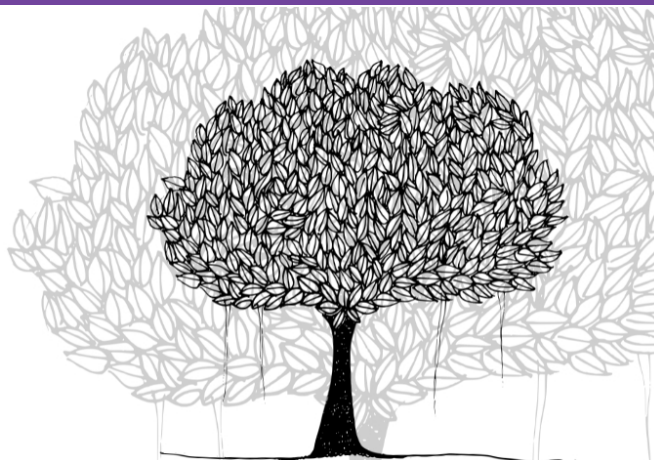


# THE BANYAN



Issue 146

June 10, 2022



Zhu Hai International School weekly newsletter



## From the First Floor

Dear ZIS Community,

Congratulations to the Secondary students for their work during this exam week. Your diligent study and commitment throughout the year will be rewarded!

Our plans to expand sports, clubs, and after-school activities options for Primary and Secondary student in 2022-23 received a great boost with the confirmation of a new addition to campus this summer. The outdoor basketball court will have a cover installed to create shade from the sun and to shelter athletes from the rain. We are very excited to have this ready for when we arrive for the new school year in August!

This week it's my pleasure to introduce you to our new Primary school teachers arriving for August.

Ms. Lorene Tung is a Canadian teacher who grew up in Hong Kong and even attended an IB school there herself as a student. She is a graduate of the University of Toronto

where she was awarded teacher certification in 2007. She has taught in Hong Kong and in Zhuhai, most recently at the Zhuhai Yung Wing International Kindergarten.

Mr. Robert Sutherland is another Canadian teacher, presently in Chengdu, who has been teaching and leading in IB PYP schools since 2008. Mr. Robert holds a Master's in Education from Concordia University, has travelled the world throughout his teaching career and along the way has built a portfolio of qualifications and certifications that we know will be a great benefit to our ZIS students.

Mr. Mazyar Gharagdaghi presently teaches at Hubschmann-Zhan School in Shenyang. Mr. Mazyar has taught in Shenyang since 2018, previously teaching in the UK since 2007 where he received his teacher training. Mr. Mazyar holds additional training in Counselling from the University of Manchester. Next week we will introduce our incoming Secondary teachers.

One of our goals this school year has been to develop our teaching and learning around wellbeing topics. Informing our work has been the Five ways to Wellbeing published by The New Economic Foundation. The five ways are clear, direct, and actionable, plus very exciting in an IB setting:

1. Connect...
2. Be active...
3. Take notice...
4. Keep learning...
5. Give...

These five were powerful in shaping our work with the wellbeing issue of bullying. We have worked to produce our first detailed policy on bullying prevention and intervention, finally codifying the great work of our leaders, teachers and our students in this area. We believed that by bringing these topics to the students as a wellbeing topic, not as a disciplinary warning, we are able to learn lasting lessons and further build our culture. We want to *Connect* with our peers, *Take Notice* and appreciate our community, *Keep Learning* how to be upstanding, and *Give* our support and practice our principled nature. We want our students to be able to be leaders in this area, confident to pass on their knowledge and skills to their own children or students one day. Our school policy is available [online](#) if you're curious to read more.

# FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



Next week is full of activities: Tuesday is "Transition Day" when we equip students for the new school year, Thursday is Secondary Awards and Graduation when we celebrate our MYP and DP graduates and recognize the achievements of our Secondary students. There are two weeks left to the school year - time moves so quickly! Let's savour every remaining moment before we charge our batteries over the much deserved summer break.

Warm Regards,

**Andrew VanderMeulen**

**Head of School**



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## Upcoming Events

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**June 14:** Step Up / Transition Day  
**June 16:** Secondary Awards / Graduation  
**June 22:** Reception Graduation & Y1-2 Awards  
**June 23:** Year 6 Graduation & Y3-6 Awards  
**June 23:** Secondary "Spring" Dance  
**June 24:** Last Day of School (12:45 dismissal)  
**June 27:** Summer Camp - Week 1  
**July 4:** Summer Camp - Week 2

...view the school calendar online at <http://zischina.com/calendars/>



Thursday, June 16, 2022

*Save the Date!*

**Secondary Graduation  
& Awards Ceremony**



 **ZHUHAI**  
INTERNATIONAL SCHOOL

10:30am in the ZIS Foyer

Perfectly Primary

# YEAR 5 CHINESE SCIENCE FAIR

For their unit for the Transdisciplinary Theme “How the World Works,” Year 5 Chinese Students took part in a Chinese Science Fair.

Students went through the scientific method. Students researched and then presented a hypothesis, they then created experiments to prove or disprove their hypothesis and then completed a experiment report in Chinese. The students focused on using academic and scientific language in Chinese. This concluded in the students presenting their findings to the school community while using scientific Chinese Language.

## **Key Dates**

We are nearly at the end of the year. We celebrate the end of the year with two graduation ceremonies for Reception and Year 6.

The Reception Graduation will be in the foyer Wednesday 22nd 09:00 - 10:00

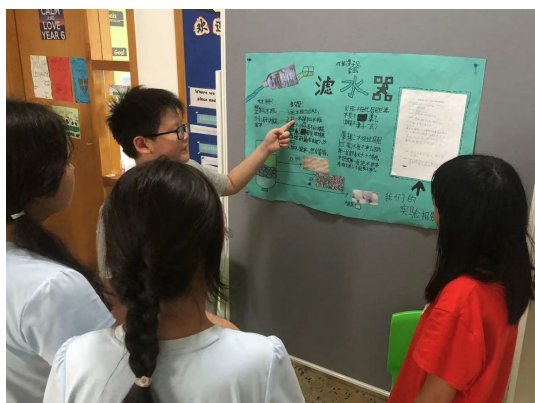
The Year 6 Graduation will be in the foyer Thursday 23rd 09:00 - 10:00

Parents of both Reception and Year 6 are cordially invited to attend these important events in our Primary School calendar.

Kind Regards,

**Michael Lattimore**

**Head of EY and Primary**



Secondary Segment

# SUMMER WELLBEING

As we soon head into a lengthy break from daily routines, it is important to make a plan to maintain summer wellbeing for you and your children over the coming months. Although rest and relaxation are certainly a big part of summer wellness, there's a much bigger picture of what wellbeing looks like. I tend to follow the PERMA Theory of Wellbeing, developed by Dr. Seligman. That is: **P**ositive Emotion, **E**ngagement, **R**elationships, **M**eaning, and **A**ccomplishment. If you are able to design your summer plans around these 5 pillars of wellbeing, you will come back to ZIS in August feeling refreshed and renewed. Below are some simple suggestions from Gloucestershire Educational Psychology Service of things to do this summer to focus on each pillar:

**Positive Emotion:** To achieve positive emotions this summer, spend time on a positive experience that can help with happiness, self-esteem, feelings of satisfaction and gratefulness. Examples include finding new hobbies or creating a gratefulness jar.

**Engagement:** To focus on the pillar of engagement this summer, apply your strengths to a task and allow yourself to become immersed in that task. Examples include creating crafts, playing sports, or learning a new instrument.

**Relationships:** Go out of your way to build positive connections with others; in person or virtually. If you are like most of us and you are unable to travel back home this summer, find a way to make daily connections with others. Random acts of kindness towards those around you can also give you a sense of connection and self-fulfillment.

**Meaning:** Finding a purpose to get out of bed each day is key. An action contributing to a larger goal or something outside of yourself will help your wellbeing in this area. See if a neighbor needs help with their shopping, or give your children a list of chores to complete before they can play video games each day.

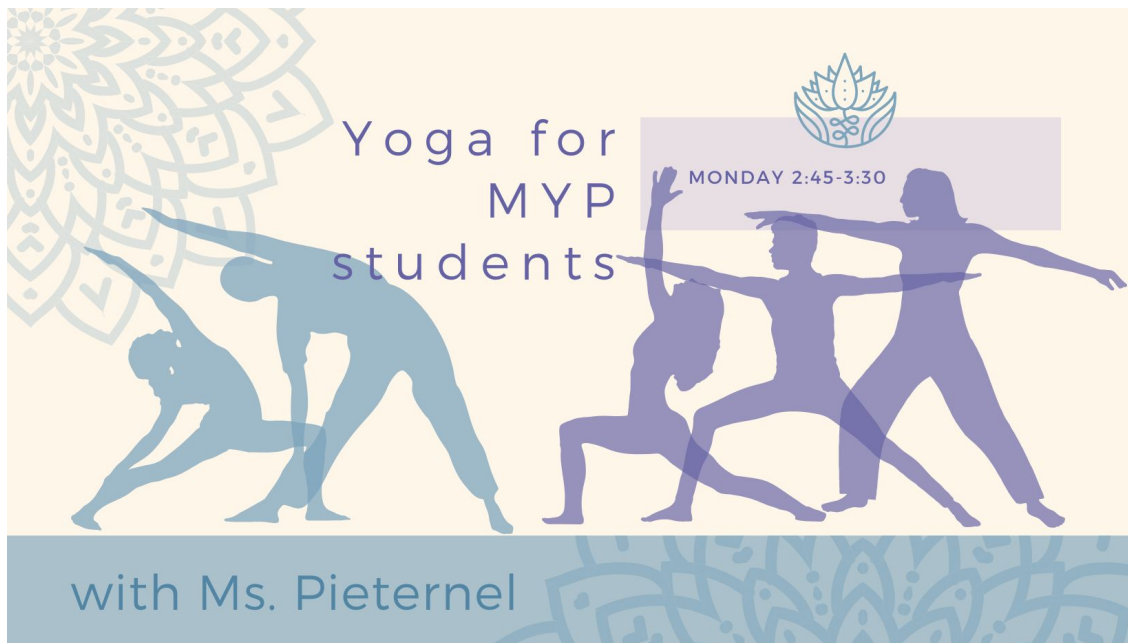
**Accomplishment:** Experiencing a sense of accomplishment and managing setbacks is a large part of wellbeing. Achieving goals, no matter how small is how you can fill this need. Perhaps create a family 'To-Do' list each week and work together to achieve the items on the list. Help each other and encourage each other to reach goals.

The key to summer wellbeing is to continue to make connections with others and to find meaning in whatever you do.

Warm regards,

**Dr. Lana Staton**

School Counsellor



## From the Library: Summer Reading

Dear Parents and Students

As the year comes to an end, I would like to emphasize the importance of reading as a librarian.

A student who reads for 20 minutes a day will have read nearly 1800 000 words at the end of a school year – Let's be Knowledgeable!

ZIS is offering the following reading practice opportunities during the summer break!

1. Summer Reading Program provided by Obido.
2. Raz Kids; which is an award-winning K-5 online reading resource kids use to practice reading and improve their literacy skills, anytime, anywhere. Please take advantage of the students library of interactive eBooks offered at 29 different levels of reading difficulty.
3. Below are some selections / recommendations for various reading levels for students. (Battle of the Book Titles for 2023)

Kind Regards

**Charlotte Aucamp**

**Senior Teacher Librarian**

TITLE	AUTHOR
<b>EARLY YEARS</b>	
Eddie Red Undercover – Book 1 Mystery on Museum Mile by	Marcia Wells
Greta's Story: Sutherland Schoolgirl Who went on Strike to Save the Planet	Valentina Camerini and Morena Giovannoni
Maizy Chen's Last Chance	Lisa Yee
Ninja Kid – Book 1: From Nerd to Ninja	Any Do
Save me a Seat	Sarah Weeks
Starfish	Lisa Fipps
Wings of Fire – Book 1: The Dragonet Prophecy	Tui Sutherland
The Legend of Auntie Po	Shing Yin Khor
When You Trap a Tiger	Take Keller
Zita the Spacegirl	Ben Hatke
<b>MIDDLE SCHOOL</b>	
13 Treasures	Michelle Harrison
A Wish in the Dark	Christian Soontornvat
All 13: The Incredible Cave Rescue of the Thai Boys Soccer Team	Christian Soontornvat
Book Scavenger	Jennifer Chambliss Bertman
Booked	Kramer Alexander
Girl Giant and the Money King	Van Hoang
Soul Lanterns	Shaw Kuzki
The Blackbird Girls	Anne Blankman
Tsunami Girl	Julian Sedgwick
<b>HIGH SCHOOL</b>	
Educated	Tara Westover
Firekeeper's Daughter	Angeline Boulley
Like Spilled Water	Jennie Liu
Never Let Me Go	Kazuo Ishiguro
The Girl Who Fell Beneath the Sea	Axis Oh
The Walled City	Ryan Graudin
The Both Die at the End	Adam Silvera
They Called Us Enemy	George Takei

# SUMMER READING

3 READING OPPORTUNITIES

- **READ ON  
RAZ-KIDS**
- **OBIDO  
SUMMER READING CLUB**
- **BOB READING  
LIST**



SUMMER CAMP 2022



Registration is **OPEN** and ZIS is offering **TWO** Summer Camps this year!

**Who:** ZIS Students

**What:** Primary Camp (present Years 2-5) and Middle School Camp (present Years 6+)

**When:** Week 1 = June 27 to July 1, Week 2 = July 4 – 8, 9am-3pm daily

**Where:** ZIS Campus

**Fees** (Cash to ZIS Office):

6500 RMB for 2 weeks

3500 RMB for 1 week

Fees include: action packed days of learning and fun, snack and lunch provided by the ZIS canteen (optional), access to bus transport (optional)

#### **Early Bird Discount:**

Payments received on or before June 3 receive 10% discount

#### **Transport:**

Bus routes will be arranged based on registrations – we will do our best to arrange transport to pick up points in Zhuhai and Zhongshan.

Registration closes on **June 14**.  
Register early to avoid disappointment!

**Refund Policy:**

Camps will be cancelled and all camp fees refunded if COVID or another calamitous event so requires. Camp will not be rescheduled.

Refund requests by June 17 = 100% Refund

Refund requests by June 24 = 50% Refund

With regrets, further refunds after June 24 are not available.

No refunds are available for days absent.

Maximum # of students for Primary Camp = 40 students

Maximum # of students for Middle School Camp = 20 students

Each Camp will have a **10:1** student to teacher ratio or better. Additionally, we plan to be further supported by intern university students from the Beijing Institute of Technology (BIT) and further supported by ZIS junior camp counselors.

Upper Secondary students are invited to join the Primary Camp as junior counselors. Email [summercamp@zischina.com](mailto:summercamp@zischina.com) to express your interest.

All questions regarding camp can be directed to the School Office or to [summercamp@zischina.com](mailto:summercamp@zischina.com)

SCAN the QR CODE to REGISTER:



Have you had a chance to visit our online library page? Everything you need can be found at [zisbookshelf.com](https://zisbookshelf.com) - congratulations to Ms. Charlotte our Head Teacher Librarian, Ms. Yan the ZIS Chinese Librarian, and Ms. Mirjam who helped to design this student and parent friendly resource.

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Lunch Menus,  
our food safety guidelines,  
and past editions of  
"The Banyan" Newsletter  
are available  
at [zischina.com](https://zischina.com)

# WHAT'S COOKING?

SCHOOL  
LUNCH



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