

# 家长通讯 Monthly Newsletter

Issue 2 | 2018 - 2019



**Welcome / 开篇语**

**Academics / 教务工作**

**Student Affairs / 学生事务**

**Teaching and Learning / 教师评估及教学观察**

**CAS / 升学指导**

**Counseling / 成长辅导**

Paving the road today to build confidence for tomorrow that opens the journey of discovery.

铺垫今日之基石，以构筑明朝之信心，方可开启未来的发现之旅。

## **Save the date! ULink College "ULC Day" Celebrations**

ULink College is pleased to invite all members of our community to our special celebrations on Saturday 15th December at school.

Details are being sent out to parents of what to expect on the day. We hope to make this a very special day to remember for everyone.

ULink College has grown since its foundation in Guangzhou in 2004 to become the school we are, educating the whole student, recognized as one of the top schools in the region. We Challenge, Develop, and Encourage our students to become global citizens and independent life-long learners.

On the 15th December there will be a special family outdoor activity in the morning, followed by a carnival. There will be opportunity to buy snacks from Linked booths and we will then complete the day with our annual ULink Idol performance, enjoying the singing, dancing, and acting on stage of our students.

Students will be allowed home at 4:40 pm after the performance and will return to school on Monday evening, 17th December.

We hope to see you at our celebrations!

## **ULC Day庆典之约就此定下！**

校园社区的所有成员们，欢迎您在12月15日（周六）到校参加我们特别的校园庆典活动。

对于备受期待的当天活动，我会在后文与家长们分享更多细节。我们希望那一天能让每个人都感到难忘。

自2004年建校以来，ULC一直秉承全人教育理念，已发展成为本地区顶尖国际学校之一。我们鼓励学生自我挑战、不断发展，并成长为世界公民和独立的终身学习者。

在12月15日上午，我们首先为大家准备了一项特别的家庭户外活动，随后进入嘉年华环节。中午时，大家可自行在现场摊位上购买小食解决午餐。之后，我们将迎来当天最后一项活动 – ULink Idol演出，大家可以欣赏到我们学生在舞台上的唱歌、舞蹈等表演。

当天表演结束后，学生们可在下午4:40后离校，并在12月17日（周一）晚上返回学校。

我们衷心希望您能前来参加庆典活动！



**Tony Hickling**  
Principal / 校长

### Oct/Nov CAIE and Edexcel exams

Oct/Nov exam session started from October 10 and lasts to November 16. 257 students took the exams in 26 subjects. All candidates followed exam rules strictly and there is no malpractice found in this season. The results will be released in Mid of January.

### Q1 result released and Reach-up lessons

On November 2, Quarter 1 results were released. Both parents and students can see the report via their portals. We also encourage both parents and students check the ongoing grades shared by all subject teachers via their portals. Based on Q1 results, those very struggling students are identified. Thus those who are willing to work hard will be supported by attending Reach-up lessons, which will start from Mid of November and those students' achievement will be reviewed at the end of Quarter 2.

### Academic achievement

#### Top in the world and Top in China

In May/June exam session, Julie Huang was awarded Top in the world in AS Mathematics and Adelina Wu was awarded Top in China in AS Accounting. The award ceremony is going to be held in Shenzhen on November 10. Congratulations to both of them and we are expecting to have more students achieving awards next year.

### AMC (Australian Mathematics Competition)

In September, 33 students sat Australian Mathematics Competition and 6 won Distinction Awards. Congratulations to all the students who won awards.



### 10-11月考试季

我们在10月10日步入新的考试季，并已在11月16日结束。今年共有257名学生报名参加26门科目考试，考试期间，所有考生均严格遵守考试秩序，没有出现任何不当行为。本次考试成绩将于2018年1月中旬公布。

### 关于第一学季成绩、学科辅导

本学年第一学季成绩已于11月2日公布，家长和学生可通过家长/学生门户查看成绩，并查阅各科老师们给出的持续学习表现评语。这有助于学生判断自己学习上是否遇到问题，部分学生可自由选择是否参加11月中旬开始的课后辅导活动，其学习成果将在第二学季末接受评估。

### 学术成果



### CAIE全球统考世界最高分和中国最高分

在今年5-6月全球统考期间，黄芷琪、吴炜仪两名学生分别取得AS数学世界最高分、AS会计学中国最高分的出色成绩。11月10日，2018年度“剑桥卓越学子”颁奖典礼已在深圳举办。祝贺这两名同学，我们期待来年有更多学生收获好成绩！

### AMC澳大利亚数学竞赛

今年9月，33名学生参加了AMC澳大利亚数学竞赛，其中6人获得二等奖(Distinction)。祝贺获奖的同学们！

## Business Simulation

In October, a team of ULC students participated in Business Simulation held in Shenzhen. The team won Champion.

## Upcoming competitions

- Business Simulation: November 10 and 11 and December 1 and 2 in Foshan
- CTB (China Thinks Big): Open for registration till November 30 and submit the project online in March.
- Chemistry Rising Star: December 15
- NEC (National Economics Competition): December 15 or 22
- British Chemistry Olympiad: January 12
- Waterloo University Intermediate and Senior Mathematics Competition: November 22
- AMC (American Mathematics Competition): Feb 14
- British Physics Olympiad: November 17
- Princeton University Physics competition: November 18

## CAT4 (Cognitive Ability Test)

In Mid of November, all G10 students are going to sit CAT4. CAT4 a suite of diagnostic assessments of developed ability and likely academic potential. By measuring a student's ability to reason with different types of material, CAT4 allows a teacher to assess the way a student thinks and how they will learn best, and in turn, enables a teacher to adapt teaching accordingly. The test is not based on any curriculum or dependent on prior learning, offering a fair assessment of ability regardless of a student's prior schooling. CAT4 provides a unique profile of students' strengths and weaknesses across four batteries: Verbal, Non-Verbal, Quantitative and Spatial Reasoning. The data can be used to identify specific groups of students including special educational needs and gifted and talented. Students with a high spatial score are likely to be strong in STEM subjects.

## 模拟商赛

今年10月，ULC学生组队前往深圳参加模拟商赛活动，最终获得冠军。

## 近期学术竞赛活动如下：

- 模拟商赛：11月10-11日已在佛山举办
- CTB创新研究项目大挑战：开放报名时间截至11月30日，报名学生3月份时需在线提交参赛课题
- 化学新星挑战赛：12月15日
- NEC全国经济竞赛：12月15日/22日
- 英国物理奥林匹克竞赛：12月17日
- 普林斯特大学物理竞赛：12月18日
- 滑铁卢大学中级、高级数学竞赛：12月22日
- 英国化学奥林匹克竞赛：1月12日（2019年）
- AMC美国数学竞赛：2月14日（2019年）

## CAT4认知能力测试

在11月中旬，所有G10年级学生已参加CAT4测试。CAT4是一套对学生发展能力和学术潜力的识别方法，它通过评估学生使用不同类型材料进行推理的能力，帮助老师判断学生的思维方式以及更好的学习方式，使老师能相应调整教学。该测试无关任何学科课程或已学习内容，无论学生之前接受何种学校教育，都可以得到公平的能力评估。CAT4测试通过文字、图形、数字和空间能力四项内容来评估学生优劣势，帮助识别具有特殊教育需求和不同特长的学生群体，如具有高空间能力得分的学生在STEM科目中可能表现得更强。



Jennifer Li/李娟  
Deputy Principal / 副校长

## Q & A for Parents

G12 student Ariel's mother voluntarily collect common questions and answers in the recent years from parents which are greatly helpful for the freshmen's parents and even the future parents to know better about the school, the courses, our mission and transition needed. The school will edit and combine with the current Q&A and share with the whole community on the website. Thanks for every parent's contributions!

## Principal Tea

The main participants of the October's Principal Tea with Parents are from G9. Principals shared the school org. chart and main functions of different offices with the parents, also guide them how to communicate with the kids during the weekends. The most important thing for G9 students is to explore their interests and strength, develop their skills on leadership, communication and public presentation.

The monthly Principal Tea with Students encouraged students to speak out their voice on their own learning and living on campus. They are expected to bring suggestions with solutions to make a better environment. This time, quite a lot of student representatives did a good job. Some suggested Q store charge the fee for the plastic bags to reduce the plastic products, others promoted the culture of saving resources such as turning off the lights and AC when The last one left the classrooms. The dancing club members have even made a bilingual paper proposal on how to improve the dancing facilities. Principals really appreciated students' ideas and opinions and have already given feedback to all. They will continue to follow up with some issues unsolved.

## 家长问答录

G12年级学生王博文的母亲热心分享了她近年来从其他家长处收集整理的常见问答，这可以帮助新生家长甚至以后入读ULC学生的家长们更好地了解学校、使命、课程、新生过渡期等。我们正把这份问答录整合到现有常见家长问题答疑集里，并将尽快在学校官网上与校园社区所有成员进行分享。在此感谢每一位家长的分享！

## 校长茶会

许多G9年级学生的家长们参加了10月份校长茶会（家校沟通）。在这一期茶会上，校长们分享了学校组织架构，校区不同行政办公室功能及对家长们的帮助等，也引导他们如何在周末与孩子进行沟通。对G9年级学生来说，探索兴趣和发现个人强项，培养领导力、沟通和公开演讲等技能是现阶段最重要的事情。

在每月一次的校长茶会（学生之声）上，我们鼓励学生说出自己对校园生活和学习环境的想法，并希望他们能提出具体的建议和解决方案，以创造更好的共同环境。这一期茶会上，许多学生代表表现得很出色：有的学生建议Q Store收取塑料袋费用以减少塑料制品的使用；有的学生则提出推行节约资源行为，如最后离开教室的人需关掉电灯和空调；舞蹈社成员甚至提交了一份关于如何改善舞蹈设施的双语纸质提案。感谢每一位学生所分享的想法和意见，我们已现场向他们进行了答疑回复，还将继续跟进个别待解决事项。

## English Speaking

The "English Speaking" objective has been carried out through different channels. Besides the academic learning, each grade has a grade assembly in a week with different topics, such as "Bullying", "World Teacher's Day" etc. Students have the opportunities to do the presentation individually or with the homeroom team. This is to develop their public speaking skills and experience. Meanwhile, every morning the foreign supervisors organized the 3 minutes English speech in each homeroom. Students take turn to stand in the class and share their views and comments about social or school events. Some supervisors asked student to practise the IELTS speaking exam topics one by one. All students have the chance to talk in public.

## Teddy Bear

Over the past 2 months, students and staff at ULC had been participating in the All Time Speaking English Only Challenge. If any students or staff speak Chinese in AQ3, RMB 1 yuan is expected to raise to Teddy Bear's donation box. No punishments for not speaking English or not donating money. So far, CNY 288.30 has been contributed to Guangzhou Service Association For The Handicapped, which specializes in founding rehabilitation stations, special education schools, sheltered workshops, skill training centers, and social enterprises, etc.

## Student Leadership Accreditation

The SLA offers a formal way to champion and celebrate the leadership skills our secondary students develop in and out of school, requiring students to create a portfolio in which they gather and upload evidence to showcase their skills. They grade their work using a self-assessment framework that covers ten core skill sets, grouped into three themes: develop-

## 英语演讲

我们正以各种形式在学生间推行“英语演讲”活动。每周，各个年级都会举行学术课堂以外的演讲大会，演讲围绕“欺凌”、“世界教师节”等不同主题展开，学生均有机会进行个人演讲或与行政班同学一起上台演讲，以锻炼他们的公开演讲胆识和演讲技能。此外，每天早上，外方班主任会在行政班内组织3分钟英语演讲活动，学生们轮流上台进行演讲，分享他们对社会时事或学校活动的看法。部分班主任还要求学生围绕雅思口语考试话题进行演讲。在活动中，每一个学生都有机会发表公众演讲。

## 泰迪熊活动

在过去两个月里，ULC师生们在AQ3教学楼发起“全英语交流挑战”。在与学生语言交流中，如果有学生或教职人员讲中文，那么他们通常会“乐捐”1元到泰迪熊捐款箱中。到目前为止，我们通过这项活动已累计收到288元款项，并已捐赠给广州残疾人服务协会，该公益平台服务项目包括康复站、特殊教育学校、庇护工场、技能培训中心、社会企业等。

## 学生领导能力认证项目



学生领导能力认证项目旨在帮助学生培养领导技能，它将学生的校园生活与校外实践结合起来，要求学生将他们的真实经历整理、归纳到个人能力认证文件中并提交，以展现他们的领导能力。学生需按要求使用自我评估框架完成认证，该框架涵盖自我发展潜力、团队贡献、

-ing myself, Working with others, Contributing to my community. On 14th November Wednesday, we gave a short presentation to students who showed great interest in S.L.A programme, with some prepared evidence samples shared.

## House event

House event is a good start of our monthly event in this brand new academic school year. The September House Event are divided by two main parts - Sport based activities & Academic based activities. The P.E department arranged a series of 'easy to understand' games, including dodgeball, bubble relay, tunnel ball, sideways race and etc.

Well, after the intense competition in the morning, students are moved to brain storm challenges, different academic departments are coming with types of difficulties. Jeopardy Game from the English & Chinese department - student will be divided into groups to pass different categories from the easiest to the most difficult one, and of course the group that gets the highest number of points will win.

In the Business & Humanity Departments, there are two different activities are provided, how to be a good business man to sell your product successfully in the school student store (Business Department); how to be a good detective and sort the case out within a short time, use your brain and be open-minded!

Last but not the least, after a whole day intense competition, here will be the time the congratulate our CHAMPION - Yellow House! By achieved the most NO.1 ranks of all the games! And we are sure that the rest houses will catch up or even take place the Yellow House to be the winner next academic year! Great job for everyone!

协同合作三大版块。我们已在11月14日（周三）为对这一项目感兴趣的学生进行了项目介绍，并分享了能力认证文件模板。

## 校内营活动

作为我们新学年月度活动的重要开篇，九月份校内营活动包括体育运动、学术活动两个环节。在上午的运动环节中，体育组老师们为学生们安排了躲避球、泡泡球、水桶接球、横向行走等活动。



当天下午，学生们出色完成了来自不同学科组的头脑风暴挑战。在英语和中文组设置的问答关卡中，学生分组抢答了各种题目并获得分数。

在人文与商科组老师们设置的两项关卡中，有的学生模拟销售产品，演示了怎样才是一名优秀的推销员；有的学生则在限定时间里快速破案，在备选嫌疑人选中找出开膛手杰克历史案件的真凶。



激烈竞争很快进入尾声。最终，冠军荣誉属于黄营。我们向黄营学生表示热烈祝贺，也希望其他营的同学们继续加油！我们明年再战！

我们明年再战！

## Halloween Event

In this October, the topic of our horrify haunted house is 'THE SCARY HOSPITAL', and it is a joint event with our brother school - NCPA. This time, we have a bigger room to decorate the haunted house to make it more scary and horrify to make sure most of you will be frightened in that night! Our major is and only is to scare you!



We also prepare a Halloween party to satisfy you! The second part of the Halloween event is the themed ball, once you step into the room, get rid of your stress, be relax, shake your hands, follow the music and let's get the party started! If you fell too shy to dance? Don't worry, the DJ will guide you to shake the bashfulness away, then put your hands up, follow the melody, and jump, and dance!



The Halloween event is not only an opportunity for our kids to relax, but also a stage for them to be themselves, maybe as a event designer, maybe as a dancer, maybe just to be him/herself. We do hope they all have fun at that wonderful night!

## 万圣节活动

在今年的万圣节前夕，ULC Student Union和NCPA Student Government两校学生组织联手完成了主题为“颤栗医院”的全楼层鬼屋会场。当天晚上，鬼屋吸引了许多学生们排队进去考验胆量。



当天的主题舞会也是万圣节活动的重要环节之一。当舞会开场时，体育馆里人声鼎沸，学生们跟随着现场DJ，沉浸在舞蹈和音乐之中。



万圣节活动不仅让大家放松身心，也是学生们表现自己的舞台。在这一个晚上，他们或作为活动组织者，或作为舞者，或作为普通参与者融入到万圣节狂欢中。我们希望学生们在这个美好的夜晚里都能感到尽情尽兴！

## ULink Idol

On the 15th December there will be a students' annual performance activity - Ulink Idol in the afternoon. Students will show their talents in singing, dancing, or performing on the stage. Everyone on the campus is looking forward to experiencing it. So far, we had finished the recruiting, hosts selection, singers selection, and performance selection. Four candidate hosts for Ulink Idol were revealed on 15th November Thursday, and the final hosts will be revealed after next selection.

## Lately Activities in Volunteer Association

The volunteer association has carried out various volunteer activities recently. The most promoted activities are the volunteer project during Christmas and winter vacation, which is including the volunteer teaching project of the Volunteer Education Platform in Heyuan during the Christmas holiday (December 23-December 29). The daily volunteer activities inside campus are different types. The activities for the volunteers are school sports, ULC Day, volunteers in the open days for the parents and so on. Daily weekend off-campus volunteer activities include volunteer activities organized by other non-profit organization which is found by our students, and also include the related activities of our disabled associations, 37-degree charity activities, and different kinds volunteer activities from the different non-profit organization which have the cooperation with our school.

## Learning Center

In order to meet the needs of students at different stages of study and further education, Learning Center has introduced various forms of curricula, mainly covering three major aspects: Study Aboard Program, standardized language examinations (IELTS / TOEFL / SAT) and

## ULink Idol

12月15日，我们将迎来一年一度的学生表演盛典Ulink Idol。那一天里，学生们可以在舞台上展示他们的唱歌、舞蹈、表演等才华。校区里的每一个人都对此感到期待。目前，我们已完成了歌手和表演节目海选，并竞选出四名主持人，最终名单将在下一轮评选后公布。



## 义工社活动

近期义工社开展了各类志愿者活动：主推的圣诞节和寒假义工项目活动，如来自于义工支教平台的12月23日-29日河源圣诞节支教活动；关于校内运动会、ULC Day、家长开放日等日常校内义工活动；对于周末校外义工活动，我们则提供了来自于广州残疾人服务协会、37度公益慈善平台等与学校紧密合作的各类非营业性机构活动，也鼓励学生们发展更多不同内容的志愿者活动。

## 学习中心

为满足学生在学习、升学需求，校园学习中心陆续推出形式多样化的校内外课程，主要涵盖三个方面：海外学习项目、标准化语言考试（雅思/托福/SAT）以及学科个性化辅导。



tutoring. In this semester, 2011 ULC graduated student, Zach Zhang, will join the learning center and provide disciplinary counselling and advice for students in G9 and G10.

### Lately IELTS training and examination



For G9 to G12 students, Learning Center launched a number of IELTS English courses this semester: IELTS advanced class, IELTS junior class, Pre-IELTS reading and writing class and IELTS single subject class. The course aims to systematically improve vocabulary, reading and academic writing, and to understand IELTS test techniques.

During the Christmas and New Year holidays this semester, IELTS Examination Board (Hong Kong) will be launched by the Learning Centre to facilitate students to understand and participate in IELTS examinations in different places. Comparing with the examination environment in Hong Kong and mainland, the external conditions such as the environment of the examination area were relatively suppressed, and the candidates' performance would be affected. Meanwhile, the number of examinees in the mainland examination area had a certain impact on the artificial spoken English test and the manual marking system, so the score would be biased. Many students will choose to transfer their examination positions to Hong Kong, where the environment is comfortable, the number of examinees is small, and the examiners' general attitude is better.

学生可选择参加不同程度的语言课程或涵盖语言模拟考试、大学申请面试、海外文化体验等的学术营。在本学期，ULC2011届毕业生张泽宇加入到学习中心教师行列，主要负责为G9-10年级学生提供学习建议及学科辅导。

### 近期雅思培训安排

针对G9-12年级不同学习阶段，学习中心在本学期推出了多项不同层次的雅思英语课程，包括雅思单科专项班、Pre-IELTS雅思读写班、雅思课程初级班以及雅思课程高级班。该课程体系旨在帮助学生系统提升单词量、阅读量和学术写作水平，进一步熟悉雅思考试技巧等。



本学期圣诞新年假期间，学习中心将开展雅思香港考试团活动，让学生参加并熟悉不同地区的雅思考试。很多曾在香港考试的同学反馈，与香港考试环境相比较，大陆考场环境相对压抑等外界条件容易影响考生发挥。此外，大陆考区大量考生数量对人工口语测试和人工改卷系统有一定影响，可能导致评分出现偏差。因此，很多学生会转移考试阵地，选择去环境舒适、考生数量较少、考官普遍态度良好的香港参加考试，以更好地发挥自身水平。

## British IELTS Summer Camp



ULC successfully launched its first Cambridge Academic Camp in 2018. This academic camp is customized to improving the IELTS ability and preparing university applications in G10 and G11. In six weeks, students will receive the intensive training of IELTS and finish the IELTS test. Meanwhile, they will visit the top British universities to get the experience of the British campus life and the information of future university application, and feel the cultural of the UK in a strong cultural atmosphere.

In the summer of 2018, we successfully launched Cambridge Academic Camp, which is customized for G10-11 students, aiming at improving IELTS test ability and preparing for university applications.

- A well-designed high-intensity IELTS course with multiple simulated IELTS tests
- Visits to several universities – including Oxford University and Cambridge University
- All-round University application guidance course, preparing for world famous schools
- QED qualification certificate for British Ofqual certification. (This certificate may be used as an application for the UK. The highlight of university materials is recognized by British universities.

After the Christmas and New Year holidays, parents can follow us for the information of the Academic Camp in 2019 released by the Learning Centre.

## 英国学术营活动

在2018年暑假，我们顺利开展了主要面向G10-11年级学生，以提高雅思考试能力、进行大学申请全方位准备为主要目标的英国剑桥学术营活动。

在这次为期六周的学术营活动中，学生们进行了高强度雅思课程集训，并完成英国本土雅思考试，探访英国顶尖名校，直观获取了英国校园生活体验和未来大学申请信息，在浓厚的文化氛围中感受英国的文化厚度。

我们将在明年暑假期间继续开展2019年英国学术营活动，以下为部分活动安排信息，



- 校内外雅思课程集训，包括多次雅思模拟测试；
- 牛津、剑桥大学等多所大学的访校行程；
- 多所世界名校的大学申请指导课程；
- 获得英国Ofqual认证的QED资格证书，学生可将其作为申请英国大学的个人材料重要补充内容。

圣诞新年假期后，家长们可进一步留意学习中心公布的2019年英国学术营信息。



Cherry Chang / 常燕  
Deputy Principal / 副校长

## Professional Development for Teachers

The CAIE teacher qualification training is underway for our new teachers at the moment and is going very well. Some teachers who have been with us for more than a year have attended extension training courses.

## New teachers and returning teachers

All new teachers have now been formally evaluated for their classroom teaching. However, we are still in the process of evaluating the returning teachers and aim to finish this process by the end of November.

## Peer Tutoring

Our peer tutoring programme is underway. The aim of peer tutoring is to provide students with one to one support in content specific areas. It also provides students with higher levels of responsibility and mentorship to the selected peer tutors. Peer tutors will also enrich their own education through the process of analyzing work and providing assistance to peers. Peer tutors will receive letters of recommendation and leadership credit towards the student accreditation.

## Cambridge Research Qualification (CRQ)

This is our second year of offering the CRQ. The opportunity has been offered to all Grade 11/12 students. 18 students have submitted proposals for the qualification. All 18 students have been provided with a teacher mentor to help guide them through the process. Evelyn Cabading who is our CRQ coordinator provides after school classes for students doing the CRQ coordinator provides after school classes for

## 教师进修

我校新老师正在进行CAIE教师资格培训，项目进展顺利。部分在ULC执教超过一年的老师也参加了更高层次的进修课程。

## 新教师和返聘教师

目前，所有新老师均已完成正式的课堂教学评估工作。返聘教师的教学评估工作仍在进行中，预计在11月底前完成。



## 同伴辅导

我们的同伴辅导活动正在进行中。该活动旨在为学生提供跨年级的一对一特定学科辅导，学生可（在志愿者数据库中）自行选择更有责任心、更高辅导水平的同伴辅导员。（与此相对应地，）同伴辅导员可通过解答学业疑惑和向同伴提供帮助来实现自我提升，他们还将收到推荐信和领导学分奖励，以帮助他们完成学生领导力项目认证。

## CRQ剑桥调研资格课程

今年是我们为G11-12年级学生提供CRQ剑桥调研资格课程的第二个年头了，已有18名学生提交了资格提案，他们分别被指定了一名导师，并将在全程指导下完成研究课题。CRQ剑桥调研资格课程负责人Evelyn Cabading老师在每周一、三ASA课后活动时间对大家进行指

students doing the CRQ on Mondays and Wednesdays to help support their research journey.

### Personal Social Health education

- Personal, social, health education (PSHE) is intended to support students' learning and personal development.
- This quarter students have been looking at topics such as,
- developing study habits
- coping with stress
- Assertiveness and body language
- dealing with depression and self-harm
- Handling peer pressure
- Cyber bullying /sexting
- Healthy eating
- The media and positive body image
- Alcohol, drugs, tobacco and supplements (including diet pills)

导，给学生们的课题研究带来许多帮助。

### PSHE课程



PSHE课程旨在引导学生的学习和个人发展。本学季学生一直在探讨以下话题，

- 如何培养学习习惯
- 如何应对压力
- 自信和肢体语言
- 如何应对抑郁症和自我伤害
- 如何处理同伴压力
- 网络欺凌/带有性暗示文本信息
- 健康饮食
- 媒体和良好的个人形象
- 酒精、药物、烟草和营养品（如减肥药）



Beverley Ross  
Deputy Principal / 副校长

## Professional Development (PD)

Our school's Mission Statement clearly makes references to the development of Critical Thinking Skills. These are analytical thinking skills which explicitly focus on the processes involved in being rational. A major theme of PD this year is improving the ability of teachers to adopt, the specific use of Critical Thinking Skills in their lessons. In turn, this will lead to more opportunities for your child to be exposed to the use of these skills but also, to become an independent user of these skills. Not only will this enable your child to be more adept at making 'wise' rational choices but educational research has shown that students who are explicitly taught Critical Thinking Skills do better in their exams.

Over the course of the year we will have several workshops for teachers on the understanding and use of rational arguments. The aim of this is to achieve a measurable impact on the quality and breadth of your child's learning.

## ULINK Pathway

During Parent's Class, I spoke about the ULINK Pathway. This is a small pilot project that will take 10-15 students each from Grade 9 and Grade 10 and aim to give them some extra 'coaching' in life skills. These students will have the opportunity to spend time discussing a range of topics in-depth. Examples include: current affairs, career choices, the environment and history. They will also be exposed to ethical and philosophical questions and cultural differences, in the hope that they will gain a more mature understanding of the world and the way the world works. Membership of the school Debating Society will be compulsory to improve their public speaking and critical thought. They will also be required to use English for extended periods of time and keep a Reflective Journal in which they will record their thoughts as they move through their school career. By keeping such a journal, it is hoped that they will become more aware of how they are growing, changing and maturing as they move from adolescence to adulthood.

## PD教师进修活动

我们在学校使命中明确提到了批判性思维技能的培养。批判性思维是一项分析性思维技能，（它能帮助我们）明确理性地关注事物过程。今年教师进修项目的主要课题正是提升老师在课程中具体使用批判性思维技能的能力。与之相对应，这将给学生带来接触这些技能、成长为独立批判性思维者的更多机会。这不仅可以使他们更善于做出“明智的”理性选择，而且教育研究表明，学习批判性思维技能的学生在考试中表现更佳。



在本学年中，我们老师将会举办数次关于理解和使用理性论点的研讨会，旨在给学生课程的质量和延伸空间产生可预见的（正面）影响。

## 分层教育

在（之前的）家长课堂上，我分享过分层教育。这是一个小范围试点项目，我们将挑选10-15名G9-10年级学生，为他们提供额外生活技能“辅导”。这些学生将有机会深入讨论一系列主题，包括时事、职业选择、环境和历史等。他们还将接触道德、哲学、文化差异等课题，以帮助他们能够更加成熟地理解世界和世界运作方式。参加该项目的学生首先必须是学校辩论社成员，这有助提升他们的公开演讲和批判性思维技巧。他们还需要长时间使用英语，并坚持完成一份反思日记，记录下他们在校成长历程的各种想法。通过这样一段经历，希望他们更清楚意识到自己如何从青春期过渡到成年期，（在成长中）如何变化和成熟起来。



Kevin Gayle  
Curriculum Coordinator and  
Head of PD / 课程及职业发展  
负责人

To put teenagers on path for success, career and college planning is vital for high school student. This year, Mr Chris Stewart joins our CAS team to help the student develop their career career prospects. Recognizing all of the necessary steps for college readiness is a good starting point in career and college planning. Here below runs down the steps by each high school year to prepare for colleges and the future.

### Grade 9: a crucial year for career development and college preparation

- Identify Interests In and Out of Class
- Explore potential colleges and career paths
- Increase extra-curricular reading
- Career check with Mr. Chris
- Lecture on career development on 15th November by Chris
- G9 college planning by assigned CAS advisor

### Grade 10: a period of transition

- Increase academic reading
- Maintain good academic record
- SAT, ACT, IELTS, TOFEL... training and test
- ESL/EFL test
- Join Summer school/internship
- Lecture on career development on 8th November by Chris
- Chris will meet individual G10 students
- Meet with CAS advisor



在青少年成长的道路上，及早地进行职业、大学规划变得尤为重要。今年，Chris老师加入我们升学指导团队，对学生的职业方向进行针对性的指导。充分了解高中阶段的每一个必要步骤是进行职业、升学规划的一个重要起始点，下面根据不同年级，大致列举在升学规划中的重点事项：



### G9年级：至关重要的升学起始年

- 预约并与升学老师进行面谈
- 发掘个人兴趣
- 寻找意向大学和职业方向
- 增加课外阅读
- 参加职业指导讲座（Chris老师）
- 参加G9年级升学规划讲座（各升学老师）

### G10年级：升学过渡年

- 增加专业阅读
- 保持好的学术成绩
- 开始熟悉标准化考试（SAT、ACT、IELTS、TOFEL、PTE等）
- 进行ESL/EFL语言考试
- 参加夏令营或实习
- 参加职业指导讲座（Chris老师）
- 与Chris老师进行一对一面谈
- 定期约见升学老师



### Grade 11: a vital year on Academic

- Narrow college list
- Maintain good academic record
- Achieve good IELTS, TOFEL, SAT, ACT ....scores
- Taking A level chinses Exam
- Start writing personal statement
- Internship or research project
- Visit intended colleges

### G11年级：学术重点年

- 初步确认意向大学和专业
- 保持优秀的学术成绩
- 标准化考试 ( IELTS、TOFEL、SAT、ACT、PTE等 ) 成绩达标
- 进行A level 中文考试
- 完成个人文书初稿
- 进行针对意向专业的实习或课题研究
- 参观意向大学

### Grade 12: a pivotal time in high school life

- Finalize college list
- Finish PS/Essays
- Ask for letters of recommendation
- Submit application
- Stay on track with the college admission

### G12年级：高中生活的关键年

- 确认大学选择
- 完成个人文书
- 准备推荐信
- 提交大学申请
- 等待并回复大学录取



Ivy Lin / 林佳  
CAS Coordinator  
升学指导主管

Dear Parents,

It is another school year again, although, this message might be sent out a little bit late than before. Let me introduce myself first. This is my 4th year serving at ULC as the senior guidance counsellor. Previously, I worked at schools in Thailand, Nepal and Korean international school Guangzhou. Therefore, I have gained a good understanding especially with teenagers in a multicultural environment. I went to university in the UK and was awarded with Master of Science in Psychology. After that, I have followed the best practices in counselling and crisis intervention pursuing my career as a school counsellor, serving the youth and families. It is perhaps the same pathway that your child is going to experience in a few years, so I can certainly understand and share similar perspectives and beliefs, offer them suitable support with professional practice.

There have been a lot going on either on campus and for grade 9 students in Australia and now the new experience here back in Nansha. One of the particular challenge for your child, no matter if he/she is a new student or returning, perhaps is the dramatic changes during this developmental stage — the transitional period, while students step in a stage different from the previous. Especially for new students, they are facing a lot of challenges during the first few months, language barriers, studying all subjects in English isn't as easy as ordering food in a foreign restaurant, the difficulties with new fields of knowledge or getting along with new friends... all of these could all cause problems, and your child will need your understanding of his/her needs and emotions, weakness and frustrations, and firm support. It is going to be a crucial period for you to build up a solid relationship with your child, BUT only if you don't only care about the transcripts. Depression and anxiety are the most often seen emotions students experience at times like this. Our monthly parent class will address these issues and share techniques for parents to assist children to avoid such situations from becoming severe.

亲爱的家长们，

又一个新的学年已经开始了。这封信来得比往常稍晚一些，所以请允许我先介绍一下自己。这是我在ULC担任成长辅导与咨询导师的第四年，在此之前，我曾在泰国、尼泊尔和广州韩国人国际学校工作，因此我对多元文化环境中成长的青少年有相当多的了解。我在英国完成了大学课程并获得心理学硕士学位。在那之后，我一直持续学习和实践学校咨询、心理咨询和危机干预等内容，为青少年和他们的家庭提供相关服务。我的海外学习和职业发展的经历很有可能也是您的孩子很快将会体验到的，因此我可以理解并分享我们相似的观点和信念，并通过专业实践为他们提供适当支持。

学校生活的每一天都丰富多彩又充满挑战，尤其对G9年级学生来说，去澳洲学习或回到南沙校园都意味着新一阶段的生活开始。无论他/她是新生还是稍年长的学生，困难、挑战或巨大的变化可能都发生在这个特殊的发展阶段——我把它定义为“过渡期”，这指学生在步入与以前不同的生活阶段的头几个月甚至半年、一年不等。特别是对于新生来说，他们在最初的几个月里面面临着很多挑战，语言障碍，用英语学习所有科目并不像在外国餐馆点菜一样容易，学习新知识领域的困难或结交新朋友等等...所有这些都可能成为他/她校园生活的障碍。您的孩子需要您了解并包容他/她的需求和情感、弱点和挫折，并给予他们坚定的支持。这将是您与孩子建立良好的沟通方式的关键时期，而前提是一别让孩子觉得您仅仅关心她/他的成绩单。抑郁和焦虑是学生在这个时期最常见的情绪，成长辅导与咨询中心定期提供家长课程，帮助父母了解这些问题，并分享与孩子沟通的技巧，帮助他们顺利度过过渡期。

This year the school introduced our child protection policy, which is drafted from last year and started from the beginning of August. It is to provide students with age appropriate lessons to learn about their personal safety, needs and rights, as well as education and training for staff and parents, as we all want the students to develop in a safe learning environment.

Like always, ULC Counselling Services aim to help students and their families go through these challenging times, providing the most needed social and emotional support with most respect to students and families' privacy. Our services ranged from helping individuals find out their needs and make decisions, consulting students with emotional, psychological or mental health problems in a brief context and make external referrals when necessary, providing group counselling with common issues and parents meetings with student-centered problems. Students can easily access to the counselling office when they are in need by emailing for an appointment or drop in at an emergency. Parents are welcome to contact me when any concerns about your child arise via email, WeChat or telephone.

Best wishes,

今年，学校推出了未成年人保护政策。这一政策从去年开始起草，并在本学年8月初开始公开实施。它包括了为学生提供适合其发展阶段的课程，帮助他们了解个人安全、需求和权利，定期为教职员工和家长进行教育和培训等，因为我们都希望学生在一个安全的学习环境中健康成长。



ULC成长辅导与咨询服务将一如既往地帮助学生及他们的家庭度过这些充满挑战的时期，提供最需要的社交和情感支持，同时也对学生和家庭的隐私权保持最大的尊重。我们的咨询范围包括帮助学生实现更好的自我认知，了解自我需求和进行决定，为个人或团体提供情绪、心理或心理健康方面的咨询并在必要时进行外部转介，我们也乐意为家长提供与学生相关的咨询服务。学生可以在有需要时通过电子邮件预约或在紧急情况下直接前往咨询中心。如果您有任何关于孩子的问题，欢迎通过电子邮件、微信或电话与我联系。

祝好!

Email/邮箱: summer.sun@ulinkcollege.com

Tel/电话: +86 (20) 39090100-6119

ULC成长辅导与咨询服务 AQ3-104



Ms. Summer's WeChat ID



Summer Sun / 孙湘君  
Senior Guidance Counsellor / 成长导师