

家长通讯 Newsletter

Issue 4 | School Year 2018 - 2019



Welcome / 开篇语

Academics / 教务工作

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。

Welcome to our final newsletter of the school year 2018/19!

I hope that you find our latest updates informative and interesting with contributions featuring academics, student support, college applications, and whole-child education. I would also like to remind you to check our regular WeChat channel for the very latest reports on what has been happening both at school and outside school, with a strong focus on the very latest events in student life. Please do use your login to our school portal regularly for updates on how your child is doing and let us know how you would like to get more involved in our school community. We always welcome your feedback and suggestions.

When this newsletter is published most of our students will already have started their important external examinations, IGCSE, AS-Level, and final A-Level exams. We would like to pass on our best wishes to all exam takers and hope that all of our students achieve their desired goals.

With the end of year fast approaching we are already looking ahead to next year. For all those leaving us we wish you all exciting adventures on the road ahead.

When it comes to holiday time you probably have a lot more time to discuss things with your teenager and spend "quality time" with them at home or when traveling as a family. Perhaps you share some common interests about the world around us, some similar hobbies, or pastimes. It's a great opportunity to argue - teenagers love to argue! Having an argument is potentially one of the most beneficial things you can do with your High-School-er. Get them to focus on five things to improve on when they discuss a question or a topic with you. They can do this in

欢迎来到本学年最后一期《家长通讯》！

我希望你们有留意到，在上一期通讯中，我们分享了学校在教务、学生支持、升学指导、全人教育等方面的最新资讯。我还想提醒大家，学校官微始终与学生生活最新动态保持同步，你们可通过官微接收最新的校园内外活动报道。此外，家长们还可以时常登陆学校WCBS家长门户，查看孩子的近期表现，并让我们知道你们想如何更进一步参与到校园社区中来，



我们将一如既往地期待家长们的反馈与建议。

当你们看到这期通讯时，大部分学生（包括IGCSE、AS、A2学生）已经投入CAIE考试了。我们真心祝福所有考试参加者，希望学生能考出他们理想中的成绩。

即将步入学年尾声，我们已经在展望下一学年了。对于所有即将离校的准毕业生们，我们衷心祝愿他们前行路上充满惊喜奇遇。

我们很快就要步入暑假，期间你们或许有更多时间与孩子探讨许多事情，与他们在家中、在旅途中度过优质亲子时光。也许你们还会发散到周围世界的共同利益、相似爱好、消遣方式等话题。其实，暑假不失为一个很好的辩论时机——青少年们总是乐于辩论！辩论也许是对高中生们最有裨益的事情之一。无论辩论以中文还是英文展开，当他们在讨论某个问题或话题时，家长们可以注意引导他们提升5个方面的

English or Chinese - either way, they are developing the skills they need for critical thinking, one of the things we focus on as a school. The following is quoted from "Why Critical Thinking Skills Are Important For Students To Learn", Accessed from www.Tutordocor.Co.Uk/Blog, Written On Sep. 2018.

1. Be Clear

Ask your children to BE CLEAR by asking for explanations and examples if they don't understand something. It's also important to let them know it's okay to be confused and need to ask questions.

2. Be Accurate

Encourage your kids to BE ACCURATE. It's always good idea for them to check to see if something is true by researching the facts.

3. Be Relevant

Encourage children to BE RELEVANT by discussing other topics that relate to the discussion or problem at hand. Help them stay on track by linking related and meaningful information to the question they are trying to answer or the topic they're discussing with you.

4. Be Logical

Support your child's ability to BE LOGICAL. Help them understand how things fit together or the logic behind a situation. Don't be afraid to question how they arrive at certain conclusions and whether their assumptions are correct.

5. Be Fair

It's crucial to set expectations that your child should always BE FAIR. Promote empathy in their thinking processes, making sure they consider others when coming to a decision.

Having an argument with a teenager can actually be a great opportunity to build critical thinking skills!

能力，以帮助他们锻炼批判性思维所需要的技能，而这正是我们作为学校所关注的学生成长内容之一。以下内容摘自家庭导师网站2018年9月发布的文章《为什么学生需要重点学习批判性思维？》

1. 真正理解

在孩子没能弄清楚某些事情，不妨让他们通过讲解、举例的方式实现真正理解。其中至为重要的一点是，当孩子感到困惑费解时，家长应鼓励孩子发问。

2. 准确严谨

为了鼓励孩子保持准确严谨的态度，可以让他们通过调研去发现事情真伪。

3. 发散思维

鼓励孩子在讨论和解决难题时，尽可能发散到其它关联话题。当孩子在寻求问题答案或讨论问题时，家长可通过连接到关联或有意义的信息，以引导他们将思路保持在“正轨”上。

4. 合乎逻辑

给予孩子锻炼逻辑能力的适当支持，帮助他们理解事物如何演变、了解事物背后的逻辑。在这个过程中，家长可以向孩子提问，如他们应当如何得出一个特定结论、如何证明他们的设想正确等。

5. 客观公正

孩子拥有客观公正的特质，这一点至关重要。别忘了让孩子在思考过程中保持同理心，确保他们在决策时考虑到了其他人。

与青少年们辩论，确实是一个（帮助他们）培养批判性思维能力的好时机。



Tony Hickling
Principal / 校长

Competitions

Our students are very active in participating in various competitions and many of them achieved very good results.



CTB (China Thinks Big)

More than 80 students participated in the competition and five teams entered into China Final. One team is awarded OUTSTANDING PRESENTATION and one team is awarded OUTSTANDIGN CASE STUDY. The latest good messages was that EIMMN group where Kan Guan Grade 9 participated in won Team Competition Second prize in the world final in USA. The Students try to discover the problems around them and then use the knowledge and skills they learned to solve the problems. The competition helps students to associate their study with their real life by doing projects. Projected based learning is also encouraged in the school and our students are going to present their projects when they finish CAIE exam in June.

British Physics Challenge

We have dozens of students participated in British Physics Challenge this year. There are two different competitions, which are AS and GCSE. Three students from G11 were awarded Silver and two students achieved Bronze. Eight students in G10 achieved Bronzed award.

近期竞赛活动

我们学生一直积极参加各种竞赛活动，近来不少学生取得非常好的成绩。

哈佛China Thinks Big中国大智汇

今年共有80多名学生（以跨校或跨年级形式）组队参加了比赛，最终有5支队伍晋级全国总决赛；全国赛期间，两支小队分别斩获优秀展示奖、优秀案例分析奖；而在上周的全球决赛中，G9年级学生关稀文所在的队伍最终斩获了全球总决赛团队二等奖。参赛期间，学生需运用他们学过的知识去解决身边的问题，以帮助他们在项目研究中把学习与现实生活关联起来。学校一直鼓励学生进行项目式学习，在6月CAIE考试结束后，我们将邀请这些参赛学生分享他们的课题研究成果。

英国物理奥林匹克竞赛

该项竞赛分为GCSE、AS两个级别，我们今年共有数十名学生参加了比赛，最终3名G11年级学生摘得银奖（1名）、铜奖（2名），8名G10年级同学收获铜奖。



Writing, Photo and Multimedia Contest



It is the first time that our students participated in this competition and Angelina Wang was awarded Sweepstakes Award Profile Writing, which is really a big achievement. The article has been shared in school Wechat platform.

Parents and students who are interested in it are encouraged to read the article via the following Wechat QR code.

美国国际高中生传媒大赛

今年首次有学生参加该项比赛，成果喜人，王子慕同学获得中国赛区【个人传记类】一等奖。学校官微已分享了这篇获奖作品，感兴趣的家长、学生也可扫描左侧二维码阅读全文。

英国化学奥林匹克竞赛

今年共有4名学生获奖，其中2名学生斩获银奖，两名学生收获铜奖。

模拟商赛

4月13-14日，南沙校园迎来了ASDAN模拟商赛，我校学生组成5支队伍参加了比赛，最终2支队伍分别获得最佳交易团队第二名、最佳品牌团队的奖项。



UK Chemistry Olympiad

Two students were awarded Silver and two students were awarded Bronze.

Business Simulation

On April 13 and 14 there was held ASDAN Business Simulation at ULC. 5 teams from our school participated in it. One team was awarded Top Trading team (the second place) and one team was awarded Brand Award.

Upcoming competitions

Waterloo University Chemistry competition
Waterloo University Physics (SIN) competition



近期更多竞赛活动

滑铁卢大学化学竞赛

滑铁卢大学物理竞赛

CAIE and Edexcel exams

CAIE and Edexcel exams are coming. The exams start on May 2 and last till June 24. Students need to check their exam timetable and attend the exams on time. All students have attended exam training this week so they are expected to follow the exam rules and prepare well for the exams. During the exam period, there are still lessons going on. Students need to attend the normal lessons or revision lessons. If they need to ask for leave, they still need to follow ask for leave procedure. Parents can also remind students of having enough sleep especially when they have exams the next day.

Mock exam result

We have almost finished inputting Mock exam results and comments. The report cards will be published the very beginning of next week. If parents would like to make appointment with teachers, they are welcome to do so.

PE lessons in G11 and English lesson in G12

It seems a number of G11 students do not value PE lessons so they are absent from the lessons. Those students have been traced by GLC and spoken by the Principal. Also they have finished their reflection on missing the lessons. We do hope they develop their sports skills and so some physical exercises to keep fit in PE lessons. Also some G12 students do not attend English lessons, which really affect their attendance. Even they have passed the language requirement for university application, they still need to develop their English skills to enable them to equip well for the future study. We do hope that parents also encourage students to give value to English lessons.

CAIE和爱德思考试

我们即将迎来CAIE和爱德思考试，考试从5月2日开始，并将持续到6月24日。学生需提前确认考试时间表并准时参加考试。目前，学生们已经完成了考试培训，希望他们在考试期间能严格遵守考试纪律，充分做好考前准备。学校在考试期间同样安排了课程，包括正常授课和复习课等。如果学生需要请假，请遵循正常请假流程。也请家长们提醒学生，考试前一天务必保证充足睡眠。

模拟考试成绩

随着模拟考试成绩和学生评语录入工作的结束，成绩报告单在本周初已完成更新发布。家长如有需要，可与学科老师进行约谈。

关于G11年级体育课堂、G12年级英语课程

之前，学校出现了部分G11年级学生不重视体育课程、缺席体育课堂的现象，级长已记录了这些学生的情况，校长也与他们进行了谈话，这些学生也反思了他们缺席体育课的不当行为。接下来，学校希望他们能不断锻炼体育技能，并在体育课堂活动中保持强健体魄。

此外，尽管部分G12年级学生已达到了大学语言成绩要求，他们还是需要继续不断提升英语技能，为未来深造进行更好的准备。



Jennifer Li / 李娟
Deputy Principal / 副校长

PSHE

Following and adapting the UK curriculum to our own has been a success, the PSHE Association has provided good guidance on the updates and any government changes to the curriculum. The PSHE lessons help homeroom supervisors to build relationships with their homeroom students and really get to know them.

The areas covered this quarter include:

- ◆ Critical thinking skills
- ◆ Listening skills
- ◆ Dealing with change
- ◆ Wellness challenges were set for students to complete, examples below ,
 - 1.Take a brisk walk for 30mins
 - 2.Eat 5 fruit/vegetable servings in a day
 - 3.Get at least 8hours of sleep
 - 4.Exercise for 30mins
 - 5.Cook a healthy meal
 - 6.Have a cup of green tea
 - 7.Tidy my room
 - 8.Complete 20 squats



PD Day – HOD training

Revision of the schemes of work for all departments is underway. Heads of departments looked at how their schemes of work could be more active. Any learning programme has to be planned carefully if it is to be successful. Some of the key elements they thought about was,

- ◆ The purpose of the scheme of work
- ◆ Cooperative learning and learning styles
- ◆ Teaching different levels and developing a climate for learning
- ◆ Integrating technology
- ◆ Global citizenship & Intercultural learning
- ◆ Assessment for learning
- ◆ Embedding essential vocabulary
- ◆ Reflection

英国PSHE课程

在对英国PSHE课程的逐渐适应与日臻完善过程中，PSHE组织已经根据学校情况和学校所在地政府政策提供了一系列建议指导。通过该项课程，行政班主任与学生们建立了更紧密的关系，这也让他们进一步地了解学生。

本学季所涵盖的PSHE话题有

- ◆ 批判性思维能力
- ◆ 倾听力
- ◆ 应变力
- ◆ 一系列强健体魄活动，这包括以下内容：
 - 1.每天快步30分钟
 - 2.每天吃5份水果/蔬菜
 - 3.每天至少睡8小时
 - 4.每天运动30分钟
 - 5.做一顿健康的饭菜
 - 6.喝一杯绿茶
 - 7.整理自己的房间
 - 8.完成20次深蹲

PD教师职业发展日（学科组组长培训）

各学科组正在有条不紊地制订工作计划。在此之前，学科组长们已经提前探讨了工作计划如何更高效施行等问题。任何一项学习项目想取得成功，都离不开细致的事前规划。以下为组长们所考虑的部分因素，

- ◆ 制订工作计划的目的
- ◆ 协作学习和学习方式
- ◆ 区分不同层次进行教学，营造学习氛围
- ◆ 结合前沿科技（教学）
- ◆ 保持全球公民和跨文化学习意识
- ◆ 评估学习效果
- ◆ 融入必要的词汇
- ◆ 保持反思态度

Student Leadership Accreditation

We have 8 students who submitted portfolios and their applications have been approved by the UK accreditation board. The results for the 8 students are below. The certificates will be issued later.

Candidate Name	Level Awarded
Camilla Xue	Gold
Leo Qiu	Gold
Merigan Wen	Silver
Kelly Wu	Silver
Matthew Lin	Silver
Humming Li	Silver
Tammy Tan	Bronze
Rico Li	Bronze

ASDAN Business Simulation

As a judge of ASDAN Business Stimulation, I evaluated one team of students from ULC. The assigned task to them was to create a company identity-Branding. It aims to establish a significant and differentiated presence in the market that attracts and retains loyal customers. After the presentation, the team leader told me that they started their preparation weeks ago and rehearsed many times. I was inspired the most by the slogan they created. The incorporated ULC mission in their slogan and surprisingly it sums up their company's philosophy very well. The use of corporate decision making and business strategy in market segmentation and product features clearly demonstrated their understanding of the market. Their presentation is well structured and easy to follow. They act corporately and presented confidently. I believe this is a unique experience to all.

PE Department's Reminder – Keep playing sport in the exam seasons

The exam season is coming and sometimes some students are suggested by their parents to drop sports during exams. In fact, a new

学生领导力认证项目

今年共有8名学生提交了个人资料及学生领导力认证申请书，并已通过英国学生领导力项目委员会认证团队的评估。以下为通过认证的学生名单，后续这些学生还将获授证书。

参与认证学生	获授等级
薛晓颖	金级
邱志力	金级
温舜翔	银级
伍嘉慧	银级
林航	银级
李颖格	银级
谭芷悦	铜级
李希成	铜级

ASDAN模拟商赛

作为本次ASDAN模拟商赛的评委，ULC老师参与到了评估参赛学生的工作中，其中也包括了由G9年级学生组成的一支队伍。在项目展示环节，学生们需要创建公司名片——品牌，旨在通过差异化产品打开市场，吸引并留住忠诚用户。在完成该环节后，学生团队负责人分享道，他们在几周前已经在着手准备项目展示了，期间还完成了多次排练。学生提出的产品口号清晰传递了他们公司的理念，这正是值得肯定的一点。为细分市场设计相应的产品功能，同时明确企业决策和业务战略，清晰表明了他们对市场的理解。此外，他们的演讲结构合理、浅显易懂，在台上也能自信地表达自己的观点，相信这对所有参赛学生来说都是一次特别的体验。

体育学科组：关于考试季保持运动的提醒



考试季来临时，有些家长会建议孩子暂停体育活动、专

心备考。但事实上，根据电报网站在今年4月24日发布的一篇资讯，一项最新研究表明，“体育活动不会影响考试成绩，孩子们在考

study suggests "Children should not stop playing sport in run up to exams as it has no impact on results", the following is quoted from an article from www.telegraph.co.uk/, Written On 24th April 2019.

According to research commissioned by The Headmasters' & Headmistresses' Conference (HMC), the GCSE results of 1,482 male and female students from 19 independent schools were analysed, and the effect that participation in sports such as badminton, cricket, hockey, netball, rugby and tennis had on their results were examined, finally found that contrary to what some parents believe, "sport involvement does not appear to have any negative implications" on results.

Professor Peter Clough, head the Psychology department at Huddersfield University who carried out the research, also found that Sports participants are happier, psychologically healthier, less anxious and more resilient and robust. Taking part in sport on a regular basis is not doing them any harm and it is doing them good.

Art & Design Department



It is now examination season again for most of the academic subjects in the school, but life is somewhat different for those of us focusing on creativity, pursuing originality and trying to critically understand another's artistic intentions. For here in the Art and Design department, our examinations have already finished; up to fifteen hours of grueling focus, preceded by six weeks of investigation and development. The coursework is completed, Personal studies

试期间的体育活动不该被喊停”。

根据英国校长联合会HMC发起的委托，科学家分析了19所不同学校1482名男女学生的GCSE成绩，也核实了他们参与羽毛球、板球、曲棍球、无挡板篮球、橄榄球等运动后的影响，最终发现了与家长们的截然不同的观点，“考试期间的体育活动对成绩没有任何负面影响”。

负责这项研究的是哈德斯菲尔德大学心理学系主任Peter Clough教授，他还发现，参加体育活动的学生心情更愉快，情绪更健康，更不容易感到焦虑，体魄更强健有韧性。长期参加体育运动并不会给学生带来任何伤害，反而对他们更有益。



艺术与设计学科组

对很多学生来说，考试季正式开始，其它学科考试正接踵而来，但稍显不同的是，引导学生追求创造力、创意，不断批判性地理解他人作品意图的艺术与设计课程已经在上周结束了CAIE考试。历经至少6周的创作素材调查和创



cited and along with sketchbooks all have been submitted to the examination boards for final moderation. You might see this as being the end, but no. This is the beginning, the beginning of the next stage. As always with Art and Design, it is always about what next, how to develop, innovate, improve. And so it begins.

It begins now especially for the Art and Design year 12 graduate students and the future that awaits them, no not awaiting, the future that they are creating for themselves. Many of them will be heading out of China to continue their studies later this year, studies which are their next step in a chosen career and opportunities which are not yet imagined. I would like to mention these student's and congratulate their achievements to date; Celia, Lily (one 'L') and Dione will all attend UAL, one of the most highly respected Art establishments on the planet. With Lily and Dione studying Fashion and Celia, Interactive Design Arts. Hector has also received an offer from UAL but is, as yet, undecided. Who knows where Hector will go? Michelle has received her dream offer, studying at the Fashion Institute of Design and Merchandising in Los Angeles. Edee has made a small detour and is focusing on Management, but I have a feeling this is not the last time Edee will be utilizing her enormous and incredibly individual artistic skill. Shawn, Elaine and Robbie are all heading out to change the world through architecture and have received several offers from a number of Universities, perhaps examination grades will play a part in helping the students decide their destination. Yoyo will be continuing to exercise her incredible imagination and communication style studying Illustration having received several offers, including Edinburgh. Finally Stacey, Stacey is going to pursue that which appears a very strong passion and a life long calling, studying Architecture. Having recently learned of the career as an Archeological Artist, she may yet find a way to combine her two loves.

Well done to you all from Carl and Joy. Remember this is the beginning, good luck for your futures.

作完善准备，长达15小时的艰苦奋斗，学生们最终顺利完成了考试作品，创作期间的个人研究思路和练习习作也已提交至CAIE考试委员会进行最终审核。你可能认为这意味着结束，其实不然，这其实是下一阶段的起始点。正如艺术与设计课程所提倡的，我们始终向往如何更进一步地发展、创新、完善...

对G12年级学生来说，这个阶段同样是未来篇章的开端。他们中的许多人将在今年远赴海外求学，而学习也将为他们带来难以想象的职业空间和机会。我想在这里分享一下这些学生所取得的成就：张笑之、李丽云、黄子昕3名同学将会去到全球认可度最高的艺术学校之一——伦敦艺术学院，其中张笑之选择的是交互设计艺术，李丽云、黄子昕将会往时尚领域深造；陈雨暘同学同样获得伦敦艺术学院录取，但目前还没决定是否前往这所大学深造；周楚楚同学拿到了梦校录取，将远赴洛杉矶美国时尚设计商业学院求学；张琬颐同学选择了管理方向，但我相信她在未来还有很多发挥高超个人艺术能力的机会；赵世源、田依岚、颜智亮这3名同学正往建筑艺术方向努力，希望以此来改变世界，目前已收到多份大学录取，他们可能在CAIE考试出炉后才确定去哪所大学；刘卓君同学将往插画方向努力，继续发挥她天马行空的想象力和表达风格，目前也已收到来自爱丁堡多地的大学录取；还有卢禧桐同学，除了继续献身于需要强烈艺术激情和终身努力的建筑研究方向外，她最近对考古艺术家的职业道路也产生了兴趣，以后可能找到同时结合两个兴趣领域的艺术道路。

所有学生都表现得很棒，这正是艺术组老师 Mr. Carl、Ms. Joy的一致肯定。别忘了，拿到录取只是一个开始，希望你们未来一切顺利！

Field Trip to Sea Battle Museum & Weiyuan Batteries

On March 28th, the A-Level classes of Geography and History of ULC went on a field trip to the local Sea Battle and Opium museums. The Pearl River estuary is a strategically important geographical location and thus witnessed countless historical moments, and it certainly has a lot to offer for us young humanities students.

Standing on the remains of the Weiyuan Batteries, students gazed at the distant ocean where the first British warship had appeared on the horizon. What we have learnt from this field trip was something few other subjects get to learn. Mr. James Heapy, the head of the Humanities department of ULC, was satisfied by the outcome. "I was happy to see students out of the classroom, and for them to see how geography and history are interrelated. The humanities are beyond the textbook, they are about real life scenarios that support the discipline. Overall, I think this unique opportunity has been insightful and rewarding, and I believe so do the students." (Quoted from G12C Ricky Zhu's article which was published on our school Wechat platform. Parents and students who are interested in it are encouraged to read the article via the following Wechat QR code.)



人文历史地理实地考察

3月28日，在人文组老师们的陪同下，A Level 历史班、地理班的20名学生们前往海战博物馆、鸦片博物馆进行了实地考察旅行。博物馆所坐落的珠江入海口，自古以来便是海上战争要地，曾见证了无数历史事件的演变，这一次考察旅行也因此让我们一行人受益良多。



我们站在威远炮台的遗址之上，眺望着曾经被外国舰船占据的遥远又模糊的天际线。我们在这次考察中亲身学到的东西，不仅可能是其他任何科目所不能教给我们的，而且还能转化为人文学习中不可多得的经验与动力。本次活动的带队老师Mr. James Heapy也对这次的旅行非常满意，他说，“我很高兴能够让我们的学生走出教室，亲身地体验到历史和地理这两门科目之间的联系。人文的真谛永远不在教科书上面，而是更重要的与现实的关联。总的来说，我觉得这次独特的考察机会对人文学习的帮助非常大，我相信孩子们也是这么觉得的。”（摘自G12C班朱弋城《记人文考察旅行见闻》，感兴趣的家长可扫描左侧二维码阅读全文）



Beverley Ross
Deputy Principal / 副校长

ULink Talk in April

Student Union of ULC has successfully hosted the 3rd ULINK TALK on April 18th. The ULINK TALK is an intramural speech which is facing to the whole ULC campus (students, parents, and all faculty), it is a way to enrich the varieties of our monthly event, and encourage every member to come up with different interesting ideas for sharing.



The topic of this time is ACT NOW, this is a brand-new topic, but also can be the continuity based on the last ULINK TALK topic – THINK BIG. In this event, we expect our presenters to show their unique opinion by providing an unforgettable speech, and they never let us down.

- ◆ Here are the four fabulous presenters and the topics they want to share:
- ◆ Bowie Zhou from G9 – ‘Are you yourself?’
- ◆ Camilla Xue from G10 – ‘To promote everybody to act now’
- ◆ Rachel Jiang from G11 – ‘Butterfly Effect’
- ◆ Antonia Holland (our fantastic teacher!) – ‘How Success and Failure are Best Friends?’

Thank you to all our talent presenters for giving their fabulous presentations! They really did an amazing job within the limited 15 minutes, we can assure that everyone in that hall were all charmed with their funny speech, confidence, perfect accent, and their unique performance!

4月ULink Talk演讲大会

4月18日周四，由学生会筹备的第三届ULink Talk演讲大会圆满落幕。这是一个以TED Talk为原型的校内演讲活动，学生、老师、家长均可参与其中。

这一次ULink Talk的主题是「行动起来」，这既是我们上一届主题「思考未来」的延续，也可以被看作是一个独立的主题。正如我们所期待的，4名演讲者以独一无二的见解为我们带来了一场难忘的知识盛宴。

以下为4名演讲者信息和演讲主题：

- ◆ G9年级周芷如 - 你在真正做你自己吗？
- ◆ G10年级薛晓颖 - 让每个人都行动起来
- ◆ G11年级姜雨晴 - 蝴蝶效应
- ◆ 英语组老师Ms. Antonia Holland - 为什么说成功与失败是一对好朋友？

虽然每场演讲只有短短15分钟，可是在这不足1000秒的时间里，她们那有趣的内容、在台上的自信光芒、好听的口音都让台下观众赞叹不已！

我们还期待社区成员们为我们的校园活动带来更多样化、更有趣的建议和想法。



Lately activities in Volunteer Association

On the afternoon of March 27th, Love Charity organized by V.A was successfully held. The final fund-raising for this charity was 11,167 yuan. V.A promised that all proceeds will be donated to charities to ensure fair and open activities. We look forward to seeing you in Love Charity next year!



With the successful ending of the charity sale, we will usher the school test season. Except some regular volunteer

activities in the school, V.A will not provide other volunteer activities. For the summer holiday, we will provide information on teaching from Asdan and Goabroad for students to choose.

Whole School Assembly

On the afternoon of April 2, 2019, all the teachers and students ushered in the second whole school assembly of the semester in the lecture hall on the first floor of the AQ3(Lecture Hall). In principle, the assembly is held at the end of each month to commend participants and winners in academic, sports or other competitions, and to encourage other students in the school to actively participate in various academic and cultural activities on and off campus, as well as to provide teachers and students with a stage to show their areas that they are good at or interested in. Usually, lots of teachers and students would volunteer for a speech or sharing at every assembly.

Following the convention of assembly, there was an opening talented performance from students or teachers to ignite the enthusiasm of the students to participate in the assembly. Unlike the past, under the careful guidance of Ms. Doris from music department, five members of the school band brought a wonderful concert of music. The singer, using the soft voice accompanied by the piano, guitar and bass, performed two beautiful songs to the audience.

义工社近期活动

3月27日下午，由义工社组织的爱心义卖顺利举办。本次义卖的最终筹款为11167元，义工社将把所得筹款全部捐至慈善机构，并期待明年的爱心义卖当中，能见到更多社区成员的身影！

随着爱心义卖的圆满落幕，我们迎来了学校考试季。为了让学生安心备考，除了一些校内常规义工活动，义工社暂不提供其它校外义工活动。暑假期间，义工社支教平台将提供来自ASDAN和无涯机构的支教项目信息，以供学生们选择。

**全校集会**

2019年4月2日下午，我们迎来了本学期第二次全校集会。全校集会原则上是每个月月底召开一次，以表彰学术及文体等活动参与者和优胜者，鼓励学生积极参与校园内外活动，同时也给师生们提供了一方展示自己兴趣领域和擅长内容的舞台。通常，每次全校集会都有多名老师和同学自愿报名进行分享。

遵循惯例，全校集会均由学生或者老师的才艺表演来开场，以点燃同学们的参会热情。与以往不同的是，在音乐组Ms. Doris老师的精心指导下，校乐队5名成员为本次集会带来了音乐联合表演，歌者的柔美嗓音伴随着钢琴、吉他和贝斯三种乐器声，为现场观众演绎了两首动听歌曲。

Subsequently, Jennifer Li, the Deputy Principal (D&A), read out the list of participants and award-winners in the CTB project (China Thinks Big), and issued certificates to the silver and bronze winners who participated in the Chemical Olympia Competition.

In the following speech and sharing, Changer Peng and Harry Pan from G10 completed a sharing of Apollo lunar exploration and space exploration. Combining with the rocket model and applying relevant theory of physics, Changer explained to the audience the speed of the rocket in space and data and process of sending the astronauts back to earth from the space, which attracted the great interest of the students and won a warm applause for the two speakers.

The assembly came to an end with the food waste video elaborated by the Eco Community. In the video, it not only appealed to all teachers and students to value the earth's living resources, but also caused many people's attention to the hunger problem of people in poor areas of the world, and also called for everyone to take actions to reduce food waste.

Lately PE Activities

From March to April, our students participated in different competition as below,

- ◆ Soccer Practice Match (ULC vs NCPA) on 12th March
- ◆ PRC Soccer Exchange – Boys @ CGS, Girls @ QSIS on 16th March
- ◆ Soccer Practice Match (Boys only) @ TLC on 19th March
- ◆ Soccer Practice Match @ AIC on 25th March
- ◆ Soccer Practice Match vs NCPA on 28th March
- ◆ Boys & Girls Soccer Match vs AIC @ AIC on 16th April
- ◆ Guangdong International High School 3V3 Tournament on 20th April
- ◆ Boys Soccer Practice Match vs QSIS @ ULC on 24th April
- ◆ PRC Soccer Championships (Boys @ QSIS, Girls @ CGS) on 27th April



随后，教务副校长李娟老师宣读哈佛China Thinks Big中国大智汇比赛中获奖的同学名单，并为参加化学奥林

匹亚竞赛等获奖同学颁发证书。

在接下来的环节中，来自G10年级的彭程劼和潘叙涵两名同学进行了太空探索主题的分享，他们结合火箭模型，并运用了物理学相关理论，给现场观众讲解了如何将宇航员从太空平安送回地球的相关数据和过程，吸引了现场同学们的极大兴趣。

集会会在经济社团的食物浪费调查视频中进入尾声，视频不仅呼吁全体师生重视地球生存资源，引起不少人对世界贫困地区人民饥饿问题的关注，也号召了大家将减少食物浪费付诸行动。

近期体育活动

在过去的3-4月期间，我们学生参加一系列珠三角国际学校间的体育竞赛，具体如下，

3月12日，校足球队与NCPA美式中学举行校际足球练习赛。

3月16日，校足球队赴广东碧桂园学校（男子赛）、东莞科爱赛国际学校（女子赛）参加珠三角足球交流赛。

3月19日，校足球队赴东莞TLC国际学校参加校际足球男子练习赛。

3月25日，校足球队成员赴广州亚加达国际预科学学校参加校际足球练习赛。

3月28日，我校足球队与 NCPA美式中学进行了校际足球练习赛。

4月16日，我校男子、女子足球校队赴广州亚加达国际预科学学校参加足球赛。

4月20日，首届广东省国际高中3V3篮球邀请赛圆满落幕，ULC学生队伍获得第一名。

4月24日，我校足球队与东莞科爱赛国际学校完成了男子足球练习赛。

4月27日，我校足球队赴东莞科爱赛国际学校参加PRC珠三角足球联赛冠军赛。

Campus Food Safety

Linked who was responsible for our school's can-teen took part in Campus Ops Meeting. After that the participant shared some key information which was discussed during the meeting. The following is quoted from School Food Safety and Health Regulations, which has been implemented from 1st April 2019.

Article 36

Elementary, primary and middle schools are not allowed to make or sell cold food, raw food, decorative cakes; not allowed to process high-risk foods such as kidney beans, fresh day lily, wild mushrooms, sprouted potatoes and etc. Provincial or city FDA can extend the list of high-risk foods according to local situations.

Besides that, according to the data we collected on ordering food from outside, salad and sushi, which belong to cold and raw food that is not allowed to make or sell as mentioned in the policy, are among the top favorites for the students. Please kindly remind your child not to order or take food that is on the list provided by the government for students when at school.

Comprehensive Cambridge Study programme 2019

By integrating the experience of Cambridge IELTS and Pre-University Programme 2018 and Study Abroad Program, Brisbane Australia, Learning Center has launched Cambridge IELTS and Pre-University Programme 2019. This academic camp is specially designed for G10 and G11 students, aiming at improving IELTS scores and applying for G5 University in UK. In mid-March, Learning Centre started a preparatory course for the academic camp, which lasts 1-2 hours a week until June. The teacher is Jane and Francis, who are professional in IELTS courses consulting with 10 years' IELTS teaching experience in the UK. At the beginning of the course, our instructor has conducted one-to-one interviews with students to understand their curre-

校园食品安全

学校后勤部门参加了由政府组织的校区食品安全联席会议。与会者分享了会上讨论的关键信息，以下为自2019年4月1日起施行的《学校食品安全与营养健康管理规定》部分内容。

第三十六条

中小学、幼儿园食堂不得制售冷荤类食品、生食类食品、裱花蛋糕，不得加工制作四季豆、鲜黄花菜、野生蘑菇、发芽土豆等高风险食品。省、自治区、直辖市食品安全监督管理部门可以结合实际制定本地区中小学、幼儿园集中用餐不得制售的高风险食品目录。

此外，根据我们收集到的校园外卖调查数据，发现学生喜欢订购沙拉、寿司等冷荤类外卖食物，而这些正是上述管理规定校园内禁止制作、贩售的品类。请家长提醒孩子：携带食物返校或在校期间订外卖时，应避免选择禁止名单上的食品。



2019年英国剑桥学术营

整合去年英国剑桥学术营及多年澳洲海外学习项目的经验，我们将在6月30日迎来了最新一期英国剑桥学术营。本次学术营主要面向针对G10-11年级学生，以帮助他们提高雅思考试成绩，帮助有志于英国G5超级精英大学的学生更好地迎接大学申请工作。

早在3月中旬，学习中心便开展了学术营的前期准备课程，期间每周1-2个课时，将持续到6月，授课老师由拥有10年雅思教学经验的英国本土课程顾问Ms. Jane和Ms. Francis担任。在课程开始前，我们的授课老师已经对学生进行了一对一面试，既给学生提供一次口语练习机会，也让授课老师提前了解学生性格、学术情况、优缺点等，以便备课内容更有针对性。

-nt personality, academic performance, advantages and disadvantages, these interviews can give students an oral practice equivalent to an interview, so as to facilitate and target the preparation of lessons by the instructor. After the beginning of the course, the students will adapt to the English learning content and teaching methods early in the course, have a smooth transition during the academic camp and maintain a good learning attitude. This academic camp will be led by three teachers, Yivan, Dane and Ethan of ULC. I wish all the students have the best IELTS scores during the academic camp.

Individual Tutoring Programme

There is examination season coming up in May and June, Learning Center would like to share some experience about how to prepare students themselves.

◆ Self-discipline

Because of CAIE exam subjects are numerous and time is long, students must draw up their own examination schedule, prepare admission certificates, stationery and remember to complete the exam in accordance with the rules of the examination room.

◆ Review materials

Combine the syllabus with the real questions of previous years, make a detailed plan to do the questions, and improve your ability to take the exam (don't waste time).

And during the exam preparation period, Learning Center will provide students with mathematics and physics subject guidance. Students can come to Learning Center to consult Zach in their spare time and evening self-study time. Zach will try his best to solve the difficulties of the examination for all students. Learning Center wish all the students can get excellent results in the final exam!

此外,为了帮助学生尽早适应6月英国营学习内容以及授课方式,在学术营期间保持良好的学习状态,本次活动还特意安排了 Ms. Yivan、Ms. Dane、Mr. Ethan三位随行老师。我们预祝同学们在学术营期间收获满满,考出理想的雅思成绩!



学科辅导

学校即将迎来5-6月考试季,学习中心在此与大家分享一下备考建议:

◆ 做好充分准备

由于考试科目众多、考试时间分散,大家务必提前阅读自己的考试时间表,并准备好准考证、文具等,切记按照考场规定完成考试,不能有一点马虎。

◆ 合理利用复习资料

建议大家结合考纲和往年真题,制订一个周详的做题计划,合理高效地提高自己的应考能力。

在接下来的5-6月,为了让大家高效备考,帮助有需要的同学解决数学和物理学习上遇到的问题。我们还会额外提供学科资料和复习内容。同学们可以在自己的课余时间、晚修时间来到学习中心取阅,或向Mr. Zach老师咨询学习上遇到的各种疑难问题。希望各位同学最终都能考出优异的成绩!



Cherry Chang / 常燕
Deputy Principal / 副校长

Career Updates

Since the turn of the year, grade 10 students have had the opportunity to meet with Chris to discuss their future plans relating to A-level choices and potential career paths. This opportunity will continue to happen until all students have had their own counselling session. Overall, our career counselor have been very impressed with the maturity and decision making of our students as they plan their next steps but it is also worth remembering that it is completely normal if some students are still unsure what the future holds as things can change very quickly. Chris' advice for the future would be to always follow your passion, never stop asking questions.

Suggestions for the coming summer holiday: look into internships or volunteering opportunities as this is a great way to have a taste of what certain courses or careers might be like.

College Updates

After having most of the decisions from universities in April, we can now say it's almost the end of our college application journey for this year, while we are still expecting news from universities in Canada, Australia and Hong Kong (SAR, China). This year, 108 G12 in total, and end up with 448 offers by now, the acceptance rate of world top 100 universities is about 92%.

From this year's admission selection process, we can see the competition is even more intense. Not only the A level requirement become higher, but also the Language requirement is changing, such as LSE's PTE requirement for each component changes from 65 to 69 with a score of 69 overall. IELTS requirement for Imperial college's Electrical and Electronic Engineering program changes from overall 6.5 to 7.0 with 6.5 in all four components.

While some universities required a higher level of English proficiency, EHL-Lausanne hotel school just lower their English requirement for

职业指导

从上学期开始，G10年级学生一直在跟CAS升学指导处职业指导老师Mr. Chris进行一对一的面谈，就职业选择跟A Level课程选择进行讨论。在这个过程中，Mr. Chris发现很多学生都非常成熟有想法，对自己的选择也比较清晰。虽然有小部分同学对于未来的选择还不是太确定，但只要继续保持好奇，保持探索事物的热情，便可以逐渐明确自己的方向。

暑假即将到来，我们给同学们的建议是：可以尝试相关实习或志愿者工作，这是探索和确认未来职业选择的最佳方式之一。



升学指导

随着大部分录取在四月份纷至沓来，今年G12年級的录取工作暂告一段落，但接下来可能还会有来自加拿大、澳洲、中国香港小部分录取的不定时更新。截止至目前，108名毕业生一共拿到448份大学录取，其中世界前100大学的录取率高达92%。

纵观今年录取的进程和结果，我们可以看到，大学筛选过程越来越严格、激烈。很多大学不只提高了A Level成绩要求，语言要求也相对应提高。比如伦敦政治经济学院的语言要求中，PTE（类似于雅思的另外一种语言考试）从原本的小分65提高到小分69；帝国理工学院电子电气工程专业的雅思成绩要求也从原本的总分6.5提高到总分7.0、小分6.5。

此外，也有部分大学降低了语言要求，比如瑞士洛桑酒店管理学院降低了2020年入读本科生的语

2020 undergraduate entry from overall IELTS 7.0 to 6.0, but student will be required to complete a complimentary language course in the first semester. Therefore, no matter what the change is, prepare well is only way to cope with changes.

This year's G11 student's college application preparation has already started, a full guidance of writing personal statement has been offered, extra classes for admission test has all been arranged since this semester. If parents have any further enquiries about college application, CAS officers are always welcoming parents to make individual appointment with us. Thanks.

言要求，从原本的总分7.0下调至总分6.0，但学生需在大一期间选择英语语言课程。总的来说，尽管大学录取要求出现变化，但储备好自己才是应对变化的最好方式。

G11年级学生的升学准备已经在本学期有条不紊的进展当中，目前已初步完成文书指导工作，有加试的同学也正在进行额外的加课。如果家长需要进一步地了解大学申请，升学指导处的老师随时欢迎各位家长预约面谈。谢谢！



Ivy Lin / 林佳
CAS Coordinator/升学主管

Dear Parents,

It is this time of year again -- the exam season is here and we all know that during this particular time you and your child may experience great level of anxiety. Anxiety is an emotion that triggers by stressful or dangerous situations and it can do good on us when the anxiety curve is at its proximity helping our task performance.



However, when your level of anxiety gets too high—you're too afraid of what is going to happen, it takes your cognitive load and cause you a lot of symptoms which can significantly impact your daily

life. I've been offering individual and small group counseling for students who have such issues. Every student has received a copy of Guidelines for Managing Test Anxiety, the aim is to ensure that everyone knows what it is like and where they can find help from when they experience anxiety. (*Guidelines for Managing Test Anxiety* can be read via the above Wechat QR code.)

上期家长课堂：与青春期的有效沟通

The Developmental Model 青春期发展模型

• Personal interests and self driven

有愿意投入时间和精力爱好和自我驱动；

• Academic/career success

在当前和长时任务的专注与成绩；

• Social/emotional bond

有社会关系和情感的支持与纽带；



美国心理学家 S. Samuel (1965). A Longitudinal Study of Adolescents, British Journal of Psychology.

Maslow's hierarchy of needs (1943)

In March and April, ULC Counseling Services provided two sessions for parents including Effective Communication with Teenagers and Help Your Child Manage Test Anxiety. I hope these sessions have offered some insights and techniques helping you give the kind of support that your child needs, help the both of you understand each other better, and go through this tough time together.

亲爱的家长们，

一年一度的考试季又到了。这段时间以来，您可能会发觉您和孩子都出现了不同程度的焦虑感。焦虑是一种由压力或危险情况引发的普遍情绪。当焦虑曲线处于最佳水平时，焦虑感实际是一种有助于工作学习的积极情绪。然而，当焦虑过度——因为太害怕不好的事情会发生时，它会使你的认知超负荷运转，并出现许多不适症状，继而对日常生活产生重大影响。在考试季到来之前，越来越多学生受到焦虑情绪的影响，我一直在为有这类困扰的学生提供个人和小团体咨询。目前，所有学生已收到成长辅导与咨询中心发出的《焦虑管理指南》（可微信扫描左侧二维码阅读），我们希望每个孩子都能了解焦虑是什么，帮助他们意识到当自己处于过分焦虑状态时，他们可以如何自我帮助、如何向他人寻求帮助。

焦虑是什么

Definition and Signs of Anxiety

是包含了担心、紧张、恐惧、尴尬等感觉的一种情绪的统称，它同时也会唤起一些生理和认知的变化。

(DSM-IV-TR, 5th Edition.)



- ☐ 紧张，肌肉酸痛
- ☐ 无原因的口干，尿频
- ☐ 肠胃不适
- ☐ 头痛
- ☐ 呕吐感
- ☐ 莫名流泪
- ☐ 注意力很难集中
- ☐ 记忆力变差
- ☐ 头脑常“一片空白”
- ☐ 失眠
- ☐ 忧郁，莫名担心
- ☐ 暴躁易怒
- ☐ 异常敏感多疑，常觉得被人背后批评等等...

在过去的3-4月里，我们就大家关心的话题进行了两期家长课堂，主题分别是：如何与青少年进行有效沟通、帮助孩子管理考试焦虑。我希望这两次课堂可以帮您更好地了解孩子，和孩子相互理解，为孩子提供所需要的支持，和孩子一同度过这段特别有挑战性的时期。



Below is a list of things that might be useful if you ever find your kid uneasy and anxious because of the upcoming exams:

Tip 1. Offer your warm company, and help your child to prepare everything that they will need for the exams, such as organising schedule, providing healthy food etc. However, showing how much you're worried about your child is never a good idea, as an emotional parent influences the child become unsteady either in performance or emotionally.

Tip 2. Do something fun over weekends to relax them like playing a board game, watching a movie, or participating in a sporting activity.

Tip 3. Stay in tune with your child's progress and have a big picture in mind -- don't take one time failure as forever.

Tip 4. Encourage your child to see a school counsellor. Counsellors offer practical techniques for students to cope with test anxiety, while the course of speaking out is also a good heal to the anxious mind.

Hope to see you at the next parent class!

如果您发现孩子因为考试感到焦虑和不安，或许可以尝试以下方法：

1. 陪伴孩子，协助孩子做好考前的准备，如制订作息时间表、健康饮食等。但家长需注意，在孩子面前不宜流露出担心、焦虑的情绪。这是因为，父母的情绪化往往会影响到孩子情绪和表现的稳定性；

2. 当孩子周末回家时，家长可试着与孩子一起做些放松身心的活动，如玩游戏、看电影、做运动等，这些都是增进亲子关系的良好方式；

3. 与学校和老师保持联系，了解孩子学习的进展情况——这样有助于家长从长线跟进孩子的发展，不会轻易因为一两次短期得失而感到紧张；

4. 鼓励孩子在需要时主动跟导师约谈，成长导师能够给孩子提供实用技巧来减轻焦虑感带来的压力，而且谈论自己的感受这一过程本身也是很好的减压治愈方式。

我们下期家长课堂再见！

Email/邮箱：summer.sun@ulinkcollege.com

Tel/电话：+86 (20) 39090100-6119

成长辅导与咨询答疑办公室：AQ3-104



Ms. Summer's WeChat ID



Summer Sun/孙湘君
Guidance Counsellor/成长导师