

THE BANYAN



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Zhu Hai International School weekly newsletter



From the First Floor

Dear ZIS Community,

Congratulations to the ZIS racers who took to the Cross Country course this Thursday. New course records have been set by the senior runners with Erwan (Y10) and Melody (Y10) finishing the 5km route with impressive times for the boys and girls races respectively. Thank you to Mr. Mike and Mr. Martin for an excellent event and to all the teachers and students who supported the activity.

This Friday's Professional Development Day allowed teachers the opportunity to participate in three main sessions: Social Emotional Learning in the IB, Safeguarding Policy Updates, and Curriculum Review Planning. Altogether, these intensive sessions build our collaboration during a busy semester while

advancing our best practices.

This week a NewsFlash announced the upcoming morning of COVID-19 testing, set for Monday, November 15. The same notice informed families in Years 5-13 of the cancellation of our Week Without Walls excursions planned for the end of the month. We are disappointed to not be exploring the finest locations in the province together and look forward to the chance for adventure in the near future.

Our annual Winter Carnival now receives our full attention. This event is scheduled for Saturday, December 4 and we will monitor the COVID situation closely to determine the nature of this gathering. We hope that the health advisories will allow us to host our entire community that day. If necessary, we will move the event to Friday, December 3 for our students, so that we continue the Winter Carnival tradition.

Thank you again to each of the parents, teachers, and students who attended the Friends of ZIS meeting recently. The notes from the meeting are [now available here](#). The next meeting will be announced very soon.

Warm Regards,

Andrew VanderMeulen

Head of School

Upcoming Events

December 4: Winter Carnival

Perfectly Primary

COUNTRY RUN at ZIS

Yesterday was a very special day at ZIS. We had our annual cross country run. All students in Primary (including our EY) participated and ran.

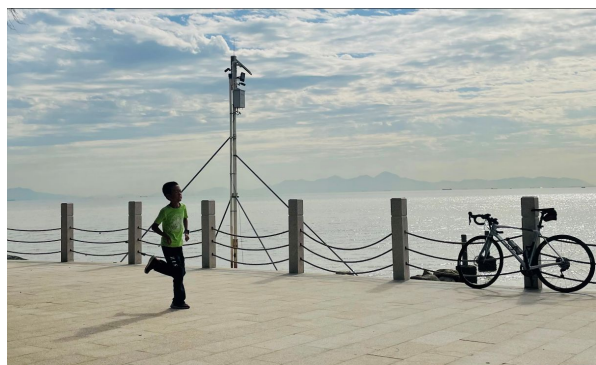
Apart from the obvious physical benefits of running, there are many other benefits of taking part in Thursday's cross country run. The student's represented their houses by wearing their house t-shirts. This promotes community within the school setting as being in a house creates a sense of belonging with other students from different year groups. By participating in the run, students learn the importance of perseverance. Running a long distance is tough, and student's need to develop a mental toughness to push themselves over the finish line. Most importantly, students will experience a boost in their self-esteem as they overcome and complete their run. Well done to all the students for participating, and thank you to our PE teachers for organising such a fun day.

Kind Regards,

Michael Lattimore

Head of EY and Primary









Secondary Segment

Dear parents and students,

My name is Mr. Martin and I am the secondary Physical and Health Education teacher at ZIS. On November 11, the annual Cross Country Run took place. This is a whole school event in which students participated in a run that includes a course through school as well to the beach and back for secondary students. The run is challenging but gives students a chance to enjoy the beautiful surroundings of their campus. They also competed for a chance to win house points. It was a great day to show school spirit and have the chance to exercise with fellow classmates.

The last several weeks students have worked hard during their Physical and Health Education classes in preparation for the Cross Country run. In doing so they have realized the importance and benefits of being fit. They now know that health is wealth.

Regards,

Martin Wurmlinger

MYP Physical and Health Education Teacher



Photo taken by Year 13 student Brite.





MONDAYS after school.
See you on the track!

Lunch Menus,
our food safety guidelines,
and past editions of
"The Banyan" Newsletter
are available
at zischina.com

WHAT'S COOKING?

SCHOOL
LUNCH



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