

# 家长通讯 Newsletter

Issue 1 | 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,



Greetings! I would like to take this opportunity to welcome all our 227 new students this school year. I am happy to see them actively trying to adapt to the new environment and way of learning after careful observation.

All English lessons, different accents of our teachers, uncon-

ventional electives, peers from outside the province, a lot of self-study time and the freedom to use mobile phones and laptops - all this could be overwhelming for our new students. My only suggestion here is to give your children a hug instead of asking them 'How's school' or 'Have you taken a test so far?' or 'Can I see your test result?'. Reassure them about their month-long experience and try to understand if they are able to keep up in their classes so far. Maybe even ask them to share with you what does a 70-minute lesson look like? Ask them if they have made any new friends so far or is there anything they would like to share. Have they encountered any difficulties so far? If yes, what measures have they taken to tackle them? Questions as such asked and handled in a respectful, patient, and sincere manner can be helpful. Students who are going through puberty might seem cold at and distant at the outside, when in fact they are desperate for attention from their parents. Let's all think back to our high school years and remember what it was like.

Our returning students are now back into a schedule of learning with some utilizing all possible free time they can get to revise for important exams, hoping to excel in the October/November exam season. Parents are encouraged to be more sensitive about student's mental health during the National Holiday and find out more possibilities about ways to deal with both positive and not-so positive exam outcomes.

各位家长,

大家好。首先欢迎227名新生加入我们的大家庭, 他们在开学后的这四周里认真观察、积极尝试、努力适应全新的学习和住宿环境, 为他们点赞。



全英的课堂、老师们的各式口音、非传统学科的选修课、来自省内外的的小伙伴、突然多了很多的自理时间、手机和电脑可以使用的“幸福”, 对于萌新们都是挑战。在此, 我建议家长们, 周末见到孩子, 不要第一句询问“学习如何?” “考试没有? 成绩出来没?” 而是给孩子一个拥抱, 肯定他们这一个月的全新体验, 和他们聊聊“是否听得懂?” “给我讲讲70分钟的课堂是怎么样的?” “有没有交到朋友?” “有什么有趣的人或活动分享吗?”

“遇到什么困难没有? 尝试通过什么办法解决的?” 等等, 以平等、耐心、真诚的姿态倾听他们的表述, 并能适当予以回应。青春期的孩子, 表面上貌似很高冷、不屑与成年人(特别是父母)交谈, 但实际上, 他们内心非常渴望来自父母的陪伴、认可和理解。回想一下我们自己的高中时代吧! 你会知道如何设身处地与他们沟通。

老生们也在有序地学习新课, 有重考任务的在利用课余时间复习和刷题, 期待着10-11月国际大考能考出理想成绩。建议家长们在国庆假期, 多关注孩子的心理压力, 多去探讨各种可能性: 如果考到理想成绩, 接下来如何; 如



Ms. Yuki Qian is Assistant to Principal Dr. Fryer, and the person-in-charge of promoting and organizing both internal and external competitions. She has promoted all competitions through different channels since the start of this school year, in order to encourage those who are interested to participate based on their talents or specialties. Academic competitions are an important component in college application and Personal Statement writing. Participation enables students to learn and grow with others and is highly regarded by overseas university admission teams. I would like to strongly encourage parents to get more information about these competitions and help your child to select a suitable subject in which to participate.

Since the start of this school year, it has been brought to our attention that some students have been spreading rumors through social media or in conversation with others and that these behaviors have caused disturbance and resulted in actual alienation and bullying. The school will further strengthen our internet firewall and anti-bullying education by carrying out discussion/sharing during PSHE lessons and invite experts to give presentations on cyber bullying. Meanwhile, I would like to encourage parents to communicate with your children about this topic, encourage them to say NO to bullying behaviors and report these behaviors to school staff. Most importantly, parents need to guide students about appropriate communication and being kind to others. Open, inclusive, respectful of diversity, and mutually supportive of each other have long been qualities at the heart of ULC's campus culture, and we hope that new students will gradually integrate into this culture after slowly adapting to our teaching approach.

The National holiday is coming, and I wish all parents a safe and happy time following the corresponding government directions in cooperating with the epidemic prevention and control, and trying not to go to places where people gather. Enjoy a balanced mixed of work and leisure, and most importantly, spend a warm, relaxing, and meaningful holiday with your children.

果还是差强人意，也要朝前看，做下一步计划，不要耽误当下的课程学习。

Yuki钱老师，既是校长Mr. Fryer的助理，也是学校负责宣讲和组织参加校内外竞赛的老师。她在开学后利用各种渠道向学生们介绍和讲解了各类学科竞赛，鼓励学生根据自身的兴趣和特长选择性地参加。学科竞赛是孩子们申请海外大学以及个人文书里非常重要的组成部分，既能让他们与校外更强的学习者在竞争中互相学习和成长，也是将来海外大学招生官们侧重考核的一项。希望家长们能了解这些竞赛，利用周末或假期与孩子进行探讨，挑选合适的科目报名参加。

开学以来，我们也发现个别学生通过社交媒体或口头发表不实谣言，给其他同学带来困扰，造成孤立和欺凌。学校会加强网络安全、反对语言欺凌等方面的教导，在PSHE课上（备注：该课程为英国所有中小学的必修课程，致力于从「Personal自我」、「Social社会」、「Health健康」和「Education教育」等方面帮助学生掌握生活所需的各种常识和能力。）重点开展与之相关的话题，并拟邀请法院专家来校进行专题讲座。也希望各位家长同步与孩子沟通，坚决同各种欺凌现象Say No，勇敢说出自己的感受，同时，“己所不欲，勿施于人”，引导孩子如何才是正确的沟通方式，换位思考地去体会他人。开放、包容，尊重多样性，相互支持，一直以来是ULC的校园文化之一，希望新生们能够在逐步适应教学活动后，也能慢慢融入到这样的文化当中。

国庆假期即将来临，在此顺祝各位家长假期平安、愉快，响应政府号召，配合疫情防控，尽量不前往人员聚集地方，劳逸结合，与孩子们一起共度一个温馨、放松、有意义的假期。



Cherry Chang / 常燕  
Executive Principal / 执行校长

Dear Parents,

I would like to extend a very warm welcome to you all as we embark on the 2022-23 school year! I hope you were able to enjoy some quality family time over the summer vacation. Following our achievement of international accreditation earlier this year by the Council of International Schools, we are collectively working on implementing their major recommendations. We are focused on integrating Global and Digital Citizenship as well as differentiation strategies across the curriculum and, as you can see in the student parent handbook, we have clarified the English and Mathematics pathways. Please allow me to briefly introduce our wonderful new teachers who have joined us this year:

#### **English -**

Ms. Alanna Benjamin is from Grenada. She has a Bachelor of Education in Pedagogy from Central China Normal University, an Associate Degree in General Studies from T.A. Marryshow Community College, and a Post Graduate Certificate in Education (International).

Ms. Leah Muchuchu is from Kenya. She holds an MA in Advanced Teaching in Secondary School, from the University of the People, and a Bachelor of Arts with Education, English Language and Literature, from Kampala International University.

Ms. Kristen Dong is from China. She holds an MA in Translation and Interpretation from City University of Hong Kong and a BA in English for Science and Technology from Harbin Normal University School.

#### **Mathematics and Computer Science -**

Ms. Rita Qin is from China. She has a BS in Mathematics and Applied Mathematics from Changchun Normal University, a Bilingual Teacher Qualification and a Teacher Qualification Certificate granted by the Changchun Bureau of Education.

Mr. Krishna Yadav is from Thailand. He holds a Bachelor of Engineering, Thammasat University. Krishna is also teaching within the Science department.

Mr. Alex Qi is from New Zealand. He holds a BSc Maths (Honours) from Troy University and a Post Graduate Diploma in Teaching from the University of Auckland.

Mr. Barent Han is from China. He holds an MS in Statistics from Leiden University, a BS in Chemistry from Shandong Normal University and has a China High School Teaching Certification.

Mr. Rock Lee is from China. He holds a BS in Computer Science from Beijing University of Technology.

亲爱的家长,

在我们踏上 2022-23 学年之际,我谨在此向大家表示热烈的欢迎!我希望,你们在暑假里度过了高质量的家庭时光。继今年4月底,我们获得CIS国际学校联盟委员会的认证后,我们已着手践行他们反馈的主要建议。我们专注于将全球公民、数字公民、跨课程的差异化策略整合在一起。正如今年学生手册所更新的,我们详细阐明了英语和数学分层教学路径。下面,请允许我简单介绍一下今年的优秀新老师:

#### **英语组 -**

Ms. Alanna Benjamin来自格林纳达,她拥有华中师范大学教育学学士学位和美国玛丽秀社区大学人文艺术学院通识教育副学士学位,并持有PGCE研究生教育证书。

Ms. Leah Muchuchu来自肯尼亚,她拥有美国加利福尼亚州人民大学教学硕士(高级教学、中学高级教学)学位和乌干达坎帕拉国际大学英语语言文学学士学位。

Ms. Kristen Dong来自中国,她拥有香港城市大学翻译及传译文学硕士学位和哈尔滨师范大学科技英语专业学士学位。

#### **数学和计算机科学组 -**

Ms. Rita Qin来自中国,她拥有中国长春师范大学数学与应用数学学士学位、长春师范大学双语教师资格证和中国教师资格证。

Mr. Krishna Yadav来自泰国,他拥有泰国国立法政大学工程学学士学位,同时在科学学科组任教。

Mr. Alex Qi来自新西兰,他拥有美国特洛伊大学数学理学学士学位(荣誉毕业)和新西兰奥克兰大学中学教育后学士学位。

Mr. Barent Han来自中国,他拥有荷兰莱顿大学统计学硕士学位和中国山东师范大学化学学士学位,持有中国高中教师资格证。

Mr. Rock Li来自中国,他拥有北京工业大学计算机科学学士学位。



New Teachers  
SY 2022-2023

### Science -

Mr. George Odera is from Kenya. He holds an MSc in Educational Management, Strathmore University, a BSc of Range Management from the University of Nairobi, a Post Graduate Diploma in Educational Management from Strathmore University, and a Post Graduate Diploma in Education (Biology) from Kenyatta University.

Ms. Linda Duan is from China. She holds a BSc in Chemistry from Gannan Normal University and has a China High School Teaching Certification.

Ms. Swapna Boddu is from India and is returning to ULC. She holds an MS in Medical-Microbiology from Manipal University and a BS in Microbiology, Biochemistry, Food & Nutrition from Heino Deichmann Degree College, a Post Graduate Diploma (International Education) from Christ University, India, and a iPGCE from the University of Derby.

### Business/Economics -

Mr. Jin Cui is from China. He holds a double major in Management and Accounting, Bachelor Krannert School of Management, Purdue University.

Mr. Alvin Yang is from China. He holds an MA in Applied Linguistics from the University of Queensland and a Bachelor of Economics from University of Toronto.

### Arts -

Ms. Alison KP Lai is from Hong Kong, China. She holds a Master of Music and Mathematics from the Chinese University of Hong Kong, a Bachelor of Music Education and Piano from the University of Adelaide and a PGDE from the Education University of Hongkong (Major in Music & Mathematics).

### PE -

Mr. Luka Zakic is from Croatia. He holds a Master of Physical education and Sports from the University of Zagreb, Croatia.

My best wishes to all members of the ULC community as we head towards the National Holiday!

### 科学组 -

Mr. George Odera来自肯尼亚，他拥有斯特拉斯莫尔大学教育管理硕士学位、内罗毕大学范围管理学士学位、斯特拉斯莫尔大学教育管理研究生文凭和肯雅塔大学教育（生物学）研究生文凭。

Ms. Linda Duan来自中国，她拥有中国赣南师范大学化学理科学士学位，持有中国高中教师资格证。

Ms. Swapna Boddu来自印度，即将抵达ULC。她拥有印度曼尼帕尔大学卡斯图巴医学院硕士学位（医学微生物学），印度凯诺戴希曼学院理学士学位（微生物学、生物化学、食品与营养学），并持有印度基督大学PGDIE研究生教育证书、德比大学iPGCE研究生教育证书。

### 商科组 -

Mr. Jin Cui来自中国，他拥有美国普渡大学克兰纳特管理学院管理、会计双学士学位。

Mr. Alvin Yang来自中国，他拥有澳大利亚昆士兰大学应用语言学硕士和加拿大多伦多大学经济学学士学位。

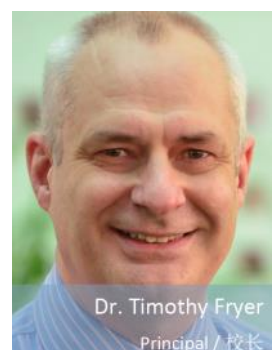
### 艺术组 -

Ms. Alison KP Lai来自中国香港，她拥有中国香港中文大学音乐与数学硕士学位、英国阿德莱德大学音乐教育与钢琴专业学士学位、香港教育大学PGDE研究生教育证书（音乐及数学专业）学位。

### 体育组 -

Mr. Luka Zakic来自克罗地亚，他拥有克罗地亚萨格勒布大学的体育教育和体育硕士学位。

（最后，）在即将迎来国庆假期之际，我谨向ULC社区所有成员致以最美好的祝福！



Dr. Timothy Fryer  
Principal / 校长



## Course Selection

At the beginning of the semester, the Academic Office provided instructions on how to complete the course selection on both teachers' and students' landing pages. During the first month of the academic year, G9 students are free to switch optional subjects to find their interests. Students are assigned to math and English subjects in Grade 9 based on their performance on the admission exam. Students in G10 continue their prior coursework. During the first two weeks of the academic year, G11 students are permitted to switch optional subjects. Students in G11 typically enroll in two electives, while some pick three or four. Students base their choices on academic requirements, personal interests, their ability to learn the courses, and their prior success in those disciplines.

## CAIE Exam

154 G11/12 students have registered to retake the exam in the October/November exam after the release of Cambridge IGCSE and A Level exam results in August. 159 students have signed up for the October/November A Level Chinese exam. The exams start in early October and run through mid-November. Lessons for tutorials including Math, Chinese, Physics, Chemistry, Biology, Economics, Business, Accounting, Computer Science, and Sociology have been set to assist those students in getting ready for the upcoming exams. In order to begin the college admission process, G12 pupils have received their prior Cambridge statements of results and certificates.

## Edexcel Exam

In the middle of August, the Edexcel IAL Math and IG Art results were made public. Before the deadline of August 19th, 129 students had registered for the Edexcel IAL Math exam in October 2022. The exam results will be made public on December 1st, 2023. The registration for the January 2023 IAL Math exam will open soon on September 22nd. The Academic Office will send students more specific registration information.

Participation in the Edexcel math tutorial lessons is encouraged for students. Teachers will assist students in improving their exam preparation. Additionally, all applicants who take the exam in October 2022 received training on exam rules on September 20th.

## 新学年选修课

学期伊始，教务处就如何在学生门户完成选课提供了指导。开学第一个月内，9年级学生自由更换了选修科目，以找到自己的兴趣。（同时，）根据此前在入学考试中的表现，9年级学生被分配到相应的数学和英语班上。10年级学生则继续学习此前（9年级）的课程。开学前两周内，11年级学生也可以更换选修科目。该年级学生通常会学习2门选修课，而有些同学会选择3-4门。学生最终做出的选择，通常基于学科学术要求、个人兴趣、学习课程的能力以及此前他们在这些学科取得的成就。

## CAIE剑桥考试

在8月份剑桥IGCSE和A Level考试成绩公布后，已有154名11/12年级学生报名重考10-11月考试。（同时，）全校159名学生报名参加10-11月的A Level中文考试。考试将从10月初开始，一直持续到11月中旬。此外，包括数学、中文、物理、化学、生物、经济、商业、会计、计算机科学和社会学在内的校内辅导课正在开展，以帮助这些学生为更好迎接考试季。为提交大学申请做准备，12年级学生已经收到了今年的剑桥国际成绩单和证书。

## 爱德思考试

8月中旬，爱德思考试局已公布了IG/A Level数学和IG艺术与设计的成绩。8月19日截止日期之前，已有129名学生报名参加了今年10月的爱德思IG/A Level数学考试。考试结果将于2023年12月1日公布。2023年1月的IG/A Level数学考试报名将于9月22日开放。届时教务处将通过邮件向学生提供详细的报名信息。

学校鼓励学生参加爱德思数学辅导课，老师们将帮助学生更好地备考。此外，所有参加2022年10-11月考试季的考生已在9月20日参加了考试规则培训。



Yessenia Huang / 黄燕  
Head of AO / 教务处主任  
Chemistry Teacher / 化学教师

During the week before students arrived, ULC teachers finished a series of training activities and got ready for the new school year. These training events included EduCare online course training, teacher professional development, Engage training, and school programmes (e.g. EAL, PSHE, Global citizenship) introduction and training.

Every year ULC teachers are required to complete EduCare online courses. Among the courses that need to be completed this year, teachers completed the following courses during the training week: Child Protection for International Schools, Staying Safe Online for International Schools, Child protection in sports and active leisure, Fire Safety for IS and signed the ULC Code of Practice as required before working with children & young adults at ULC.

Teacher Professional Learning and Reflection (PLR) sessions run regularly throughout the school year. During the first week, the PLR Coordinator Ms. Grace introduced external and internal PD programmes to all teaching staff. External PD includes Cambridge courses and workshops. We encourage all teachers especially the new teachers to participate in at least one external PD course each year. This is to familiarize themselves with the updated Cambridge curriculum and improve teaching skills. As for internal PD on campus, Ms. Grace introduced 3 different programs to accommodate different teachers' needs as well as to serve ULC's mission. **Data Wise programme** will go deeper this year by incorporating observing practice into step 6 (Develop action plan) and step 8 (Act and assess). **Teacher Expertise programme** is newly added this year and this 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, and participate in growth-focused discussions with their cohort. The third programme is **Cambridge Professional Development Qualifications** – Teaching and learning or Educational leadership. As the first Cambridge school that offered PDQs in China, ULC has run the internal, school-based programmes for our own teachers for years and has supported teachers to enhance professional thinking and practice to

开学前一周，ULC教师们完成了一系列培训活动，以更有准备地迎接新学年。这具体包括EduCare在线课程培训、PD教师职业发展、Engage系统培训，以及学校课程项目（如EAL英语作为附加语言课程、PSHE课程、全球公民课程）介绍和培训。

每年ULC教师都需要完成 EduCare 在线课程。今年，教师在培训周内完成了以下课程：《国际学校的未成年人保护》、《国际学校的线上安全保障》、《运动和积极休闲中的儿童保护》、《学校消防安全》，并签署了《ULC员工行为守则》，后者正是ULC教职工与学生共事前必须遵守的实践准则。



教师职业学习和反思 (PLR) 课程在整个学年定期举行。首周，面向所有教学人员，课程及职业发展协调员Ms.

Grace介绍了校外、校内职业发展项目。前者包括剑桥国际课程和研讨会，我们鼓励所有教师，尤其是新教师每年至少参加一门校外职业发展课程，以便熟悉最新的剑桥课程并提高教学技能。关于后者，Ms. Grace推出了符合ULC 教育使命的3个不同项目，以适应不同教师的需求。今年，**DWIP数据智慧改进过程项目**将更深入，这体现在将“观察实践”纳入第6步（制定行动计划）和第8步（行动和评估）中。此外，新增的**教师专长项目**，涵盖了教师观察与评价、自我反思和反馈。首先，教师明确自己在学年期间致力于提高的特定技能，据此形成不同群组。此后，小组内教师将录制自己的教学视频，观看视频并撰写反思，观察同伴教学，并与成员们展开以成长为重点的讨论。第3个项目是**剑桥国际教育职业发展资格**（教学和学习，或教育领导力）。作为中国首个获剑桥授予“PDQ教师认定资质(Professional Development Qualification)”的国际学校，ULC一直为教师们开展校内项目，引入校外课程，支持教师加强专业思维和实践，以提高教学质量。

improve the quality of learning.

Another PLR session was designed to engage all teachers in studying the key chapters from the book *The First Days of School – Why teachers need to succeed on the first days of school? What is an effective teacher? How to have a well-managed classroom?* PLR coordinator emphasized that the most important thing to establish in the first week is consistency, especially at the start of every lesson, e.g. bell work, attendance check, and uniform check, etc.

Engage training was provided by our IT specialist Mr. Henry. As ULC changes to use Engage system instead of WCBS, teachers were trained to use the functions in the new system, e.g. taking attendance, inputting assessment marks, giving house points, etc.

We included introductions to the EAL, PSHE and Global citizenship programs during the training week. These programs align with our school mission - to challenge students through different programs, meanwhile developing a caring, and supportive community that equips students. The EAL program is to give G9 students language support in multiple subjects so that the newcomers have a better transition from the previous schools to our school. PSHE is a school subject through which students develop the knowledge, skills and attributes they need to manage their lives, now and in the future. PSHE is led by PSHE coordinator Mr. Lawrence and will be delivered by FRHS every other week on Fridays, in period 4. The central themes and core units are as follows - Health and wellbeing (identity, health), Society and the wider world (risk, relationships), Planning and preparing for the future (responsibility, future, reflection). Global Citizenship attributes and Digital Citizenship attributes at ULC were introduced by Curriculum lead Ms. Ruth, and teachers had reflections on how to incorporate these attributes into daily teaching.

#### Appendix:

##### Global Citizenship attributes at ULink College

**Knowledge:** Understanding oneself within a global context, through an awareness of global issues, events, perspectives and diversity.

**Skills:** The capacity to reflect metacognitively and to build cooperative relationships, through critical thinking, problem solving, interdependent collaboration and



其中一场PLR会议上，所有教师学习了《开学的第一天》一书中的关键章节——为什么教师需要在开学的第一天取得成功？什么是有效的教师？如何拥有一个良好管理的课堂？PLR协调员强调，“一致性原则”是教学首周最重要的。尤其在每节课开始时，具体包括老师上课铃响后的指引、考勤点名、校服规范管理等。

学校IT部门Mr. Henry提供了Engage系统培训。今年，Engage系统替换了原有的WCBS教务系统，培训期间，教师们学习了新系统中的功能，例如考勤点名，输入评估分数，给予校内营积分等。培训周，我们介绍了EAL英语作为附加语言课程、PSHE课程、全球公民课程。这些课程与学校教育使命相一致——通过不同的项目挑战学生，同时发展一个互相关爱和支持、培养学生的社区。其中，EAL课程为9年级学生提供内容学科上的语言支持，让新生更好地过渡到全英文授课模式。PSHE课程是一门学校科目，学生从中发展他们现在和将来管理生活所需的知识、技能和品质。该课程由协调员Mr. Lawrence负责统筹，通常为每两周一次的周五第4节课。其核心主题/单元如下 - 健康和福祉（认知、健康）、社会和更广阔的世界（风险、人际关系）、规划和为未来做准备（责任、未来、反思）。ULC的全球公民和数字公民践行方向则由课程负责人Ms. Ruth介绍，教师们对如何将项目指导方向融入日常教学进行了思考。

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#### 附件:

##### 全球公民项目在ULC的践行方向

**信念:** 通过察觉全球议题、全球事件、全球视野，理解自己身处全球化背景之下。

**技能:** 通过批判性思考、处理问题、与他人协作、同理他人，以元认知角度反思自我。



empathy.

**Values:** Applying Core Socialist Values, including harmony, equality, justice, dedication and integrity, to daily life.

**Action:** Developing a sense of empowerment to take action in the world, through meaningful service in local, national and global communities.

**Sustainable Citizenship:** Becoming a sustainable citizen, through investigating environmental issues, acquiring ecological awareness and acting with responsibility to cherish environmental resources.

### Digital Citizenship attributes at ULink College

**Respect:** We promote digital ethics by encouraging students to respect intellectual property and to behave with awareness and responsibility, when expressing themselves, engaging in interpersonal communications and retrieving information online.

**Educate:** We empower students with the skills, knowledge, and competencies needed to navigate online resources, communicate effectively in a variety of online contexts, and engage with the digital world meaningfully, in order to prepare for university life and beyond.

**Protect:** We enable students to protect themselves online, through an awareness of digital safety and security, and provide them with the opportunity to take responsibility for their wellbeing in an online setting.

**价值观:** 在日常生活中应用社会核心价值观, 包括和谐、平等、公正、敬业、诚信等。

**行动:** 通过在当地、国家和全球地区提供有意义的社区服务, 以发展在世界范围内采取行动的能力。

**可持续发展公民:** 通过调查环境问题, 培养环保意识, 以负责任的方式保护环境资源, 成为可持续发展公民。

### 数字公民项目在ULC的践行方向

**尊重:** 我们鼓励学生在表达自己、人际沟通和检索线上信息时, 尊重知识产权, 以察觉心和责任感行事, 从而培养良好的网络道德。

**教育:** 我们帮助学生发展所需的技能、知识和能力, 以使他们充分运用线上资源, 在线上有效沟通, 富有意义地参与线上世界, 为大学及未来生活做好准备。

**保护:** 我们通过感知网络安全和保护行动, 让学生能够在网上保护自己; 为学生提供在网络环境中为自己福祉负责的机会。



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

**After School Activity (ASA)**

We would like to provide more opportunities for our students to fulfill their school life except for study only.

We aim to help and guide our student to discover their potential and lightening point of their character.

We are expected to encourage our students to implement their thoughts, improve their skills and ability of different areas except for study aspect.

ASAs are divided into two major areas, non-sport based & sport based.

We hope our student will have an interesting and happy time after their school time!!

**Non-sports based**

Except for groups we used to run for years - Alpha GO (围棋), BPHO (British Olympia Physics Competition Group), Java, Critical Literacy Club, Voice of Ulink, Musical performance, Card Game, Cooking, Movie, Puzzle, Rubik's Cube, etc.

We have several special groups established, such as,

**World Scholars Debating Competition**

The World Scholar's Cup is:

- Inclusive
- Encouraging
- Interdisciplinary
- Discussion-based
- Forward-looking
- Team-oriented
- Whimsical

Goals of this ASA are - To motivate students of all backgrounds to discover new strengths and practice new skills. To inspire a global community of future scholars and leaders.

**The Hobbyists** - In this ASA, you can practice a hobby you enjoy or learn (and even teach) a new one! Hobbies we will explore include candle making, coloring, film analysis, illustrating, knitting, and writing. Students will have the opportunity to carry out simulated investments.

**Cosplay** - Cosplay refers to the use of clothing, trinkets, props and make-up to play favorite novels, animation, the role of the game. COS is the abbreviation of "costume" in English, its verb is cos, and the person who plays COS is generally called Coser. But because this translation and the role-playing game (RPG) in the game are the same meaning of role playing, so to avoid the similarity, more precisely, cos means dress up.

**Sports based**

Not only with traditional sports like badminton, basketball, soccer, volleyball, table tennis, etc. But also includes special sports like,

**ASA课后活动**

在学习以外，我们希望为学生提供更多体验机会，以充实校园生活。帮助和引导学生发现潜力和个人闪光点。我们鼓励学生践行想法、锻炼技能、发展学习以外不同领域的能力。

ASA主要分为运动类、非运动类两个领域。衷心希望学生们都能体验到有趣快乐的放学后时光！

**非运动类ASA项目**

Alpha GO (围棋)、BPHO (英国物理奥林匹亚竞赛)、Java编程、批判性素养、ULC音乐社、音乐表演、纸牌游戏、烹饪、电影、拼图、魔方等等均是往年开设过的项目。

今年，我们成立了几个特殊的ASA项目——

**世界学者辩论赛**

该项目具有以下特质：

- 包容
- 鼓励
- 跨学科
- 基于讨论
- 前瞻性
- 以团队为导向
- 异想天开

该项目旨在激励不同背景的学生发现新的个人优势，发展新的技能，以开启汇聚学者和领导者的未来全球社区。

**兴趣爱好者**

该项目中，学生既能练习已有爱好，也可以学习一项新的爱好，甚至教授、分享个人爱好！拟探索的爱好包括：蜡烛制作、染色、电影分析、插图、编织和写作。学生将有机会进行模拟投资。

**Cosplay角色扮演**

Cosplay一般指利用服装、饰品、道具以及化妆来扮演动漫作品、游戏中的角色。COS则是英文Costume (装束) 的缩写，扮演COS的人一般被称为Coser。而与角色扮演游戏(RPG)中的角色扮演相比，COS更侧重打扮。

**运动类ASA项目**

这一领域不仅涵盖了羽毛球、篮球、足球、排球、乒乓球等传统运动项目，还包括了一些个性化运动项目，如：



**Archery Club** - In this course, you can learn how to use bow and arrow correctly, understand the culture and history of bow and arrow, and master the skills of archery. The archery society will organize and lead its members to participate in the international and domestic archery competitions and win corresponding honors.

In this archery society, students will be provided with basic bow and arrow equipment and protective equipment free of charge. Advanced equipment is available to students on a voluntary basis.

**Cycling** - In this club, you are not only riding with friends, but can make friends from the trip.

Or you may be able to discover what do you want to do in your future? What are you capable to do? What kind of person you can be/ you want to be?

Or you can ride through the country to discover the beauty of our motherland.

**Lacrosse** - In this ASA, we put emphasis on helping students develop their physical capabilities and neuromuscular coordination.

- Always have fun!
- Have fundamental lacrosse skills (scooping, passing, catching, shooting).
- Understand some basic rules of lacrosse.
- Understand the movements and gameplay of lacrosse.
- Gain valuable experience in teamwork and cooperation.
- Acquire the ability to self-officiate and conduct games safely and fairly.

### Activity/Event by Student Union

#### **Mid-Autumn Festival celebration**

The Mid-Autumn Festival is a traditional festival in ancient China, which in ancient times represented the worship of the moon by the ancients. Many famous poets have written poems related to the Mid-Autumn Festival. The customs of the Mid-Autumn Festival since ancient times include but are not limited to viewing the moon, eating moon cakes, and guessing lantern riddles.

In this year's Mid-Autumn Festival, the Student Union invited NCPA StuGo to prepare some activities related to traditional customs for you to celebrate Mid-Autumn Festival:

Guess the lantern riddle - a cultural and custom activity in China for thousands of years, a variety of riddles are waiting for student to challenge.

### 射箭

在本项目中，学生可以学习如何正确使用弓和箭，了解弓和箭的文化和历史，发展射箭技术。指导老师还会组织、带领成员参加国际、国内射箭比赛，成员有机会获得相应的荣誉。参加射箭项目期间，学生将免费获得基本的弓箭装备和防护装备。基于自愿原则，学生可以缴费使用更先进的装备。

### 骑行

参加骑行后，学生可以和朋友一起骑行，还可以在旅途中结交朋友。

（过程中，）你可以骑车穿越这片土地，发现我们祖国的美丽。

（更甚者，）或许你会发现，自己未来想做什么？有什么能力？可以成为/想成为什么样的人？

### 棍网球

在这一项目中，我们强调帮助学生发展体能和神经肌肉协调能力。

（以下为更多可收获内容，）

- 永远玩得开心；
- 发展棍网球基础技能（如铲球/传球/接球/射门等）；
- 了解棍网球的一些基本规则；
- 了解棍网球的动作和游戏玩法；
- 获得宝贵的团队合作经验；
- 获得自我裁判和安全公正进行比赛的能力。

### 近期学生会动态

#### **迎中秋活动**

中秋节是我国传统节日。古人对月亮情有独钟，许多著名诗人都写过与中秋节有关的诗篇。该节日习俗包括但不限于赏月、吃月饼、猜灯谜等。

今年中秋节前，我校学生会联合NCPA学生组织，为同学们准备了一些与传统习俗相关的活动。



Pot throwing game - the pot throwing game is a unique and easy-to-play competitive game. Student can win popular prizes with just one toss~

## Welcome day activity for all new students

The 2022-2024 student union sends its sincere greetings to all our new students! We are very excited that you can become a member of ULC. Shortly after the first meeting, the Student Union prepared a greeting gift for all the freshmen, hoping that through this activity, we can better understand our campus life, and better integrate into it!

This event has divided into three main sections:

1. Games
2. Introduction of Student Union
3. Awards & Q&A

Winner of the game has been announced on the same day, during the evening self-study time. Student Union member has had a detailed introduction to our freshman about various positions of S.U., requirements of the fall recruitment, and share the fun activities that you can experience in the Student Union.

## Student Union Fall recruitment

- Want to be a part of the ULC Student Union!?
- Want to put up your own posters on campus!?
- Want to contribute your unparalleled ideas to various events on campus!?
- Want to benefit your classmates and friends!?
- Want to meet the big boys of publicity/painting across classes and years!?
- Want to be a judge in major events!?
- Want to stand on the podium and be seen by the whole school!?
- and so on .

Welcome to the ULC Student Union!

This fall, the ULC Student Union is looking forward to starting a brand-new journey with all of you, writing our stories, working together, working together, growing together, and becoming better versions of ourselves together. Now, it's up to you to define what student government is, and you are the best interpretation of what student government will be in the future!

Our job is an honorable one and our mission is extraordinary. We look forward to your participation to make our work even better. The legends are made by you, and the campus is changed by you!

投壶则是一款独特且易于上手的竞技游戏，参与者只需一掷，便轻松获得了热门奖品。

## 迎新生活活动

9月，2022-2024届学生会向全体新生致以了诚挚的问候！为新生送上独特的问候礼物！通过这次活动，学生会希望帮助新生们更好地了解校园生活，更好地融入其中！

本次迎新活动主要分为三个部分：

1. 游戏
2. 学生会介绍
3. 奖项与问答

比赛获胜者已在当天晚自习时间公布。学生会成员详细介绍学生会开放招聘的各个岗位、岗位要求，并分享了在学生会可以体验到的有趣活动。

## 学生会秋季招新

(以下是学生会发出的秋季招聘信息——)

想成为ULC学生会的一份子！？

想在校园里贴上你亲自制作的海报！？

想在校园中各类型的活动中贡献自己无与伦比的创意！？

想为同学们好友谋福利！？

想认识跨班跨年级的宣传/绘画大佬！？

想在各大活动的评比中当裁判！？

想站在演讲台上让全校看到你的身影！？

.....

这个秋天，ULC学生会期待与大家开始崭新的历程，共同谱写我们的故事，一起合作，一起工作，一起成长，一起成为更好的自己。现在，学生会是什么由你们来定义，你们是未来学生会最好的诠释！

我们的工作光荣的，也是使命不凡的。我们期待各位的参与使我们工作的更加出色。传奇由你们缔造，校园因你们而改变！





## Latest Events from V.A.

During the summer vacation, many students participated in the volunteer activities from different intermediary organizations: volunteer activities from ASDAN's support teaching & animal environmental protection, travel volunteers from Wiseer and so on. Volunteers in Hainan, volunteers in ancient Hakka villages in Fujian, volunteers in Guizhou caring for left-behind children, Xishuangbanna United Nations Tropical Rainforest Return Program, migratory bird patrol operations, etc. At the same time, many students will participate in volunteer activities such as street office volunteers, library volunteers, hospital guidance, subway station guidance volunteers and so on which is near their homes.

V.A. still regularly provides opportunities for students to choose and participate in on and off campus. On-campus volunteers include: library volunteers, laboratory volunteers, piano room volunteers, organizing bulletin board volunteers, photo volunteers, enrollment volunteers, freshmen reception volunteers, etc. Off-campus volunteers include: congee service volunteers, garbage sorting, urban planning volunteers, etc.

In September, we completed the recruitment of new members, and we look forward the new future of V.A. The injection of fresh blood will bring V.A. full of vitality, maintain innovation, and continue to grow.

For inquiries and information about volunteers, please contact me.

Email: dane.li@ulinkcollege.com

Contact: 020-39090100 (Transfer No.6062、6063)

## 近期义工社动态

暑假期间，不少同学参加了校外组织（如 ASDAN、汇时等）的义工活动。这包括：海南支教、福建客家古村支教、关爱贵州留守儿童、西双版纳联合国热带雨林回归计划、候鸟巡护行动等等。同时，一些学生就近参加了诸如街道办、图书馆、医院导医、地铁站导向等义工活动。



本学年，义工社依旧定期提供校内外义工的机会，这包括：校内图书馆、实验室、琴房、整理学术公示板、活动拍照、招生答疑、新生接待等等。校外机会则有：奉粥义工、垃圾分类、城市规划志愿者等等。

我们对义工社的未来充满期待。我们已在9月完成了招新，新鲜血液的注入，会让义工社充满活力，保持创新，继续成长。

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。



### College Acceptance

The exciting news from our class of 2022 is that most of them have been finally confirmed the places, 50% of them chose to study in the UK. But due the uncertainty about pandemics, this year more students choose to stay in either Hongkong China or Marco China or cooperated program to continue their studies. The Full details of our class 2022's final destination had been updated onto the website, you can refer to the full list.

### College Application

Our Class of 2023 are now entering their college application cycle. Result Analysis and college application information session had been held to all G12 students and parents on September 2, in order to help with evaluating and reflecting on their CIE results, to provide the general guidance about the college application timeline. We have also set the internal deadline for submitting the UCAS application, 13 October for Oxbridge students, 15 November for the regular UK application. Due to increasing number on UK applications each year, we strongly advise students to submit their applications earlier. But if student need retake most of the Alevel subjects, may better to wait until after the retake, please confirmed with their assigned CAS advisor for their own submission date.



### College visits

In September, the CAS team have arranged Several school visiting events which include five universities, including university of Bath, university of York, University of St. Andrew, University of Exeter, and Maryland Institute of Art. College visiting event is a great opportunity for students to be familiar with different colleges, preparing for their college selection. The college visiting events are open for all the students, ensuring all the students have equal opportunities to build up connection with different colleges and are aware of the importance of college application.

### 大学录取

我们的2022届毕业生终于迎来了最终录取的确认。目前从最终去向来看，50%毕业生选择入读英国的大学。但与往年比较不同的是，由于疫情带来的影响，这届学生更多的选择在中国香港、中国澳门或中外合作办学的大学就近入读。详细的最终去向已更新至学校官网，家长可自行访问查看。

### 大学申请

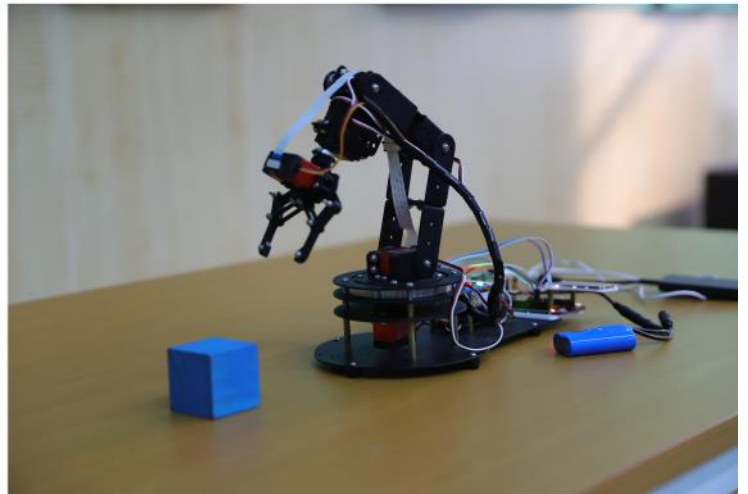
新一届12年级同学也已进入大学申请准备阶段，在A Level成绩公布后，面向12年级学生跟家长的CAIE成绩分析及大学申请准备会也已于9月2日举行。通过这次分析会，我们希望帮助学生评估检视其CAIE成绩，提供大学申请指引及规划申请时间线。面对每年英国申请人数的持续上涨，升学指导办公室强烈建议学生提前完成申请，我们设定的校内申请截止时间分别为：牛剑申请为10月13日，其它常规英国申请为11月15日。但如果学生需要重考多门学科，那就建议在重考之后再提交申请，具体提交时间请跟升学老师讨论后商定。

### 大学来访

截至目前，升学部门在9月份举办了多场大学来访活动，具体包括：约克大学、巴斯大学、圣安德鲁斯大学、埃塞克斯大学、美国马里兰艺术学院。大学来访活动很好地给学生提供了了解大学，并建立联系的机会，帮助学生为之后的升学选择做好准备。每个年级学生都有参加大学来访活动的机会，升学指导部门力争确保各个年级的学生都有同等的机会来接触与了解大学，保证每个同学都了解升学准备的重要性。







### CAS Events

The CAS event for this year will still be arranged on 3:30-4:30pm Thursday afternoon. During this time, the CAS team will provide different activities and events opportunities, including career talk, college visits and Alumni sharing session, for students to explore their career and develop a clear understanding of university application.

On 22nd September, we have invited all the G9 and G10 students to participate the closing ceremony of the robotic programme which the CAS team introduced on the last academic year. All the G9/G10 students have witnessed the development of the participant's creation in technological innovation. The event has achieved great success, successfully raising junior student's interest and awareness of STEM.

### 升学活动

今年升学活动将继续嵌入周四下午3:30-4:30的时间段，内容包括校友分享、职业讲座、大学来访。

9月22日升学活动中，升学指导部门邀请了全体9-10年级学生参与了创客项目的结营仪式。同学们近距离见证了同伴们在人工智能创新上的成果。这一项目取得了巨大的成功，同时也唤起了更多同学对STEM学科的兴趣。



Ivy Lin / 林佳  
CAS Coordinator / 升学主管

Dear Parents,

Hello! I am Ms Lynne Li, the new Counselor at ULC this year, and I am honored to be able to provide growth support to students in the coming school year. At the beginning of the 2022-2023 school year, I will be sharing with you about the growth support at ULC, which is open to all students and is dedicated to helping each student maintain their academic and personal development as well as their social and emotional well-being. At this stage, the school has set up a dedicated counselling room for students to provide personal growth counselling, creating a private and safe space for students to grow and develop. You are welcome to contact us if you wish to do so via the following methods:

- Contact : (020) 39090100- 6067.
- Email: counsellingoffice@ulinkcollege.com.
- Book a time to meet with the Growth Mentor through your class teacher.

At the same time, in order to effectively implement the school's educational philosophy and with reference to the "Opinions on Comprehensively Strengthening and Improving School Health and Hygiene Education in the New Era" jointly issued by five departments, including the Ministry of Education, the National Development and Reform Commission, the Ministry of Finance, the National Health and Wellness Commission and the General Administration of Market Regulation, we consider students' mental health as the focus of our work, enhance students' awareness of mental health, help them establish a correct view of mental health and The school plans to conduct a psychological survey for students in all grades in batches to enhance their awareness of mental health and help them develop a correct view of mental health and recognise the importance of mental health to their growth. The survey will be conducted through a psychometric questionnaire and the results will be kept confidential in accordance with the growth counselling principle. The results will be kept confidential and students will be able to check the results by contacting their Growth Coach one week after the survey. Please note that the results are not a "diagnosis", but rather a reference point for understanding the mental health of students at a particular stage.

The ULC Counselling Service Group is ready to take on the new academic year and is fully committed to providing you and your child with the appropriate developmental support and assistance!

亲爱的家长,

您好! 我是新入职的成长导师Lynne Li, 很荣幸能够在新学年为ULC学生提供成长支持。在此, 我将与大家分享学生在ULC的成长支持内容。ULC成长辅导中心面向全体学生, 致力于帮助每一位学生在保持学业发展和个体发展的同时, 保持良好的社会交往与情感情绪状态。现阶段, 学校设置了专门为学生提供个人成长辅导的咨询室, 为学生创造一个私密、安全的成长辅导空间。如有需求, 欢迎您通过以下方式与我们联系:

- 成长辅导中心专线: (020)39090100- 6067;
- 邮件: counsellingoffice@ulinkcollege.com;
- 通过班主任与成长导师预约时间会面。

同时, 为切实贯彻学校的教育理念, 参考由教育部、国家发展改革委、财政部、国家卫生健康委、市场监管总局等五部门联合印发的《关于全面加强和改进新时代学校卫生与健康教育工作的意见》, 把学生心理健康视为工作的重点, 增强学生的心理健康意识, 帮助他们树立正确的心理健康观, 认识心理健康对自身成长的重要意义, 学校计划分批对各年级学生进行心理普查。心理普查将通过心理测试问卷的方式开展, 普查结果遵循成长辅导保密原则。普查结束一周后, 学生可联系成长导师查询结果。请注意, 测评结果并非“诊断”, 只是了解某一阶段学生的心理健康状况的参考依据之一。

在新的学年里, 我们已蓄势待发, 并将全身心地为您和您的孩子提供相应的成长支持与帮助!

Email/邮箱: lynne.li@ulinkcollege.com ( Ms. Lynne Li )

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Lynne Li / 李滢  
Guidance Counselor / 成长导师