

# 家长通讯 Newsletter

Issue 2 | School Year 2022- 2023



**Welcome / 开篇语**

**Academics / 教务工作**

**PLR / 职业学习与反思**

**Student Affairs / 学生事务**

**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。

Dear parents,

The busy second semester and exam season have ended! It feels great to return to normal. Besides classroom learning, our students also had the opportunity to participate in various internal and external competitions, projects, and extracurricular activities this semester. I believe that parents were pleased to see that their children have returned to their usual state after returning to campus.

I would like to share some important information with you in this newsletter.

Firstly, the progress of the new campus. The school has informed everyone that we will move into the new campus in August 2024. Currently, the first phase of the renovation project is underway, and the kindergarten will open in September.

Secondly, the new timetable for the next academic year. After several rounds of discussion, we have decided to reduce each class period from 70 minutes to 60 minutes and include homeroom/assembly in the afternoon every day, while keeping everything else basically the same. This means that there will be an extra class period each day, which can be used more flexibly to increase the time for math, English, and project-based learning for students who need it. The specific schedule is shown in the table below:

### Monday to Thursday 周一到周四课表

8:05-9:05	Period 1 第一节课
9:10-10:10	Period 2 第二节课
10:10-10:30	Morning tea 大课间休息
10:30-11:30	Period 3 第三节课
11:35-12:35	Period 4 第四节课
12:35-13:20	Lunch 午餐
13:20-14:20	Period 5 第五节课
14:25-15:25	Period 6 第六节课
15:30-15:50	Homeroom/Assembly 班会/级会
15:50-16:40	ASA/Office hour/PLR 课外活动/辅导

Thirdly, starting from the next academic year, each homeroom teacher will only be a foreign homeroom supervisor. At the same time, for each grade, the school will assign one GLC and two home-school advisors to communicate with parents of each class. For students, this will provide more opportunities to use

各位家长,

忙碌的下学期和考试季结束了!一切回到正常的感觉真好。除了课堂学习,孩子们在这个学期又可以参加各种校内外竞赛、项目和拓展活动了。我相信,家长们也会欣喜看到,回归校园后的孩子们的应有的状态。

我想利用这期通讯,和大家分享几个重要信息。

一是新校园的进展。学校已告知大家,2024年8月,我们即将搬入新校园。目前,装修工程第一阶段已在进行。幼儿园即将于9月份开学。

二是下学年的日程安排。经过几轮的讨论,学校决定,从下学年开始,每节课由70分钟缩短为60分钟,把班级会/级会放到每天下午,其他基本不变。这意味着,每天多了一节课,可以更灵活地为有需要的学生群体增加数学、英语和项目式学习的时间。具体如下表:

### Friday 周五课表

8:05-9:05	Period 1 第一节课
9:10-10:10	Period 2 第二节课
10:10-10:30	Morning Break 大课间休息
10:30-11:30	Period 3 第三节课
11:35-12:35	Period 4 第四节课
12:35-13:20	Lunch 午餐
13:20-14:00	PSHE/Homeroom time 班会课
14:00-15:00	Period 6 第6节课
15:00-16:00	(Staff) PLR/Meetings 教师会议/培训

三是下学年开始,每个班级班主任均由外教独立担任。同时,在每个年级,学校配置了一名年级长及两名家校沟通老师,以负责与各个班级家长的沟通。对于学生而言,这样可以更好

English and practice their speaking and presentation skills. For parents, although there will no longer be a local homeroom supervisor for each class, they can still contact the corresponding home-school advisor at any time to express their concerns and suggestions. GLCs will communicate relevant details with everyone in the WeChat groups later.

All of the above measures are designed to help students learn and live more efficiently and confidently on campus. We hope that parents can continue to understand and support them.

During the two-month summer vacation, it is also recommended that parents review "ULC 4-year Study plan" that we have issued with their children, and make their own plans based on their children's stages, using the long holiday to integrate what they have learned into some practical projects and activities to stimulate thinking beyond knowledge, perhaps planting the seeds of future college majors. In addition to learning, don't forget to travel and relax. The three-year pandemic has caused our children to miss out on many opportunities. Encourage them to make their own travel plans during the holiday! Either read or travel, body and mind, there is always one on the road.

Finally, I wish all parents a healthy and happy summer and smooth work.

地使用英语，获得更多锻炼英语口语和演讲能力的机会。对于家长而言，虽然不再是每个班有专门的中方班主任，但依然可以随时找到对应的家校沟通老师，反映诉求和提出建议。稍后，级长们会在各微信群与大家沟通相关细节。

以上的举措，都是为了学生在校园更高效更自信地学习与生活，希望家长们能够继续予以理解和支持。

两个月的暑假，也建议家长们与孩子一起重温我们发出过的《四年规划》，根据孩子所在的阶段，利用悠长假期，做出自己的计划，将所学融入到一些实际动手的项目和活动中，激发知识以外的思考，也许会种下将来大学专业的种子。学习之余，也不要忘了旅游和放松。三年的疫情，让孩子们失去了很多机会。假期里，鼓励他们自己做个旅游攻略吧！要么读书，要么旅行，身和心，总有一个在路上。

最后，顺祝各位家长夏日安康，工作顺利。



Cherry Chang / 常燕  
Executive Principal / 执行校长



Dear ULink Community,

Due to covid, this is only our second newsletter of the year following the first in September 2022. Our students have almost completed the May/June external examinations and can look forward to their results later in the summer. Semester 2 reports will be released on 22 June, ready for Parents' Day. Please carefully read and review the report together with your child ahead of teacher meetings, paying careful attention to the specific advice given about areas of improvement. As I sit at my desk writing this, our G10 students are either in Kaiping or engaged in cross curricular projects here on campus. Here are some highlights since September 2022:

- We received very positive and supportive feedback from the Council of International Schools (CIS) on our supplementary report submitted in October 2022 and we are now working towards fulfilling the action plan.
- The English as an Additional Language (EAL) department ends this year and next year G9 Intermediate English classes will be taught by teachers in the English department. Language and Literacy Support (LLS) teachers from diverse academic departments will provide in-class support to G9 students in Humanities and Business subjects, as needed.
- Next year, we will introduce Project Based Learning (PBL) for G9 students. A PBL team has been formed and is working to design different projects to meet the learning needs and interests of the students. The projects are cross curricular and students select those in which they are most interested. For PBL classes, there will be regular formative assessment to enable students to improve the quality of their projects and PBL will be on their report cards. PBL puts an equal emphasis on academic learning goals and on the competencies that students need more than ever in the 21st century. Through well-designed project experiences, students learn how to contribute to team efforts, think critically, solve problems creatively, and communicate effectively, all while engaging in deep learning of important content.
- I'm sure you will have seen on our regular WeChat feed that we held our fabulous ULC Day and ULink Idol in February. We also hosted the ISTA drama festival in April and the MUN conference in June. Both provided wonderful opportunities for our students to shine and to develop their skills as did the many international academic competitions, such as the British Physics Olympiad (BPhO), in which two students achieved Super Gold, and the United Kingdom Mathematics Trust - Intermediate Mathematical Challenge (UKMT-IMC) which produced two Global Gold awards! Our Duke of Edinburgh Award goes from strength to strength and a large group of students will soon be embarking on a kayaking expedition!

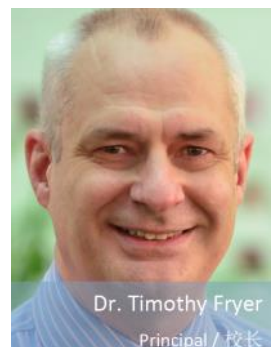
Best wishes & have a wonderful summer!

亲爱的ULink社区成员们:

由于疫情,这是我们本学年的第二期《家长通讯》,此前一期发布于2022年9月。现阶段,学生们即将完成5-6月国际大考,成绩将于8月公布。第二学期校内成绩单将于6月22日发布,以便于当天家长日使用。请家长们与孩子一起仔细阅读成绩单,尤其关注有关改进方面的具体建议。当我坐在桌前写这篇文章时,G10年级学生或在开平实地考察,或在校园参与跨学科项目活动。以下是自2022年9月以来一些值得关注的校园事务新进展:

- 学校在2022年10月提交的补充报告得到了CIS国际学校联盟委员会的正面和支持性反馈,我们正在努力实现这份行动计划报告。
- 下学年起,原EAL英语语言支持部门将并入英语部门,届时,将由英语部门的教师负责教授G9年级中级英语课程。不同的语言和读写支持教师将根据需要为G9年级学生在人文和商科学习提供课堂支持。
- 我很高兴地宣布,下一学年,我们将为G9学生引入PBL项目式学习课程。项目式学习课程团队已组建完毕,大家正在设计不同的项目,以满足学生的学习需求和兴趣。这些项目设计了跨学科内容,学生可以选择参与自己最感兴趣的项目。对于PBL项目式学习课程,我们将定期开展形成性评估,以帮助学生改善项目表现,这同时也会记录在表现报告单中。PBL项目式学习课程同等重视学术学习目标和21世纪人才所需的能力。通过良好的项目体验,学生学习如何为团队作出贡献,如何批判性思考,如何创造性地解决问题,学习有效地沟通,同时投入重要内容的学习中。
- 我相信,您或许通过学校官微,看到了学校2月份开展的精彩活动——ULC Day庆祝日和ULink Idol演出。此外,我们还于4月份举办了ISTA戏剧节和6月份MUN模拟联合国大会。这些都为我们的学生提供了展现自我和发展技能的绝佳机会。这也正是许多国际学术竞赛给学生们所带来的,例如BPhO英国物理奥赛中,两名学生获得了超级金奖,以及英国数学测评(中级UKMT-IMC)中,两名学生捧回了全球金奖!我们的爱丁堡公爵奖项目也越办越好,新一批学生即将在暑假踏上巽寮湾皮划艇探险之旅!

祝您拥有一个美好的夏天!



Dr. Timothy Fryer  
Principal / 校长

## CAIE May/June Exam

The Cambridge June exams began on April 24 and were completed on June 9. 102 exams were held, involving 31 subjects. Five previous ULC students came back to school to resit some exams. All the exams have been run smoothly, and no cases of malpractice have been reported in our school.

The Cambridge June exam results will be available to view online on August 10, 2023, for AS & A Levels and on August 16, 2023, for IGCSE and O Levels. The confidential exam result information has been sent to each candidate by the Academic Office.

The Cambridge November 2023 A Level Chinese exam registration is in progress. The registration process includes online registration, paying the examination fee, receiving statement of entry, and personal information amendment. Now that the online registration deadline has passed, candidates are checking their personal information on their statement of entry. Students should register for the examination in accordance with the guidelines sent by the Academic Office to avoid missing all deadlines. Retake exam registration will start after the exam results are released.

## Edexcel May/June exam

In the 2023 Edexcel May/June exam, 415 students registered for the IAL Math exams, and 17 students registered for the IG Art exams. The exams started on May 9th and will end on June 15th. Students will get their IAL Math exam results on August 17th and the IG Art exam results on August 24th. Students should log in to their Result-Plus account and check their personal exam results.

The registration for the 2023 Edexcel October/November exam will start at the beginning of August. Students will receive an email with detailed information about Edexcel October/November exam registration. Students should complete registration and payment before the registration deadline.

## Evening Subject Tutoring

In order to provide sufficient academic assistance to students, evening subject tutoring is provided from 7:30 to 9:30 from Monday to Thursday. Two teachers from different subjects will provide tutoring every night, including Mathematics, Economics, Chemistry, Physics and Biology. Students need to apply for an appointment on the student landing page at least a week in advance and go to the subject teacher's office on time on the night of the appointment. If there is a temporary cancellation, they need to explain it to the subject teacher. For the sake of fairness, each student cannot make an appointment with the same teacher for more than two sessions per night, and every 15 minutes is a time session; that is, no more than 30 minutes. Since subject tutoring started on February 13, more than 50 students have signed up so far.

## CAIE 5-6月考试

今年，剑桥考试局5-6月考试从4月24日开始，到6月9日结束。期间，学校一共开展了102场考试，涉及31门科目。其中，包括5名ULC毕业生回到学校重新参加个别科目的考试。最终，所有考试都顺利进行，没有发现任何舞弊现象。

相应地，自8月10日开始，学生可以查询AS & A Level考试成绩，自8月16日开始，学生可以查询6月IGCSE / O level考试成绩。教务处已将查询考试成绩的个人账号保密信息单独发送给每位考生。

剑桥考试局10-11月A level中文考试报名正在进行中。报名流程包括：网上报名、交纳考试费、领取报名表和修改个人信息。现在网上报名已过截止日期，考生正在检查他们考试报名表上的个人信息。学生应该按照教务处发出的指导意见完成所有报名流程，以免错过截止日期。此外，重考科目的报名将在8月考试成绩公布后开始。

## 爱德思5-6月考试

在今年的爱德思5-6月考试中，有415名学生报名参加IAL数学考试，17名学生报名参加IG美术考试。考试从5月9日开始参加，并于6月15日结束考试。从8月17日开始，学生可以查询IAL数学考试成绩，8月24日起可以查询IG美术考试成绩。学生需要登录Result-Plus成绩账号，查看个人考试成绩。

Edexcel 10-11月考试报名将于8月初开始。学生届时将收到一封关于Edexcel考试报名的详细信息电子邮件。学生应在报名截止日期前完成报名和缴费。

## 晚间学科辅导项目

本学期，为了给学生提供更多学业支持，学校为学生提供了晚间学科辅导，开放时间为每周一至周四19:30-21:30。每晚，均有两门科目的任课老师值班，包括数学、经济学、化学、物理和生物科目。报名学生需要至少提前一周在学生门户上申请预约，并在预约当晚准时前往学科教师办公室。如果有临时取消，他们需要提前向学科老师说明情况。为了公平起见，每名学生每晚与同一位老师的基础预约时间为15分钟，当晚不能累计超过30分钟。自2月13日晚间学科辅导实行以来，目前已有50多名学生参与该项目。



Yessenia Huang / 黄燕  
Head of AO / 教务部主任  
Chemistry Teacher / 化学教师



PLR is specially designed for ULC teachers aimed at enhancing their professional skills and knowledge, and provide opportunities for educators to collaborate with colleagues, share ideas and experiences, and learn from each other. This year PLR coordinator Ms. Grace had structured three PLR programmes for teachers to choose from - Data Wise, Teacher Expertise, and Cambridge PDQs.

### 1. Data Wise



This was the second year of implementing Data Wise at ULC, and we decided to go deeper than last year - to truly understand the problem of practice, we have to get closer to what actually happens in classrooms. Most teachers have not had much experience with examining teaching, which means they have neither the skills to describe teaching in a fine-grained, evidence-based way, nor the collegial culture in which examining practice feels supportive rather than threatening. To develop the skills of observing practice, PLR coordinator organized teachers to watch videos of teaching from another school and learn the five key elements of observing practice - focus, observe, debrief, adjust and follow up. During this school year, half of the teachers chose this PLR programme and completed one round of observing our own practice using our own protocol that includes all five of the key elements.

### 2. Teacher Expertise

The Teacher Expertise Model comprises teacher observation and evaluation, self-reflection, and feedback. Teachers begin by identifying specific skills they are committed to improving during the academic year. They are then divided into cohorts. Teachers record video of themselves teaching, watch the video and write a reflection, observe a peer teaching,

PLR课程及职业发展项目面向ULC教师开放，旨在提高他们的专业技能和知识，并提供教育者之间合作、分享想法和经验、互相学习的机会。本学年，PLR课程及职业发展协调员Ms. Grace为教师们设计了三个PLR课程，供老师们选择，包括Data Wise、Teacher Expertise和Cambridge PDQs。

#### 1. DWIP数据智慧改进过程项目

2022-2023学年是ULC引入DWIP数据智慧改进过程项目的第二年。相较去年，我们更深入地探讨教师在课堂实践上的问题。为了洞察问题所在，我们必须更加走近课堂实际发生的情况。由于大多数教师没有太多研究教学的经验，这意味着他们既没有以证据为基础的详细描述教学的技能，且缺乏相互看课的支持性氛围，互相看课有时候甚至可能让老师感到威胁。为了发展观察实践的技能，PLR协调员组织教师观看另一所学校的教学视频，并学习观察实践的五个关键要素-聚焦、观察、反思、调整和跟进。在本学年，有一半的教师参与了这一项目，完成了一轮观察自己教学实践的过程，并在过程中使用了使用上述的五个关键要素。

#### 2. 教师专业技能项目



教师专业技能项目包括教师观察和评估、自我反思和反馈。教师首先确定他们在本学年中致力于提高的具体技能，并被分成不同小组。然后，教师录制自己上课的视频，观看视频并写下反思，观察同事上课，并与小组成员参加以技能成长为重点的讨论。在这个学年中，同样有一半的教师

and participate in growth-focused discussions with their cohort. During this academic year, half of the teachers chose this PLR programme and engaged in three cycles of the Teacher Expertise Model.

### 3. Cambridge Professional Development Qualifications (PDQs)

As the first qualified center to provide Cambridge Professional Development Qualification (PDQ) Teaching & Learning (T&L) program in China, our school has successfully run the program for 8 years and has supported many teachers in teaching and their students in learning. Congratulations to the following teachers who received Cambridge International Certificate in Teaching and Learning in March - Audrey Zhao (with Distinction), Phoenix Guo, and Rachel Pan!

The second cohort of Educational Leadership (EL) also submitted the evidence in their portfolio to Cambridge. Congratulations to the following teachers who received Cambridge International Certificate in Educational Leadership in March - Jane Zhao and Yessenia Huang.

Thanks to the input from mentors and Program Leaders (Grace Liu and Henry Mensah) to the candidates! The mentors for Teaching and Learning are Arundhati Sharma, Ruth Cumberland, Petyo Petrov, Javier Lam, and Jocelyn Ymbong. The mentors for Educational Leadership are Cherry Chang, Dr. Tim Fryer, Jennifer Li, and Ambiga Naidu. We greatly appreciate mentors' contribution and commitment of time, energy, and expertise on behalf of the PDQ candidates!

Starting from January 2023, a new cohort of 5 teachers joined the T&L programme and 6 middle leaders joined the EL programme. They look forward to completing the PDQ learning journey in the coming August.

参与了这一项目，并完成了三轮教师专业技能模型的实践。

### 3. PDQ剑桥项目

作为中国首个获剑桥授予PDQ教学与学习认定资质的国际学校，ULC已成功开展PDQ项目逾8年，为许多教师的教学和学生的学习提供了支持。恭喜以下教师于3月份获得剑桥国际教学与学习证书的老师：Audrey Zhao（成绩优异）、Phoenix Guo和Rachel Pan！同时，第二期教育领导力项目的学员也提交了他们的项目论文的及相关证据给剑桥。恭喜以下教师于3月份获得剑桥国际教育领导力的证书：Jane Zhao和Yessenia Huang。感谢导师和项目负责人（Grace Liu和Henry Mensah）在整个学年的指导和支持！其中，教学与学习项目导师包括Arundhati Sharma、Ruth Cumberland、Petyo Petrov、Javier Lam和Jocelyn Ymbong。教育领导力项目导师包括Cherry Chang、Dr. Tim Fryer、Jennifer Li和Ambiga Naidu。我们非常感谢导师们付出的时间、精力，为剑桥项目学员提供专业知识的辅导！自2023年1月开始，目前教学与学习项目已新增5名教师候选人，教育领导力项目新增了6名中层领导候选人。期待他们在即将到来的8月完成剑桥项目学习之旅。



Grace Liu / 刘嘉儿  
PLR Coordinator / 课程  
及职业发展协调员

**The Duke of Edinburgh's International Award**

the Duke of Edinburgh's International Award originated in the UK and has been recognized worldwide. By completing project challenges, it helps shape the character of teenagers, improve and cultivate leadership.

This semester, 32 G9 students actively applied to join this project, which is the second batch of students from our school to participate in this project. In May 2020, a total of 47 students applied to participate, but only 9 students who persisted until the end, completed all tasks, passed the assessment, and obtained a bronze award certificate, indicating the challenge and difficulty of the award.

The Edinburgh Duke of Edinburgh's International Award is a non-academic project that encourages and guides students to persevere in physical exercise, improve their interest skills, participate in community service, and accept outdoor challenges. After completing the above four tasks, candidates can apply for certificates and medals from the award center. The award is divided into three levels: bronze, silver, and gold.

The levels differ in terms of the age of participants, the length of perseverance in each project, and the difficulty of the challenge. For example, the bronze award requires at least 6 months of perseverance, and the gold award requires 18 months of perseverance. Overall, more and more high school students across the country are participating in this project, and the number of people who receive awards and certifications each year is gradually increasing.

At ULC, the project leader is Mr. Mark Zheng, Head of the Student Affairs Office. While he and four other teachers at the school are project guidance teachers. Since the introduction of the Edinburgh Duke of Edinburgh's International Award, the teachers have not only encouraged more students to participate but also supervised students to follow project requirements daily and provided guidance and assistance when students encountered problems during their participation.

Maintaining a "never give up in the face of difficulties" mentality is very important throughout the process. Currently, the 32 candidates of the project are full of enthusiasm and are persevering in completing various tasks. We are delighted to see that most of them tend to actively seek solutions to problems under the guidance of teachers, rather than asking teachers for direct solutions to problems.



In this summer vacation (June 25th to 28th), 27 of the candidates will go to Xunliao Bay, Huizhou, to participate in a 4-day-3-night outdoor kayaking challenge. The scorching challenge under the hottest sun is about to come, and most students express confidence in completing the project challenge. We wish them all the best! We look forward to their perseverance and triumphant return!

**爱丁堡公爵国际奖第二批学员招募完毕**

爱丁堡公爵国际奖起源于英国，已经在世界各地获得认可。通过完成项目挑战，有助于塑造青少年的品格，提升和培养领导力。

本学期，有32名G9年级同学主动报名加入这一项目，这也是我校第二批参与该项目的学生。

2020年5月，共有47名学生报名参与，但坚持到最后，完成所有任务，通过考核并获得铜奖证书的学生人数有9人，足见该奖项的挑战性和难度。

爱丁堡公爵国际奖属于非学术类项目，它鼓励和引导学生坚持体育锻炼，提升兴趣技能，参加社区服务，接受户外挑战。完成上述四项任务后，候选人可向奖项中心申请证书和奖章。该项目奖项分为铜奖、银奖、金奖三个等级。

等级不同，对参与者的年龄、各个项目的坚持周期、挑战难度也各不相同。比如，铜奖要求坚持至少6个月，金奖则要求有18个月的坚持周期。总的来看，全国有越来越多的高中生参与该项目，每年获得奖项和认证的人数也在逐步上升。

在ULC，该项目负责人为学生处主任Mr. Mark Zheng。他和学校的其它四名老师同时也是项目指导指导老师。自引入爱丁堡公爵国际奖以来，老师们不仅一直鼓励更多学生参与其中，日常监督学生遵循项目要求，在学生参与过程中遇到问题时提供指导和帮助。

整个过程中，保持“遇到困难不放弃”的心态非常重要。目前，项目的32名候选人都怀着极大的热情，坚持完成各项任务。我们欣喜看到，他们大多倾向于在老师指引下，主动积极寻求解决问题的办法，而不是请老师帮忙直接解决问题。

今年暑假（6月25-28日），其中的27名候选人将前往惠州巽寮湾，参加为期4天3晚的户外皮划艇挑战。顶着炎热太阳的炙烤挑战即将来到，对此，大多同学表示有信心完成项目挑战。期待他们坚持下去，凯旋归来！



Mark Zheng / 郑云东  
Head of Student Affairs Office  
学生处主任



## FUN DAY EVENT

The school has organized a variety of engaging activities for everyone to enjoy – FUN DAY EVENT. This event is a collaborative effort by FIVE department groups:

- Business + Humanities + Visual and Performing Arts + Chinese and additional languages
- EAL + English
- PE
- Mathematics
- Science

During the Fun Day, participants will have the opportunity to attend various activities that have been carefully planned by each department group. These activities are designed to cater to different interests and preferences, ensuring there is something enjoyable for everyone.

To add an element of friendly competition, participants will be divided into house groups (RED/YELLOW/BLUE/GREEN). This not only fosters teamwork but also encourages interaction among students from different homerooms.

The most exciting part of the event will be a winner at the end of the Fun Day! The house group that accumulates the most points or achieves the highest score throughout the activities will be rewarded with a delicious treat: an ice cream for each member of the winning house. We sure that our students will give their best in every activity and collaborate with their fellow house group members to increase their chances of winning.

## Moving-up Ceremony

As we are approaching the end of the school year, we are going to gather all our non-graduates to celebrate their moving-up ceremony. This special occasion marks a significant milestone in the lives of our students as they transition to the next phase of their academic journey.

During this moving-up ceremony, we take the time to acknowledge the hard work, determination, and personal growth that our students have experienced. We commend them for their academic achievements, creative endeavors, leadership qualities, and contributions to our school community. Each of them has left an indelible mark, and we are excited to witness their continued growth and success in the next phase of their educational journey.

As our students take a step forward into a new chapter,

## 趣味日

趣味日即将到来，学校组织了各种有趣的活动，让学生们享受学术趣味。这些活动来自于学科部门组成的五个小组：

- 商科+人文+视觉及表演艺术+中文及附加语言学科组
- 英语学科组
- 体育学科组
- 数学学科组
- 科学学科组

趣味日当天，同学们将有机会参加由各部门小组精心策划的各种活动，以探索不同的兴趣和喜好，在过程中收获快乐，帮助释放大考后的压力和紧张。同时，为了增加友好竞争的氛围，培养团队合作精神，同时增进来自不同班级、年级的学生之间的互动，同学们将会以校内营（红/黄/蓝/绿）为单位参与活动。

本次活动的精彩部分来了！趣味日优胜者 – 即在整个活动中，积分最高的校内营将获得一份可口的奖励：每一名校内营成员都可以得到一份冰淇淋。

期待我们的学生与校内营同辈成员通力合作，在每一项活动中发挥出最好的水平，载誉归来。

## 升学仪式

在学年即将结束之际，我们将召集所有G9-11年级在校学生来庆祝他们即将到来的“升级”。这个特殊的时刻，是学生校园生活中一个重要的里程碑，因为这意味着他们过渡到学术旅程的下一个阶段。

在这次升学仪式上，学校将会认可学生们在过去一学年里的努力、坚定和个人成长，表彰他们的学术成就、创造性成果、领导才能和对学校社区的贡献。他们每个人都留下了不可磨灭的印记，我们期待，孩子们在教育之旅的下一阶段继续成长、成功。

当学生们迈向新的篇章时，学校庆祝他们的成就，也希望能见证他们对未来的承诺。

we celebrate not only their accomplishments but also the promise of what lies ahead. They are the future leaders, innovators, and change-makers who will shape our society for the better. Let us applaud their achievements, inspire them to reach even greater heights, and offer our heartfelt congratulations on this momentous occasion.

### 2023 Graduation Ceremony | EVER GLOW

As the academic year comes to a close, we are excited to announce that our annual graduation ceremony is fast approaching.

The graduation ceremony will be held on June 17. It is a time for us to come together as a community and acknowledge the achievements of our graduating students. During the ceremony, our graduates will be receiving their diplomas, and there will be speeches, and other memorable moments.

This ceremony serves as a culmination of years of dedication, perseverance, and personal growth. It represents a significant milestone in the lives of our graduates, signifying the completion of one chapter and the beginning of a new journey.

This graduation ceremony is a moment of joy, pride, and inspiration. It symbolizes the vast potential and limitless possibilities that await our graduates as they embark on their chosen paths. It is a celebration of their accomplishments and a testament to their determination.

To the graduating class of 2023, as you step into the future, remember the lessons learned, the friendships forged, and the experiences that have shaped you. Let the knowledge gained be your compass as you navigate the complexities of life. Embrace every opportunity with enthusiasm, courage, and commitment to making a difference.



Today, we stand together to celebrate your success, to honor your achievements, and to offer our heartfelt congratulations. May this graduation ceremony be the beginning of a remarkable journey filled with endless possibilities. Congratulations, graduates, and may your future be bright and fulfilling.

他们是未来的领导者、创新者和变革者，他们将使我们的社会变得更好。让我们为他们的成就喝彩，激励他们再创新高，并在这一重要时刻对他们表示衷心的祝贺。

### 2023届毕业典礼 - 熠熠生辉



随着学年即将结束，我们很高兴地宣布，一年一度的毕业典礼即将到来。

2023届毕业典礼 - 熠熠生辉将于6月17日举行。毕业典礼上，我们的毕业生将接受毕业证书，还将迎来社区成员代表致辞等令人难忘的时刻。

这场仪式是同学们多年的努力、坚持和个人成长的结晶。它代表着我们毕业生生命中的一个重要里程碑，标志着旧篇章的完结和新旅程的开始。

这次毕业典礼是一个充满喜悦、骄傲和鼓舞人心的时刻。在我们的毕业生走上选择的道路之际，它象征着巨大的潜力和无限的可能性。这是对他们成就的庆祝，也是他们坚定走向未来的证明。

2023届毕业生们，当你们迈向未来时，请记住你们所学到的知识、建立的友谊和塑造了今天的你们的经历。当你们在复杂的生活中航行时，让你在祖国获得的一切成为你的指南针。用热情、勇气和做出改变的承诺拥抱每一个机会。

今天，我们齐聚一堂，庆祝你们的成功，表彰你们的成就，并向你们致以衷心的祝贺。愿这次毕业典礼成为你们那充满无限可能的非凡旅程的开始。



Kitty He / 何婉婷  
Student Life Coordinator / 学生活动专员  
Student Union Advisor / 学生会指导老师

**Latest Events from V.A.**

In the past few months, the Volunteer Association has cooperated with the Student Union and the Student Affairs Office to complete the ULC Day and also conducted fundraising activities for stray cats (All For Kittens).

In May, the Volunteer Association completed the recruitment of some new members. Several outstanding core students were selected.

After the epidemic, the Volunteer Association continued to post and share various types of volunteer info, and also organized many meaningful volunteering activities out of the school. On-campus volunteers include: library volunteers, lab volunteers, piano room volunteers, photoshoot volunteers, admissions Q&A volunteers, new student orientation volunteers, and cat feeding volunteers. Off-campus volunteering includes: Hospital guide, porridge volunteer, 37 Degree Public Service reading volunteer, Autism children caring, etc. Opportunities for off-campus volunteering are progressively growing.

In the Summer vacation, many of our students will be participating in volunteer activities in different organizations, such as ASDAN's volunteer teaching & environmental conservation of wildlife, and Huishi's volunteer travel. We also have a lot of students who will be volunteering near their houses in street offices, libraries, hospitals, subway stations, etc. We look forward to sharing more volunteer experiences.

If you have any questions or information about volunteering, please contact

Ms. Li (Office AQ3-111)

Email: dane.li@ulinkcollege.com

Work Phone: 020-39090100 ext. 6062, 6063

**近期义工社动态**

在过往几个月，义工社协助学生会，配合学生处完成了ULC Day庆祝日的活动，也开展了流浪猫救助的筹款活动。

团队建设方面，我们在5月结束了部分部门的补充招新，并选出了几名优秀的骨干学生。

疫情开放之后，义工社持续发布和分享了各类型的义工资讯，并组织了不少有意义的外出义工活动。此外，我们依旧定期提供校内外义工的机会，开放给同学们选择并参与。校内义工包括：图书馆、实验室、琴房、拍照、招生答疑、新生接待、校园猫喂养等义工。校外义工则包括：医院导医、奉粥、37度公益阅读、关爱自闭症儿童等义工。我们也正在逐渐增加校外义工机会。

暑假期间，我们即将有不少同学参加了校外中介组织的义工活动：ASDAN的支教类&动物环境保护活动、汇时的旅行义工活动。与此同时，也有不少学生会就近参加街道办、图书馆、医院导医、地铁站导向等义工活动。我们期待，同学们顺利完成义工工作，给大家带来更多的义工活动心得分享。

如有关于义工方面的咨询和资讯，请联系：

李老师（办公室AQ3-111）

电子邮箱：dane.li@ulinkcollege.com

工作电话：020-39090100转6062、6063。



Dane Li / 李丹  
Attendance Officer / 考勤专员  
Volunteer Association Advisor / 义工社指导老师



**College Acceptance**

The most exciting news is that all the offers of our 2023 graduates have been finally confirmed. This is quite a uncertain year to apply to colleges, but they finally made it, applied to universities by themselves, waiting such a long and anxiety offer seasons. Not easy, but worth! It make all the offers and final year high school life such meaningful. G12s, you are the best! Big Congratulation to all of you!!!

**Career Workshop**

From January to March, G10 students have joined 2 sessions of our career exploration workshops. In the these two sessions, students were guided to know about themselves and explore their interests. By developing a better understanding of their interests, students also learn more about how to search for relevant courses at the university level as well as the entry requirements, in order to help with their ALevel course selection. The advice for each student's ALevel choices have been entered into our Engage system for any reference purpose.

In the week commencing on June 19, G9 will have their career awareness week. CAS and EAL have invited 7 parents and alumni from different sectors to share, together with Prof, Lin from HKUST(GZ) will give us a speech as well. Meanwhile, there will be some career exploration projects provided for any summer plan. Hope this event can help students start to think their future career path.

**School visit**

After back to the normal school life, CAS office have invited more than ten colleges to visit, there are: McGill university from Canada; Study in France

and Sciences Po from Frances; The Hong Kong University of Science and Technology, City University of Hongkong, The Hong Kong Polytechnic University from Hongkong; University of Warwick, Durham University, The University of Bath, University of Leeds from UK; Bocconi University from Italy etc. There were also online college talks shared with students and parents as well. We are looking forward to continue to invite more colleges to come in new academic year, in order to build up more connections with universities.

**大学录取**

2023届毕业生的录取基本已尘埃落定，恭喜所有12年级的孩子，在这申请不易的一年，最终自己走过申请季，扛过漫长的录取季；虽不易，但值得，让最终的结果和最后一年的高中生活显得这么沉甸甸又有意义，你们都是最棒的！

**职业启发**

今年1-3月，升学指导办公室为G10年级学生举办了两轮职业工作坊，帮助学生了解自己和发觉自己的兴趣；学生根据自己的兴趣来搜索相关的大学专业以及相关入学要求。这次课程不仅帮助学生了解可能的职业选择，也获得更多跟专业选择相关的信息，以更精准地对A Level学科进行选择；升学老师将每个学生的选课建议都记录在我们的Engage系统，供学生及家长参考。

6月第三周，G9年级学生也将迎来他们的职业探索日。届时，有7个来自不同领域的家长及校友参与分享，并有来自港科大（广州）教师的主题演讲。与此同时，活动有职业探索的项目供学生选择。以此，我们希望能启发并打开G9年级孩子的职业选择。

**大学来访**

恢复线下教学以来，升学指导办公室积极邀请大学线下来访。几个月来，已有来自加拿大的麦吉尔大学；法国的巴黎政治大学及法国高等教育署；中国香港的香港科技大学、香港理工大学、香港城市大学；英国的华威大学、杜伦大学、巴斯大学、利兹大学；意大利的博科尼大学等来访。同时，我们也有线上相关大学讲座分享给 学生、家长们。新的学年，我们将继续保持跟大学的互动，邀请更多的大学来访，帮学生建立起更多与大学的联系。



Ivy Lin / 林佳  
CAS Coordinator / 升学主管

With the summer holidays just around the corner, I hope these tips can help parents effectively relieve holiday stress.

**Emotional interactions.** Kids will most likely bring their emotional and behavioral pattern they used in school back to home. Both good and bad emotions will exist in home out of expectation. When parents encounter teenagers' swing moods, you should be calm and stable, at the same time understand, accept, and respect your children's feelings. Try to support and stay in the same emotion with your kids rather than control and educate.

**Strengthen social links.** We all know that a strong supportive relationship can help us cope with a variety of challenges. As a result, we can look at the holidays as a time to reconnect with the positive people in our lives. Receiving help and support from people who care about us can help relieve stress. In addition, parents can encourage their children to volunteer for charities, which is also a way to make connections.

**Arrange your holidays wisely.** Organizing holidays properly requires parents and children to set expectations together. It helps to set realistic expectations for the holidays. We can use this opportunity to teach children to be responsible for their own time. At the same time, as parents, we also need to lower our expectations, we need to identify the most important holiday tasks and take specific small steps to accomplish them, rather than trying to schedule everything for our children.

**Make plans with your child.** Encourage your child to get involved in vacation planning. Respecting children's ideas is conducive to promoting the relationship between parents and children during the holiday and narrowing the distance between each other.

**Put things in perspective.** In general, although the vacation time is very short, but the rational use of it helps children to form a broad vision and long-term perspective. We can help children reflect during the holidays and catch up on the past semester. During the holidays we should pay attention to our children's needs as well as our own needs and feelings. As a parent, you can have fun and enjoyable activities with your child. Proper physical activity or outdoor activities can help us relieve our stress.

暑假在即，希望以下信息可以帮助家长们有效缓解假期压力。

**家长孩子情绪管理。**假期，孩子容易把在学校与同学相处的模式带到家庭中，自然会有各种各样的情绪滋生，特别是假期快要结束的几周，情绪波动会增大。家长在面对孩子异常情绪时，需要拥有一个自身的稳定情绪，合理和孩子沟通，理解、尊重、认可孩子的各种情绪，不要试图强势主观地用成年人的视角去看待青春期孩子的认知，支持和陪伴传递的力量是大于教唆和鼓励的。

**加强社交链接。**我们都知道，强有力的支持性关系可以帮助我们应对各种挑战。因此，我们可以将假期视为与生活中积极向上的人重新建立联系的时间。接受关心我们的人的帮助和支持，有助于缓解压力。此外，家长可以鼓励孩子去慈善机构做志愿者，这也是一种建立联系的方式。

**合理安排假期。**合理安排假期，需要家长和孩子一起设定期望。对假期设定切合实际的期望是有帮助的。我们可以利用这个机会教育孩子们对自己的时间负责。同时作为家长，我们也要降低自己的期望，我们需要确定最重要的假期任务，并采取具体的小步骤来完成，而不是试图替孩子安排所有的事情。

和孩子一起制定计划。鼓励孩子加入假期的计划安排当中。尊重孩子的想法有利于在假期促进亲子之间的关系，拉近彼此的距离。

**正确看待事情。**总的来说，假期时间虽然很短，但是合理运用起来，还是有助于孩子形成广阔视野和长远观点。我们可以帮助孩子在假期中进行反思，对过去的一个学期查漏补缺。在假期里，我们在关注自己需求和感受的同时，也要关注孩子的需求。作为家长可以和孩子一起进行有趣、愉快的活动。适当的体育活动或户外活动可以帮助我们缓解自己的压力。

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