



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,

This is our final newsletter of the school year. Wow - what a year it has been! Thank you all for your ongoing support as we as the community of SUIS Pudong of students, parents and staff continuously worked together as we faced the many challenges that the pandemic put upon us. I am feeling extremely proud of how resilient our students have been. They have given their best, tried their best and are the best! It wasn't easy but we all got through it. Although so many of our annual events had to move to online events, our teachers and students made them just as enjoyable as possible- thank you.

We will be saying goodbye to some of our teachers. I would like to take this opportunity to thank them for their hard work and dedication to our students. We wish them all the best for their future. Now, there is one last thing to say: From all of the staff at SUIS Pudong campus, we wish you all a wonderful and relaxing Summer holiday.

It has been a great year for all our students, although we have, unfortunately, spent the last 3 months learning remotely from home. During the year, we have had numerous wonderful and successful events that brought us an abundant amount of meaningful memories.

Can you recall them?

Art week

ICT week

Book week/poetry week

Sports day



Additionally, on Monday the 27th of June, we held a splendid Grade 5 graduation ceremony to honour of wonderful students who are finishing their Primary school years. While the current situation prevent us from holding this event on campus, we are entirely grateful that we were able to hold this event online. We heard the student tell us about their favourite SUIS moments and memories. Some of talented students submitted awe-inspiring performances which demonstrated their musical, rhythmic and athletic talents. We also heard poems and speeches from our Student Council members and Head Prefects. Most importantly, each student had their moment to shine as they presented on screen to announce their official graduation from Primary school.

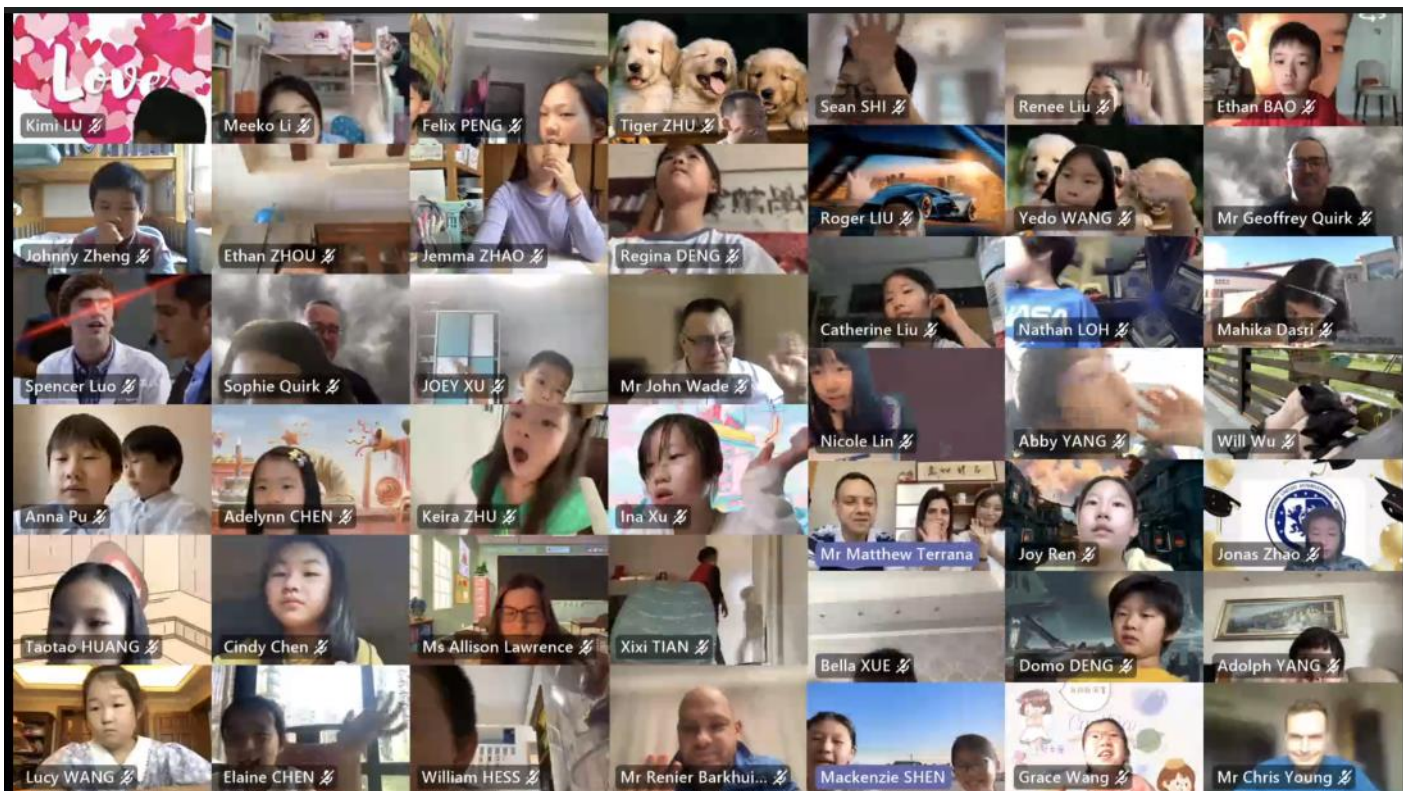
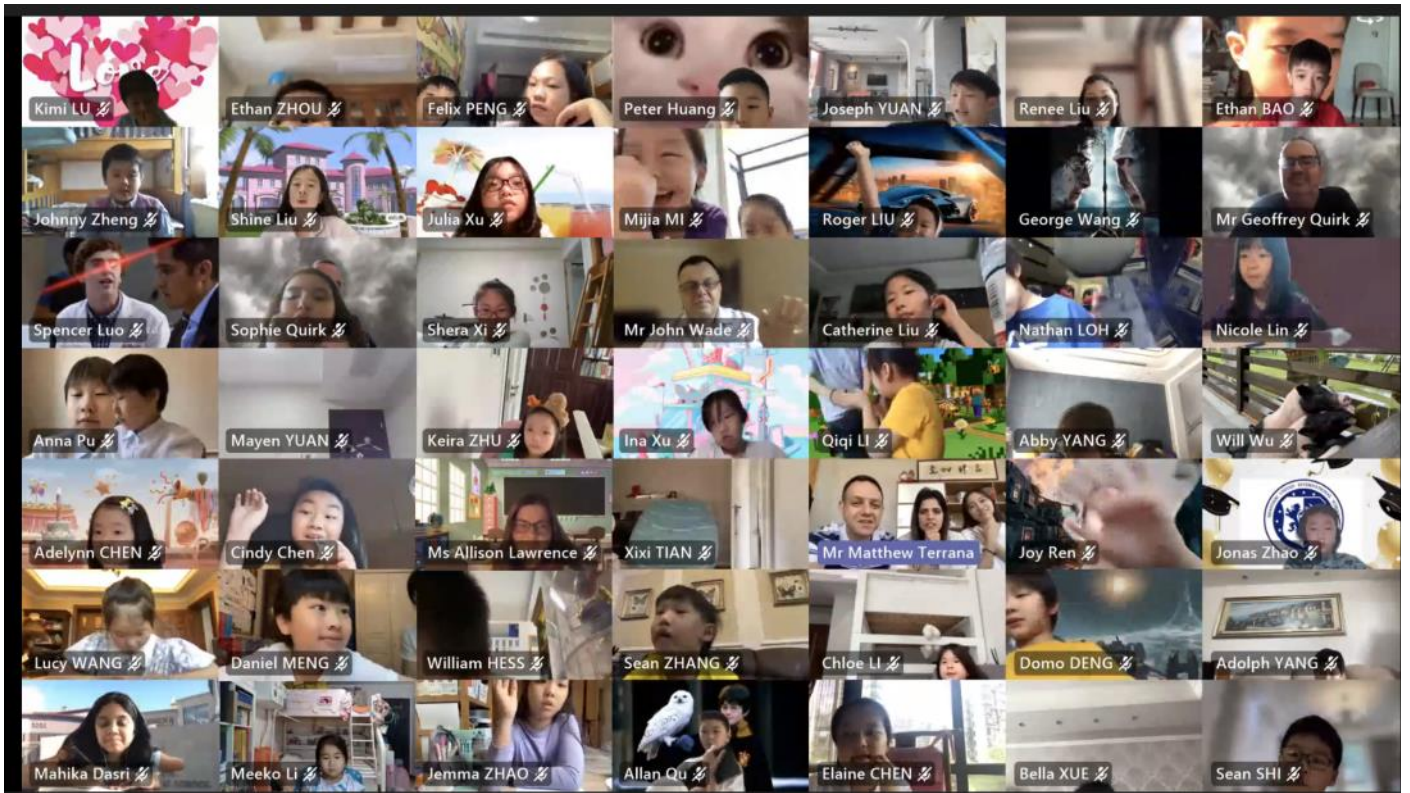


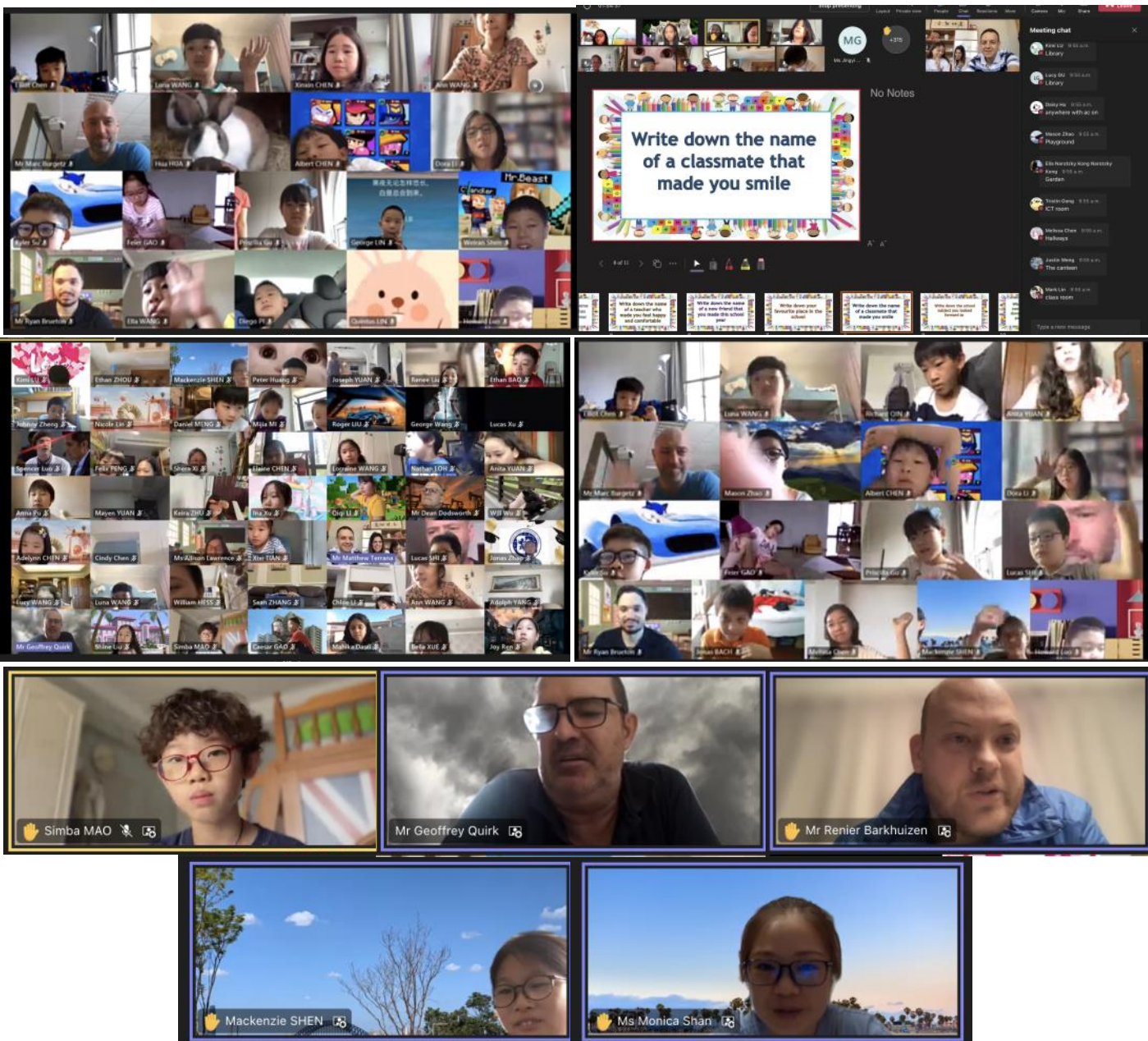
As our school Principal Ms. Sahi said, this is a day about student, teachers and parents. This is the beginning of our students learning to sharpen the saw, utilize all the strength, courage, and willpower they have, all the struggles they persevered through, to pass their next tests in their educational life.

After the graduation, our very-soon-to-be Grade 6 students received their graduation package with their graduation certificates and our cuddly SUIS bears. We are looking forward to meeting and catching up with them on our wonderful Kangqiao Campus.



Here are some wonderful photos of our final school assembly!





Parental Participation During the Critical Period of Children's Habit Development

All parents are more than glad to see their children develop good study habits and living habits. So far, the child has been studying at home for more than three months, and the parents know their child's daily learning and living habits very well. When they see that their children have not-so-good habits, parents always hope to correct them in various ways. However, sometimes parents will find that children remain unchanged in behaviors despite repeated reminder.

Today, we're going to talk about parental participation in the development of children's habits.

The Importance of parental participation in developing children's good habits

Primary school time is a critical period for developing children's habits. If children develop good habits during this time, they will benefit from the good habits throughout their life. A famous educator once said, "Family is the school of habit, and parents are the teacher of habit". Most of the children's habits are developed in the family, and the early stage of habit development is inseparable from the guidance, reminder and supervision of parents.



This process requires parents to devote time and energy to developing habits in their children. If parents don't pay enough attention, or just talk about behaviors occasionally, or parents' expectation varies every now and then, or they forget to guide children in time frequently, then it will be difficult for children to develop habits.

How can parents participate in developing good habits in their children?

1 Parents set example for children by themselves. Children do not always listen to parents' words, but they will definitely observe and imitate their parents. If parents want their children to develop a certain habit, they can do it first, which is more effective than talking countless sense. For example, if parents want the child to develop the habit of tidying things up, then parents should not leave stuff randomly at home; if parents want the child to develop the habit of reading, then parents had better have the habit of reading.



2. Set goals for developing good habits. The goals for developing habits should be specific and incremental. Cultivating habits is a vague word. Change the final goal into specific actions is easier for children to understand and accept. For example, to cultivate children's study habits, you can raise the following requirements: during online classes and homework time, only books and stationery related to the current subject can be placed on the desk, and no sundries; after school, do homework before playing, and so on. In addition, make the goal of cultivating habits simple at the beginning and then add new expectation and requirements gradually, so that the child won't lose the motivation to act due to the goal being too high to act.



3 Strengthen children's motivation of sticking to the habit. In the process of cultivating habits, guide children to pay attention to the benefits of sticking to their habits so to strengthen their inner motivation. It is also possible to let children stick to the habit through appropriate external affirmations and rewards from parents, such as affirmative words or body language, giving the child toys and foods that he/she likes, or setting up a reward system based on points, etc.



4. Create an environment conducive to habit development. Children's habits are also influenced by the surrounding environment. For example, if you want the child to develop the habit of being organized, while things are disorganized in the house, then it is not conducive to the child's habit; if you want the child to develop attentive habit in study, then arrange the study spot in quiet place, instead of place that is noisy where family members could disturb him/her easily. The environment that is conducive to habit will acts as a positive cue for your child's actions.



Developing good habits in children requires continuous attention and guidance from parents. Habits are accumulated bit by bit. The effort that parents make in developing the children's habits will be rewarded by the fact that children benefit from good habits throughout his/her life.

Tips for guarding children's mental health during summer vacation

The summer vacation is approaching. To make sure that parents and students can still have access to school psychological support, school will provide online psychological support and counseling. If you or your child have any questions, you can contact the homeroom teacher, pastoral teacher or scan the QR code below to make an appointment with the counsellor directly.



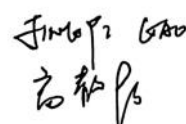
In addition to the mental health service provided by the school, you can also obtain more specialized psychological support using the following resources.

- Pudong District Adolescent Mental Health Education and Development Center. Tel: 400-820-6235 (24 hours)
- Shanghai Counseling Hotline: 962525 (24 hours)
- Shanghai Youth Services Information Desk Tel: 12355

Please check the payment notice and next year's calendar as attached.



Ms. Kim Sahi
Co-Principal



Ms. Jingyi Gao
Head of Primary