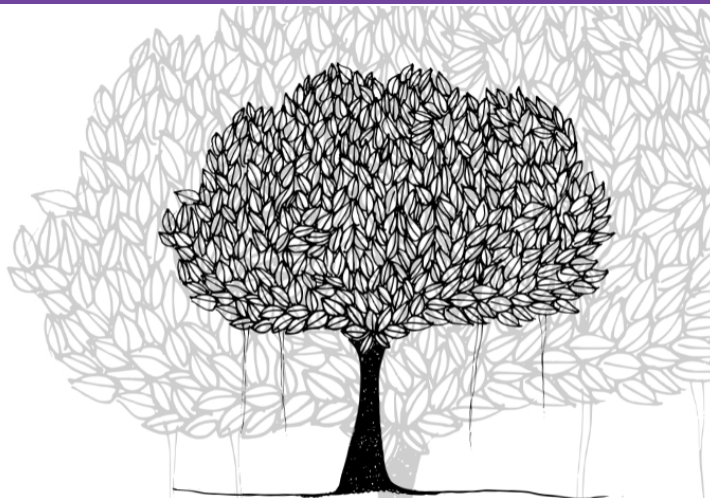


THE BANYAN



Issue 150

September 2, 2022



Zhuhai International School weekly newsletter



From the First Floor

Dear ZIS Community

It was wonderful to welcome so many parents to campus this week! Parent Information Night is an important evening to connect families with teachers and to set the stage for a successful school year. 2022-23 is off to a fabulous start, and your support will make this school year the greatest on record as we celebrate 15 years of Zhuhai International School. Thank you!

Over the course of the evening, teachers distributed **curriculum booklets** for each grade level. These documents map the progression of learning, the big ideas, key concepts and skills, as well the learning expectations for the year. Look closely and you will see how the curriculum reflects the inquiry-driven planning teachers are working with daily. The updated **Parent-Student Handbook** as also shared. If you were unable to attend, these documents are available from Mr. Michael or Ms. Danielle.

After School Activities are about to begin: the first training and clubs kick off on Monday, September 6. The range of options allow students to sign up for activities from VEX Robotics to Lacrosse and Swimming. We are thankful for our teacher sponsors, student leaders, and outside providers who together deliver many exciting options to our students. You still have time to register. Digital copies of the form with full details on what is happening each day can be found on the school website here: <http://zischina.com/asas-begin-sept-5-2022/>

If you're reading this, you've already subscribed to our **weekly newsletter**. "The Banyan", named after our beloved tree at the heart of campus and the center of our school logo. Welcome! We also share campus life through our ZIS WeChat Account which you can scan at the bottom of the newsletter.

This week we announce a new event for our school: the **Terry Fox Run**. We intend this to become a lasting tradition at the start of every school year, learning from the inspirational story of this young athlete who showed amazing hope, perseverance, and courage. Read all about this community event in the next section.

Lastly, parents are asked to look forward to our annual survey: the CIS Community Survey. Family input in the health of our school helps to drive improvement initiatives, and this is especially important as we advance our school development as members of the Council of International Schools.

Thank you parents for your incredible support as we pursue our school mission for every ZIS student!

Warm Regards,

Andrew VanderMeulen

Head of School

Upcoming Events

September 17: ZIS Sundowner

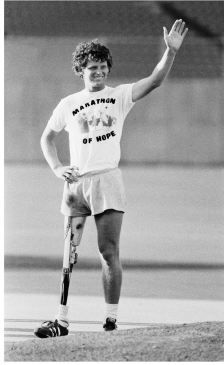
September 23: Terry Fox Run

September 24: Saturday Sports begin

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

DEFINING COURAGE

Earlier this week, the Year 9/10 Language and Literature class were asked to define what courage means to them. There were many words and phrases that came to the students' minds but they agreed that it is the strength to do something even when it is hard or you may fail. Since then, the students might have a different answer, they might say courage = Terry Fox.



How do you define
COURAGE?

I'm not a quitter.



So who was Terry Fox?

Terry was a young Canadian who, at 18 years old, has his right leg amputated due to bone cancer. Instead of getting depressed or angry, Terry decided he wanted to make a difference. He challenged himself to run across Canada and raise 1,000,000 dollars. After training on his new prosthetic leg for over a year, Terry started his run on the east coast of Canada on April 12, 1980; he called it the **Marathon of Hope**. He ran almost a marathon a day (that's 42 km) for 143 days before the cancer spread to his lungs. He didn't make it all the way across Canada but he did raise the million dollars. Ask your child if they know how far Terry ran. They may say that it was over 5000 km, and they would be right. They may also say that he ran from Sanya, to Zhuhai, to Beijing, and back to Zhuhai before he had to stop. What a story of courage!

Every year, schools in Canada and around the world host a Terry Fox Run to keep his dream alive. This year ZIS will host our first Terry Fox run on Friday, September 23rd and we will donate the money we raise to 广州市风马扶贫济困促进会, a charity based in Guangzhou that mainly focuses on children. They have projects on leukemia, thalassemia, and malignant tumors.

You can participate too! Parents, we invite you to come to campus on the morning of September 23rd and help our students reach their goal of 1,000km and 25,000RMB. Do you think we can do it? Terry showed us the power of one person, just think about what we can do together.



Terry Fox ran **5373 km**
in **143 days** before
his cancer stopped him.
That's almost **a marathon**
a day every day.

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How **^^**
FAR can **GO?**
WE 

Perfectly Primary

MEET THE TEACHERS: Lorene Tung

My name is Lorene Tung, and I am proud to be a Primary School teacher at Zhuhai International School, I was born, raised and educated in Canada, received a Honours Bachelor's Degree and Teaching as a Second Language Certificate from the University of Toronto. I have also completed my Postgraduate Certificate in Education focusing on International Early Years from the University of the West of England, Bristol. I am certified to teach

kindergarten to elementary and this will be my tenth year serving the education industry.

I love to try different types of food, explore coffee shops around the world, travel, play sports, watch movies and teach young learners.

I have a true passion for working with our youngest learners. Helping each individual child progress in all areas of their development—academic, social and language, is a responsibility and challenge that I am privileged to accept every day. I had the luxury of building my core foundation in an internationally diverse environment, I envision to leverage this experience to create a community of learners that nurtures growth in a positive, fun environment.

Kind Regards,

Michael Lattimore

Head of EY and Primary



Secondary Segment

Dear secondary students and parents,

Along with a new school year comes a great deal of anticipation, excitement, and perhaps some nervousness. If this is your first year at ZIS, welcome! I hope you will soon find we are a welcoming community, offering a great deal of support to one another. The bonds our students make with each other are unique here, as the small school environment allows us to foster meaningful relationships.

As the school counsellor, my role is to care for the mental wellbeing of our students. One way to do this is to offer strategies for school success. Strategies like setting up a dedicated study space at home, or checking your homework agenda nightly are certainly helpful. However, I want to share with you some strategies for maintaining your wellbeing, adapted from [On Our Sleeves](#).

- Self-care is essential. Practice self-care by eating healthy, getting good sleep, moving a little bit every day and creating healthy relationships with family and friends.
- Know your limits and boundaries. Accept the things you can control and the things you cannot. This will help you feel more relaxed and happy long term.
- Take a break. Sometimes students overwhelm themselves with everything they have going on. If you're feeling like you've got too much on your plate, cut back on the amount of work and extracurricular activities to make your schedule more manageable.
- Accept Change. Change can be annoying, uncomfortable or simply terrifying. Things will change both at home and in your school life, but can open new and exciting opportunities. Accepting change will help you be flexible and happy over time.
- Build new friendships, and work on keeping the ones you already have. A big part of school is meeting new people and forming new friendships, so get out there and meet new people whenever possible.
- Build on your confidence. If you know you're good at certain things build on the confidence you take from these activities rather than concentrating on your faults.
- Take some time each day and write down 3 things you accomplished or 3 things that made you happy. You can use a piece of paper, a journal, or a phone app. Make a habit of this and you'll find your wellbeing improving in no time.

If you feel that you would like more support in this area, or just want someone to talk to about how you are feeling, remember I am available for individual

counselling sessions throughout the year. Stop by my office on the 3rd floor, or send me an email at: alannas@zischina.com.

Have a wonderful semester,

Dr. Lana

School Counselor



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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