do work can make him or her resent study time, making self-motivation much more difficult to achieve.

### **1. Find Out What's Stopping Your Child**

Your child may be unmotivated to study for a number of reasons. Finding the root of the problem will help you and your child develop a plan to overcome the barriers that are preventing him or her from completing work.

### **2. Make Study Time Easier**

Make study time as easy as possible for your child by providing him or her with everything needed to get work done:

- **Quiet space:** Find a quiet, distraction-free space for your child to study.
- **Food and drink:** If your child is hungry, it can be hard to focus on work. Give your child a light snack before a study session and plenty of water to ensure he or she can remain focused.
- **The right tools:** Make sure pencils, an eraser, a calculator, and other important tools are easily accessible so time isn't wasted trying to find them.

Making sure your child has everything he or she needs means less resistance and fewer excuses.

### **3. Create A Study Plan Together**

Children do well with structure—having a solid study plan in place will help keep your child on track. Sit down with your child and create a plan for completing their revision and work. Including your child in the process will help keep him or her engaged (and more willing to stick to the plan!)

Your plan should include:

- How often to take breaks and for how long
- What tasks should be prioritized (i.e. assignments that are due the soonest)

## **4. Create A Reward System**

Build a reward system with your child so he or she has something to look forward to once study time is complete—the key to staying motivated when studying. The rewards can be as simple as watching TV once work is completed or collecting ‘points’ after each study session to use for something special.

## **5. Limit Stress**

If your child is stressed, he or she might find it difficult to study, or even find the motivation to get started in the first place. Help your child relieve stress by spending time with him or her and encouraging conversations about thoughts and feelings.

Make sure your child has enough time each evening to de-stress. Discuss activities to do during study breaks or after homework is complete that can help lower stress, such as:

- Going for a walk
- Listening to music
- Colouring

## **6. Focus On Learning Instead Of Performance**

Instead of focusing on results only, celebrate all achievements related to learning—both big and small. When switching the focus to learning, your child can find more enjoyment in accomplishing work, helping boost motivation.

## **7. Encourage Your Child To Set Small Goals**

Encourage your child to set small, achievable study goals based on what needs to be accomplished. Setting goals gives your child clear directions for what needs to be done, and boosts confidence when he or she accomplishes these goals.

Some examples of studying goals include:

- Read one chapter of the assigned reading
- Review notes for twenty minutes
- Complete 5 practice questions from the textbook



## 8. Try Different Techniques

There is not one approach to studying —every student has a slightly different way of learning. If your child is studying with a method that does not match his or her learning style, he or she might get frustrated because grasping the material becomes much more difficult. Encourage them to try different techniques to see what works best for your child.

## 9. Take Proper Study Breaks

The brain can lose focus without breaks (especially for younger students). Dividing study time into manageable chunks is important for keeping your child's mind fresh and engaged. Encourage your child to take regular breaks during their studies.

Keep these tips in mind for a productive study break:

- Take breaks after about 30 minutes of work
- Keep breaks between 5-10 minutes long

## *Upset About Academic Procrastination At Home? Here Are Tips For Coping With It.*

Studying at home, without the face-to-face class atmosphere, can make some students gradually lose their academic discipline.

*"I don't have a clue about this assignment at all. Since it's due the day after tomorrow, I will just leave it for today."*

*"I plan to use my phone for another five minutes and start doing my homework after that. Before I noticed it, more than half an hour has gone by. Since I've played for so long, I'll just find another time to finish this homework tomorrow."*

*"The exams are coming. I've always wanted to arrange some time to review, but so far, I haven't started yet..."*



**Dear students, have you had similar experiences recently?**

Most people procrastinate, but to varying degrees. Mild procrastination may have little impact on study and life. However, when academic procrastination becomes serious, one is often unable to complete academic tasks as planned and the sense of control over learning decreases, which leads to negative thinking and a sense of powerlessness. At the same time, the delaying of tasks results in a state of anxiety and tension, which consumes a lot of emotions and attention, thus further affecting the efficiency of learning.



## So how to deal with academic procrastination?

Now let's take a look at some tips for dealing with procrastination and improving your academic efficiency.

**Tip 1: Establish study area at home** to reduce distractions in the environment. Do not put items unrelated to study in the study area; keep the environment of the study area quiet and comfortable; always arrange the study supplies on the desk in a clean and tidy way and try not to leave the seat during study time. If your mobile phone interrupts your studying often, you can turn off the mobile phone or switch it to the airplane mode in your study area.



**Tip 2: Make a precise time plan for tasks and stick to the plan.**



Make a list of tasks, and arrange the order of tasks according to the **urgent-important matrix**, and specify the time for each task. The number of tasks in a day should be kept moderate to avoid the increase of psychological burden caused by failing to complete the long list of to-do tasks. If some tasks are difficult, they can be further refined into step-by-step smaller tasks. After completing the tasks one by one, you can give yourself some rewards.

### Tip 3: Use Pomodoro Technique to manage your time.

Prepare your to-do list, focus on the first task for 25 minutes, during which you will do nothing unrelated to the task. When time is up and the clock rings, take a short 5-minute break, and then move on to next 25+5min Pomodoro clock till all tasks are completed. After 3-4 Pomodoro clocks, you can take a longer rest to adjust your physical state well before continuing.



### Tip 4: Alternate work with rest.

Avoid making your time schedule full with learning tasks. Leave short breaks in the middle of tasks and full relaxation after the tasks are all done. Without enough rest, the subsequent learning efficiency will be affected and sticking to a plan may become difficult.



It is also important that when you realize that your procrastination is causing low efficiency in study, you do not blame yourself. Switch your attention to study immediately and take action. Self-blaming can only make you feel more irritable and distressed, which will dampen your motivation to complete actions.

All in all, the key to reducing academic procrastination and improving academic efficiency is action. There is no shortcut. Act now and you will find that you are more capable than you think you are.



## *Labour Day Holiday*

Next week will mark the annual celebration of the Labour Day holiday, or 'Golden Week' as it has come to be known.

The first Labour Day activity in China is said to have been held on May 1, 1920. Then, between 1921 and 1922, activists established centers to educate ordinary workers, organized unions, and pushed for better conditions for everyday industrial workers.

Just a month after the founding of the People's Republic of China in 1949, the Government Administration Council of the Central People's Government officially declared May 1st to be Labour Day.

Although this year will be celebrated in slightly different circumstances, it still marks an opportunity for parents and students to reconnect and spend time together as a family. We hope that despite the current difficulties our students and parents still manage to engage with each other in meaningful activities and family time; **if you would like to share any photographs from your families holiday time, please feel free to send them to your Class Liaison so we can publish them in our next newsletter!**

## *Key Dates*

Please note below the upcoming key dates:

- **Saturday 30<sup>th</sup> April to Wednesday 4<sup>th</sup> May:** Labour Day Holiday
- **Thursday 5<sup>th</sup> May:** Back to online learning

We hope you stay safe and enjoy the upcoming Labour Day Holiday with your family.

*Kind regards,*



Ms. Kim Sahi



Ms. Bonnie Cai