



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 issue. I hope you all had a wonderful holiday and relaxed with your family members. It was great to see how responsible and confident our students were when they got involved in their labour day contributions. It's always lovely to see how students can contribute their skills to helping others. During this particularly difficult and challenging time, seeing our students be great 'Community' helpers makes us feel very proud indeed - thank you students!

Myself and our teachers are very impressed with our student's attitudes to their learning. Parents - thank you for all of of your support during this time.

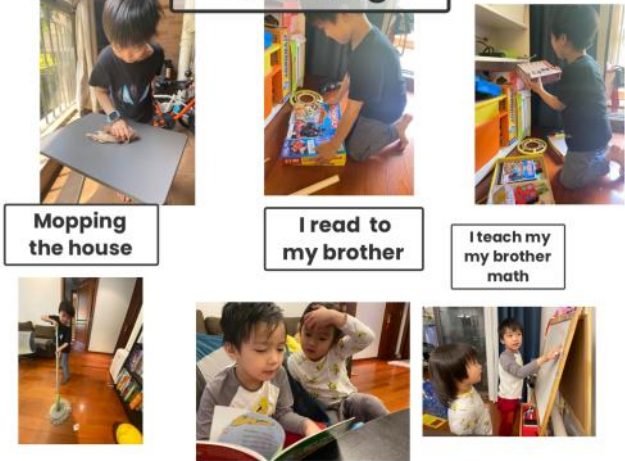
May Holiday Super-Star Helpers in ISP

We know that our splendid SUIS students are amazing in all of their classroom tasks and assignments. However, did you know that our students are also startling Super-Star Helpers? Over the May Holiday, our students took up their laborious and community spirit by helping out their family and local community. Let's take a look to see what they did!





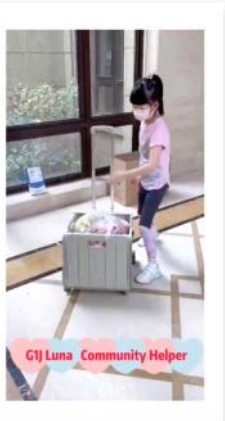
cleaning



Our confident and responsible students are helping in all sorts of ways: from cleaning the dishes to making some fancy treats, from sweeping their floors to caring for their siblings and parents. Some top-tier Superstars also helped with delivering goods and packages to their neighbours. Even during this sensitive and uncertain period, our brave and responsible Primary students took all necessary precautions to assist their local community.



Reading for my sister



G1J Luna Community Helper

G1J Luna Community Helper

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Some of our considerate students recorded what they did to help their family and neighbours:

This is my May Day work. I wash my dog in a sunny day. The fun part of this work is to play with it in the water. The other reason to wash him is it is now shedding so my mom does not want the hair all over our house.

Oscar, Grade 5 Penguin

I am helping my building by carrying and bringing the delivery and for to their door.

Olivia, Grace 4 Toucan & Carina, Grade 1 Octopus



I'll distribute supplies to our neighbours today. I need to prepare the tags of room numbers, items and quantities beforehand. It's fun but I still need to take every precaution needed to keep away from the virus. Our compound was never so quiet during the holiday. The eerie silence makes everyone uneasy. I'm glad that I have the chance to handle the job today. I feel proud since it's always nice to do my part in helping others.

Joy, Grade 4 Jaguar



This is me folding my clothes and cleaning up my room .It sounds hard folding them first{beginning},at last,I thought it was very easy,its just a few steps.
 When I was cleaning my room{usually,my room was clean everyday now},if I spend many time doing homework,my room will be messy sometimes.
 I feel great 🍌 😊 doing those chores,and now,if my room was clean,I will fold my clothes.



Thanks to the doctors who support us, fighting the Coronavirus. This May Day Holiday, I also helped the community. I did the disinfection and sterilization of my building. I love to help others, this is a meaningful May Day Holiday.

Relica, Grade 1 Octopus

I am folding my clothes and cleaning my room. It sounds hard, folding them first, at least, I thought it was very easy. It's just a few steps. I feel great doing those chores, and now, if my room is clean, I will also fold clothes.

Victoria, Grade 2 Fox





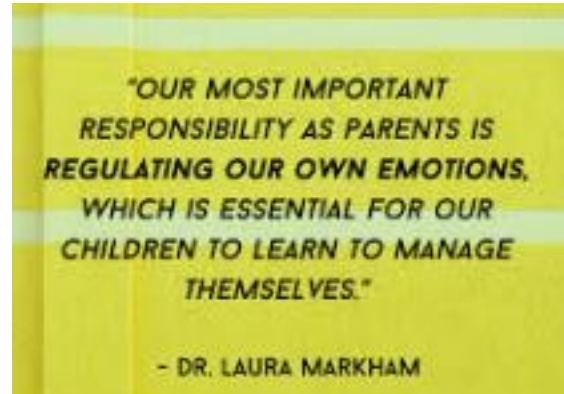
We'll let Melissa from Grade 4 Crocodile close this article with her reflective and insightful thoughts:

Labour day is a time for help, togetherness and, well, labour. Kids helping with chores, adults volunteering in the neighbourhood, or the elder doing kind deeds are all a small step of the spirit of labour day. To have the volunteering spirit of labour, choosing between what is right and easy, is what labour day is all about.

Parents' Emotional Management:

A Clever Way of Promoting Parent-Child Relationships

The state of studying and working at home has been going on for two months. Most parents have to work and take care of the whole family, which undoubtedly increases the difficulty of maintaining parent-child relationship. Parents are the pillars of the family. If parents can manage their emotions well, it will be of great significance to promote parent-child relationships, and the education of children.



Why is it so important for parents to manage emotions at home?

First of all, parents with well-managed emotions bring a sense of security to their children. The feeling of security is an important premise for children to learn, live, socialise, and explore in society.

Second, parents with well-managed emotions contribute positively in parent-child communications, so that understanding can achieve the expected effect.

Third, parents managing emotions well will serve as role-model for their children. Children learn to manage their own emotions well by following parents' patterns, thereby promoting children's emotional health.

How to manage emotions?

1. Be aware of the emotions you have

Ask yourself every day: How are you feeling right now? Then listen to your inner answer. When you are aware of your emotions, your emotions will tend to reduce the disruption in your daily life.

When you are with your children, be aware whether you are already burdened with lots of troubles, stress, and emotions. Without awareness, it is easy for parents to transmit emotions to children unconsciously, making children feel confused and causing emotional stress in children. With awareness of emotions, parents can avoid emotional contagion.

Awareness of emotions can also give parents chance to do quick adjustments when emotions come up, so as to avoid uncontrollable venting on children.

Mindfulness, meditation, or just taking a few minutes a day to have a quiet inner conversation with one's heart can improve your awareness of emotions.



2. Identify the causes of your emotions

When you are aware of your emotions, you can choose to calm down by staying alone if the emotion is strong. Then, ask yourself a question: Is it only the current event that triggers your emotions, or is it accompanied by feelings from other daily incidents? Is it due to simply the behavior of the child, or is it connected with your perception of the child's behavior?

In the process of thinking, you will find that in most cases a child's behavior or reaction is just a fuse that triggers your emotions. Something else is there for you to re-examine and pay attention to, such as other incidents or stressors, or the unmatched expectations or requirements for oneself/children.

By sorting out the causes of emotions, we have taken another step forward in emotional management.



3. Express your emotions through appropriate channels

Emotion is energy, and it needs to be unblocked through expression and moderate venting. When we are angry with a child, no matter how much we hold back, the child can feel it. We can express anger, but we don't necessarily express it with fury. When we're stressful, upset, or sad, expressing it in proper way allows us to gain understanding and support from our families.



Sometimes moderate emotional venting are necessary, as long as one doesn't hurt oneself and others, such as exercising, beating a pillow, shouting, singing, drawing, journaling, etc..

May you keep moving forward on the road of emotional management. Don't be discouraged by failures. Perfect emotional management doesn't exist, but with the daily effort, it will progress so that all your family members will benefit.

Kind regards,

A handwritten signature in black ink, appearing to be 'Ms. Kim Sahi'.

Ms. Kim Sahi
Co-Principal

A handwritten signature in black ink, appearing to be 'Jingyi Gao'.

Jingyi Gao
Head of Primary