

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. In this issue you will hear about our recent online maths week which was a wonderful success. Ms Amy worked hard to make sure our students had lots of exciting challenges to get involved in - thank you Ms Amy.

I would like to wish you all a restful weekend.

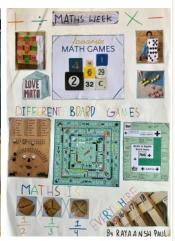
Please take care and stay safe.

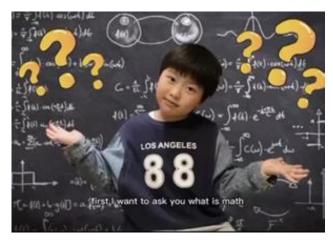
Maths Week

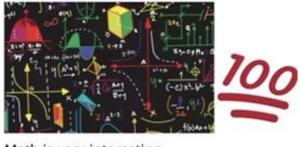
Maths is everywhere. You may learn Maths in school. You may learn Maths at home. Wherever you learn Maths, enjoying Maths is important.





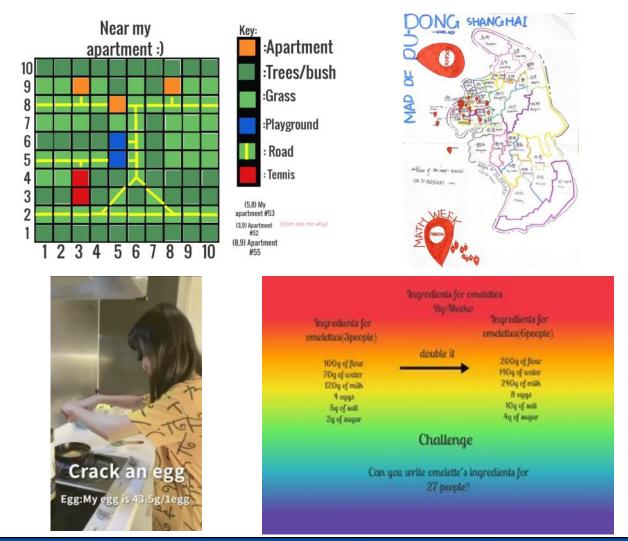






Math is very interesting, learning math well makes our life more convenient.I love math!

There was so much fun for us to explore Maths at home. It is easy for us to find shapes all around us. We love to play Maths board games with our famliy members. It is also interesting to connect ratio with mum's recipie. Maths is more than you can imagine. It is only one week for Maths week, but it will be everyday for Maths with you. Shanghai is back to normal so it is time for you to explore Maths in and out of home now. Be ready to challenge yourselves and enjoy Maths everyhwere. Where is your next stop for exploring Maths?





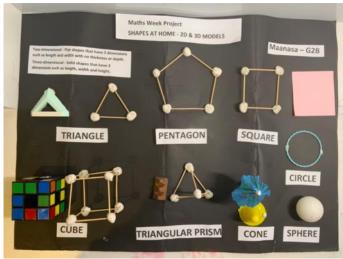










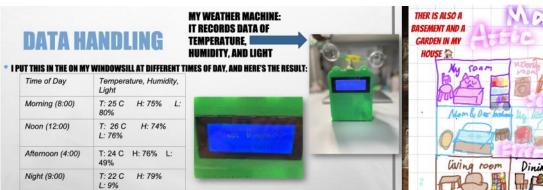




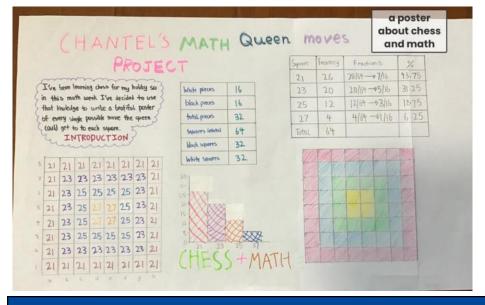














Spend Quality Time With Your Children



The healthy development of children is inseparable from the company of their parents. This viewpoint is gradually accepted by more and more parents. Since the outbreak of Covid-19 in March 2022, most parents and children had to stay together for more than two months. It seems to be a long time together. However, does company mean simply staying with the child?

Let's take a look at the misunderstandings of providing company for children, namely, staying together without interaction. Below are a few examples.

- **1)** As long as the parent is present, we can call it company.
- **2)** When the child is next to the parent, the parent is always looking at the mobile phone, dealing with work, chatting, watching videos, etc.
- 3) Parents give a casual and automatic reply to the child's words.
- **4)** When the child is angry or noisy, parents simply want the child to be obedient and quiet immediately.





For children, staying with him/her doesn't equal company. Being together without interaction, the child will feel that he/she is not getting attention from parents, and possibly that he/she is not worthy of attention and value. That feeling is really stressful for children. If it continues to happen, some children will use tantrums to gain parental attention, while others become withdrawn from interactions with their parents and being reluctant to communicate.

It is the quality time spend together that is closely linked to a child's physical, mental and emotional well-being. Quality time together means that there is interaction, communication, and response between parents and children. Parents understand what their children are thinking, what they need, and participate in their growth, so that children can feel the attention, concern and support from parents' side, and emotionally experience the joy and warmth of their parents' company.



Some parents may say, I'm really busy with work and things at home every day, and I feel tired. How can I spend so much quality time with my child?

Child education expert Catherine Gueguen said that <u>quality time together is not about</u> <u>being present all the time, nor is it doting around the child, instead, it depends on whether</u> <u>the parents have mastered the communication style that is suitable for the child of all</u> ages.

Quality company does not depend on the length of time, but on whether the parents are fully participated, even if it is only a fragment of ten minutes a day.

What can parents do to provide quality time for children?

Accompany the child with full attention. During the parent-child activity time, parents put down work and mobile phone, and participate attentively in the interaction with children, for example, paying attention to the child's emotions and thoughts at the

moment, or listening to the child talking about the topics or activities he/she is interested in. Children can judge easily whether the parent is attentive or unthinking. Parents can also provide other forms of company for their children if they are not at home.



Talk less and listen more. Put away your own opinions, and simply listen to what your child's voice, whether it is something important or tiny. Don't interrupt the child and talk sense with him instead. Sometimes, what the child needs is simply that parent hear all the words he/she wants to say.

Give the child lots of affirmation and praise. In the interaction with the child, parents can actually realize the merits in the child's ideas and behaviors. At this time, if parents could give specific and timely affirmation and praise to the child, he/she will feel being concerned and recognized.

Express your love to your child in rituals. Rituals that are exclusively for children will give them the feeling of being specially valued and cared for. For example, send the child a gift that is his/her favorite on Children's Day or his/her birthday. Arrange an exclusive quality time with your child once a week or once a month, and let the child participate in the plan of the quality time, during which parents respect the child's wishes and ideas.







Ms. Jingyi Gao

The time that a child needs parents' company is only about 18 years. Quality time together won't take too much of parents' time, but it will have long-lasting positive effects on the children throughout his/her life. May all children grow up happily and healthily with the company of their parents!

Key Dates

• 17th June Reports going home

• 20th and 21st June Parent teacher meetings

• 30th June (12pm) end of semester

Ms. Kim Sahi

Co-Principal Head of Primary

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