

家长通讯 Newsletter

Issue 1 | School Year 2023 - 2024



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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,

It has been six weeks since the start of the school year, and everything is thriving.



Our Grade 9 newcomers are currently experiencing growth and learning under the Australian sun. I have personally visited the location to both welcome them and ensure that teachers and students can work and study in a safe and stable environment. Managing a large team of 180 people spread across four sister schools in two cities presents a significant challenge for all of us. While we encounter daily challenges like lost wallets, forgotten laptops, room changes, allergies, illnesses, and reluctance to go camping, I have been closely monitoring various parent groups. I've seen photos shared by teachers, showcasing the youthful smiles and vibrant activities of our students. I've witnessed students capturing beautiful scenes with drones. This tells me that the children have succeeded; they have taken their first steps on the path of international education, stepping out of their comfort zones to experience different cultures and environments, improving their English language skills in a real-world context, and learning to face and solve problems independently, away from their parents. They will feel homesick, face discomfort, hesitate, and misbehave at times, but more importantly, they will observe, compare, think, and act. That's enough. As we approach the Mid-Autumn Festival, they will soon be returning home. Let us welcome them back with open arms!

Grade 10 has also welcomed dozens of new students who are gradually integrating into the ULC community. In addition to the upcoming Swiss MUN trip and off-campus experiential learning projects, we have secured ten spots for Grade 10 future leaders to visit and learn at St. Paul's Girls' School in the UK for two weeks. Opportunities to broaden their horizons are increasing, and we hope that students, while steadily improving academically, will actively seek and participate in both on-campus and off-campus activities, nurturing comprehensive development. Perhaps the seeds of their future professions will be planted and take root during one of these activities, shaping their lives.

各位家长,

开学已经六周, 一切欣欣向荣。

G9年级萌新们正远在澳洲的阳光下历练和成长, 我本人也亲自去到现场, 既是欢迎他们, 也确保师生们都能在安全和稳定的环境中工作和学习。一个180人的大团队, 分散在两个城市的四个姐妹学校, 对于每个人, 都是个极大的挑战。虽然问题每天都有, 比如丢钱包、落电脑、换住家、过敏、生病、拒绝去野营, 但我潜伏在各个家长群, 看到老师们发出的照片, 看到照片中那些青春洋溢的笑脸和丰富多彩的活动, 看到学生用无人机拍摄的美景, 我知道, 孩子们成功了, 成功地在疫情过后选择国际教育的路上迈出了第一步: 走出自己的舒适圈, 去体验不同的文化和环境, 在真实的语言环境里提升英文的使用技能, 远离父母独自面对和解决问题。会想家, 会不习惯, 会犹豫, 会调皮, 但更多的是孩子们会观察, 会对比, 会思考, 会行动了。足矣。中秋团圆之际, 他们即将返程。让我们不吝以最大的拥抱来欢迎他们回家!



G10年级也迎来了几十名新生, 逐步融入到了ULC社区。除了即将开始的瑞士MUN模拟联合国大会之旅和校外体验式课程项目, 我们今年也为G10年级的Future Leaders (未来领袖) 争取到了两周前往英国圣保罗女校参观和学习的10个名额。各种增广见闻的机会在增多, 希望学生们在稳步学术提升的基础上, 积极寻觅和参与校内外的活动, 全面发展, 说不定将来专业的种子就在哪次活动里种下并生根发芽, 成就一生。

For our senior students, the pressure and motivation come from international exams and college applications. Developing good study habits such as prepping, revising, and note-taking, as well as making the most of the school's Office Hour and Peer Tutoring programs, are essential for confident exam preparation. This year, we have introduced the Unifrog college application system, hoping that it will help students manage their college plans efficiently and keep track of their application progress. For prospective college students, mastering time management, regularly adjusting goals, and managing emotions are essential soft skills. Personal statements, internships, extra exams, language proficiency – none of these can be overlooked. Keep it up, young Blue Knights!

I want to express my gratitude for your continued trust and support, parents! Only by working together can we focus on the holistic growth of our children, assisting them in their academic achievements and personal development.

As the Mid-Autumn Festival and National Day approach, let's raise our glasses to invite the bright moon, share this moment across the miles, and wish you all a happy holiday and a joyful family.

高年级的学生，更多的压力和动力来自国际大考和大学申报。养成良好的预习、复习、笔记等学习习惯，利用好校内的Office Hour（老师课后答疑时间）和Peer Tutoring（同伴辅导）项目，从容备考。我们今年引入了Unifrog升学系统，希望借此能让学生统筹自己的升学规划，高效跟进申报进度。对于准大学生而言，学会时间管理、定期调整目标、调适自身情绪，都是必备软实力。个人陈述、项目实习、竞赛加试、语言达标，一个都不能少。加油吧！蓝衣少年们。

感谢家长们的持续信任与支持！只有家校联手，共同关注孩子的身心成长，才能更好助力他们的学业成就和人格发展。

中秋国庆将至，举杯邀明月，天涯共此时，顺祝各位节日快乐，阖家幸福。



Dear Parents,

A very warm welcome to the 2023-4 school year! I hope that you were able to enjoy some quality family time over the summer. Our G9 students have had a fantastic experience in Australia, and we look forward to them being on campus with us soon. Some exciting forthcoming projects at ULC to share: our G10 students are taking part in off-campus Experiential Learning from 20-22 November, which will help them to develop a wide range of life skills. Also, we are hosting a TEDx Youth on Oct 17th. These events are fun, imaginative, designed for, and often organized by, young people, that bring ideas worth spreading to all ages. From 27-29 October we have a group of 8 students and 2 teachers attending a Model United Nations conference in Switzerland. And now please allow me to introduce our wonderful new teachers who have joined us this year:



Mr. Marcus Elam



Mr. Gareth Loaring



Mr. Finian Simpkins



Ms. Tate Hakobyan



Mr. Mostafa Allam



Mr. Paul Chan

English Department

Mr. Marcus Elam is from the UK. He has a BSc in English and Psychology and a PGCE Secondary Education in English both from Bath Spa University in the UK. He has 15 years experience teaching English in the UK, Brazil, and Saudi Arabia.

Mr. Gareth Loaring is from the UK. He holds a BA in Sociology with Third World Development from Nene College Northampton and a PGCE from University of Wales Trinity Saint David. Gareth has about 10 years of English teaching experience in China and the UK.

Mr. Finian Simpkins is from the UK and has a BA in Law with Politics from the University of Manchester in the UK and a PGCE from the University of East London, UK. Finian has 5 years of English teaching experience in Italy and the UK.

Library

Ms. Tate Hakobyan is from Armenia. She has a BA in Linguistics and Cross-Cultural Communications from Yerevan State University, Armenia and is pursuing a master's-level program in Special Educational Needs at Middlesex University, UK. She has 10 years of experience as a Librarian and 4 years of experience as a Theory of Knowledge teacher.

Mathematics and Computer Science Department

Mr. Mostafa Allam is from Egypt and has a BSc in Mechatronics Engineering from Helwan University, Egypt and a PGCE from Liverpool John Moores University in the UK. He

亲爱的家长们,

热烈欢迎来到2023-2024学年! 希望您在暑假期间享受到了一些高质量的家庭时光。G9年级学生在澳大利亚度过了一段美妙的经历, 我们期待着他们能很快回校, 与我们共聚一堂。接下来, 我要与大家分享一些即将到来、令人兴奋的项目: G10年级学生将于11月20日-22日参加校外实践学习活动, 这将有助于他们培养各种生活技能。此外, 我们将于10月17日举办TEDx青年活动。这些活动为年轻人而设计, 且由年轻人发起组织, 内容有趣又有想象力, 将有价值的思想传播给各个年龄段的人。10月27日-29日, 我们将有8名学生和2名教师前往瑞士参加MUN联合国模拟大会。现在, 请允许我介绍一下我们今年新加入的优秀教师:

英语组

Mr. Marcus Elam来自英国。他拥有英国巴斯思巴大学英语和心理学学士学位, 并持有英国巴斯思巴大学的PGCE教育文凭(中学英语)。他在英国、巴西和沙特阿拉伯有15年的英语教学经验。

Mr. Gareth Loaring来自英国。他持有英国北安普顿大学社会学和第三世界发展学学士学位, 并持有英国威尔士三一圣大卫大学PGCE教育文凭。Gareth在中国和英国有大约10年的英语教学经验。

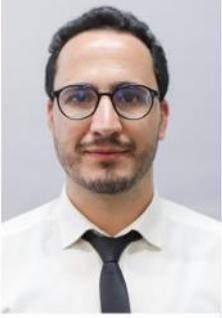
Mr. Finian Simpkins来自英国, 拥有英国曼彻斯特大学的法律与政治学学士学位, 并持有英国东伦敦大学颁发的PGCE教育文凭。Finian在意大利和英国有5年的英语教学经验。

图书馆

Ms. Tate Hakobyan来自亚美尼亚。她拥有亚美尼亚埃里温国立大学的语言学和跨文化交流学学士学位, 并正在英国米德塞克斯大学攻读关于特殊教育需求硕士类课程。她有10年的图书管理员经验和4年的认知论教师经验。

数学和计算机科学组

Mr. Mostafa Allam来自埃及, 拥有埃及哈勒旺大学机械电子工程学士学位, 并持有英国利物浦约翰摩尔大学颁发的PGCE教育文凭。他在埃及和英国有7年的数学、物



Dr. Mustapha Ziane



Mr. Alan Baude



Ms. Theresa Samson



Ms. Jeanette Bean



Mr. Dean Kacimi



Mr. Jeffrey Young

has 7 years of Math and Physics teaching experience in Egypt and the UK.

Mr. Paul Chan is from Hong Kong, China and Canada. He holds a BSc in Mathematics from the University of Victoria, Canada. Paul was recognized as an Excellent Teacher of Nanshan District, Shenzhen, in September 2022 and has more than 15 years of Mathematics teaching experience in Canada and China.

Dr. Mustapha Ziane is from Morocco. He has a PhD in Quantum Information and an MA in Quantum Physics from Mohammed V University in Rabat, Morocco and a BSc in the Physics of Matter and Radiation from Choiaib Edoukali University, Morocco. He has 7 years of Physics and Mathematics teaching experience in the USA and Morocco. Mustapha is also teaching science.

Science Department

Mr. Alan Baude is from the USA. He has a BSc in Molecular Biology and Genetics from the University of Maryland, USA, a BA in Political Science and History from West Virginia University, USA and a PGCE in Chemistry and Biology from Black Hills State University, USA. Alan has 14 years teaching experience in China and the USA.

Ms. Theresa Samson is from the Philippines. She has a BSc in Secondary Education (Mathematics/Physics) and an MA in Educational Administration both from Far Eastern University, Philippines. She has 18 years of Math and Physics teaching experience in Indonesia and the Philippines.

Humanities Department

Ms. Jeanette Bean is from the UK. She holds a BA in Sociology with Education and Community Studies, from the University of East London, UK. She has 14 years of Psychology and Sociology teaching experience in the UK, Russia, and Bahrain.

Business/Economics Department

Mr. Dean Kacimi is from the USA. He has a BSc in Economics from John Jay College, CUNY, New York, USA and a Master's in Contemporary China Studies from Renmin University, Beijing, China. Dean has 5 years teaching experience in Morocco, Vietnam, and China.

Athletic Director/PE Department

Mr. Jeffrey Young is from the USA. He holds an MA in Sport Management from the Autonomous University of Barcelona, USA, an MSc in Applied Sport Psychology from Adams State University, USA and a BA in Urban Studies and Planning from California State University, USA. Jeffrey has 13 years of Sports teaching in Latvia and China.

理教学经验。

Mr. Paul Chan来自中国香港和加拿大。他拥有加拿大维多利亚大学的数学学士学位。Paul在2022年9月曾被评为深圳南山区优秀教师。他在加拿大和中国有超过15年的数学教学经验。

Dr. Mustapha Ziane来自摩洛哥。他拥有摩洛哥拉巴特穆罕默德五世大学的量子信息博士学位、量子物理学硕士学位，以及摩洛哥乔伊布·埃杜卡利大学的物质与辐射物理学学士学位。他在美国和摩洛哥有7年的物理和数学教学经验。Mustapha同时兼任科学教师。

科学组

Mr. Alan Baude来自美国。他拥有美国马里兰大学的分子生物学和遗传学学士学位，西弗吉尼亚大学的政治学和历史学学士学位，以及美国黑山州立大学颁发的PGCE教师教育文凭（化学及生物）。Alan在中国和美国有14年的教学经验。

Ms. Theresa Samson来自菲律宾。她拥有菲律宾远东大学中学教育（数学/物理）学士学位和教育管理学硕士学位。她在印度尼西亚和菲律宾有18年的数学和物理教学经验。

人文组

Ms. Jeanette Bean来自英国。她拥有英国东伦敦大学的社会学与教育、社区联合研究学士学位。她在英国、俄罗斯和巴林有14年的心理学和社会学教学经验。

商科组

Mr. Dean Kacimi来自美国。他拥有美国纽约市立约翰杰伊学院的经济学学士学位和中国人民大学的当代中国研究硕士学位。Dean在摩洛哥、越南和中国有5年的教学经验。

体育组/竞技体育主任

Mr. Jeffrey Young来自美国。他拥有美国巴塞罗那自治大学体育管理硕士学位、美国亚当斯州立大学应用体育心理学硕士学位和美国加州州立大学城市研究与规划学士学位。Jeffrey在拉脱维亚和中国有13年的体育教学经验。



Dr. Timothy Fryer
Principal / 校长

External exam results release

CAIE and Edexcel exams results were released in August. In the past three years, affected by COVID 19, the exam results were much higher than those in the past. This year, everything goes back to normal. Top grades percentage decreased dramatically and some subjects A* or a percentage dropped by almost 20%. As what we expected, our students performed well in this exam season. Compared to the world statistics from CAIE, in the AS level, 77% subjects B and above percentages are much higher than those in the world. In the A2 level, 53% subjects B and above percentages exceed those in the world.

Scholarship

To encourage students to value both the learning process and the results, the scholarship policy has been updated and shared with all the students. The following students are qualified to be awarded scholarship according to the latest scholarship policy. Congratulations to all of them.

校外成绩发布

剑桥国际考试委员会 (CAIE) 和爱德思考试成绩在8月份发布。受新冠疫情的影响, 在过去的三年中, 学生考试成绩远高于过去。而今年, 一切都回归常态。A以上成绩的比例大幅下降, 某些科目A*/A成绩的比例几乎下降了20%。一如我们所预期的, 我校学生在本次考试季中表现出色。与CAIE的全球统计数据相比, 在AS阶段, 77%科目优秀率 (B及以上的成绩) 高于全球水平。在A2阶段, 53%科目优秀率 (B及以上的成绩) 超过了全球水平。

校内奖学金

为了鼓励学生重视学习过程和成果, 校内奖学金政策已经更新, 并已公布给所有学生。根据最新的奖学金政策, 以下学生将被授予奖学金。祝贺他们!

Scholarship List in SY 2022-2023 / 2022-2023学年奖学金名单

Homeroom/行政班级	English Name/学生姓名	Homeroom/行政班级	English Name/学生姓名
G12A	Chelsea Chen 陈嘉怡	G11C	Michael Cheung 张梓贤
G12B	Cindy Wang 王思迪	G11C	Corinna Yang 杨可莹
G12C	Chloe Chen 陈海倩	G11E	Christina Hong 洪颖诗
G12C	Vivi Chen 陈新雨	G11F	Jason Lu 卢冠中
G12C	Giselle Zhang 张慧欣	G11G	Anna Wang 王虹人
G12D	April Xiao 肖楚妍	G11G	Kimmy Ding 丁玉临
G12G	Michael Chen 陈宗庆	G11G	Keira He 贺子悦
G12H	Victor Yang 杨瀚东		



CAIE Exam

The Cambridge June 2023 exams have been released on August 10 for AS & A Level and on August 16 for IGCSE/O Level. All candidates have checked their results online with the confidential exam result information.

37 candidates have applied to appeal against their results across 48 subjects and 71 components.

The Cambridge November 2023 A Level/ESL retake registration is in progress. The registration process includes the start of online registration, registration and payment deadlines, students receiving a statement of entry, and information amendment deadlines. Now that the online registration deadline has passed, candidates are checking the 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 the deadline.

Right now, 148 students have signed up for retakes in 14 subjects in Cambridge in November 2023. The first exam is on October 5, 2023, during the national holiday. The school arranged a series of revision lessons for those students who will take Cambridge exams in November.

Edexcel Exam

The Edexcel MJ (May & June) Math Exam results were released on August 17th and IG Art on August 24th. Students checked their results from the Result Plus account. After the result day, two students applied to appeal the result, and five students applied to view the script.

The registration for the make-up Edexcel ON (October & November) Math exam started on August 14th and ended on August 20th. 158 students registered for the make-up exam, and all of them have paid the registration fee. Students will get a statement of entry for information confirmation in September.

The make-up Edexcel ON (October & November) Math exam will start on October 9th.

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. Students are assigned 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 options, 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剑桥考试

剑桥考试局已于8月10日公布了AS & A Level考试成绩, 8月16日公布了IGCSE/O Level考试成绩。学生已经通过查询成绩的保密信息上网查询到自己的考试成绩。

37位考生向教务处提出复议考试成绩的申请, 共涉及到48个科目, 71类试卷。

剑桥考试2023年11月考季A Level/ESL重考报名正在进行中。报名节点包括: 开始网上报名、报名和缴费截止、学生收到报名信息确认表、信息修正和确认截止。现阶段, 网上报名截止日期已经过去, 考生正在查看考试信息确认表上的信息。学生应按照教务处发出的指导信息报名参加考试, 以免错过截止日期。

目前, 我校共有148位同学报名参加2023年11月剑桥考试的重考。第一场考试将在10月5日, 即国庆假期间进行。学校为参加补考的同学开设了相应的复习课程。

爱德思考试

Edexcel 5-6月考试季的数学成绩已在8月17日公布, IG艺术成绩在8月24日公布。学生已经通过Result Plus账号查看自己的成绩。在成绩公布后, 有2个学生申请成绩复议, 5个学生申请查看试卷。

Edexcel 10-11月考试季的数学补考考试注册报名在8月14日开始, 并在8月20日结束。158名学生报名了补考并交齐报名费。学生将会在9月份拿到考试确认单并进行报名信息确认。

该数学补考考试将会在10月9日开始第一场考试。

课程选修

学期伊始, 教务处在相关门户网站给教师和学生提供了选课指导。根据此前在入学考试中的表现, G9年级学生被分配到相应的数学和英语班上。G10年级学生则继续学习此前(G9年级)的课程。开学前两周内, G11年级学生可以更换选修科目。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。



International Academic Competitions

Since the second semester of last academic year, many students have achieved excellent results in several international academic competitions. Among them, Ariel Chen from G10, Norah Ou and Yanxuan He from G11 got Gold Certificates in UKMT-IMC (Intermediate Mathematical Challenge); James Ye from G10 got Gold Award in BC (Biology Challenge); Claire Zhang from G12 got Global Gold in BBO (British Biology Olympiad); Anna Wang from G11 got China National Gold Award in COMC (Canadian Open Mathematics Challenge); Crystal Mai got Silver Award in Physics Bowl; Victoria Zhu from G11 got Gold Award in Math Kangaroo; Michael Chen from G12 got Gold Award in BPhO-SPC (Senior Physics Challenge); Lindsay Lin from G12 got Gold Award in CCC (Canadian Chemistry Contest); and Terry Xu and Asce Li got certificates in LIBF (London Institute of Banking & Finance). Congratulations!

Competitions / 赛事	Awarded students / 获奖学生
Avogadro Chemistry Competition 滑铁卢大学阿伏伽德罗化学竞赛	Adeline Huang 黄毓涵
	Lindsay Lin 林芷瑶
	Teressa Li 李泳桐
	Vivian Feng 冯奕慧
	Shirley Chen 陈若璇
Euclid Mathematics Competition 滑铁卢大学欧几里得数学竞赛	April Xiao 肖楚妍
	Lydia Li 李雨熹
	Vivi Chen 陈新雨
CCC Computing Competition 滑铁卢大学计算机竞赛	Anna Wang 王虹人
	Nico Chen 陈麒玮
	Victor Li 李启臻

In the competitions of the University of Waterloo in Canada, the following students have achieved Distinctions.

In addition, students have won awards and proceeded to the national level in many competitions, such as SIC (Student Investment Challenge), World Scholar's Cup, NAQT (National Academic Quiz Tournaments), and BPA (Business Professionals of America).

In the new academic year, a series of international academic competitions are coming, including:

- the Australian math and science competitions
- AMC10/12 (American Mathematics Competition)
- UKMT-SMC (British Mathematics Olympiad)
- the University of Waterloo's mathematics competitions
- BPhO (British Physics Olympiad)
- ASDAN Business Simulation
- NEC (National Economics Challenge).....

Students interested in the aforementioned competitions can email Ms. Yuki Qian (yuki.qian@ulinkcollege.com) to inquire for more information. At the same time, students are encouraged to register and participate in some project-based competitions, such as HOSA-Future Health Professionals, to broaden their academic experience. While the results of the competitions are great supports to students' college applications, students can also gain rich experience and practice different skills in the process. Students are welcome to register and participate!

学术竞赛

上学年第二学期以来, 我校同学在多项国际学术赛事中取得优异的成绩。其中, Ariel Chen (G10年级)、Norah Ou (G11年级)、Yanxuan He (G11年级) 均收获了UKMT英国数学思维挑战中级赛的金奖; James Ye (G10年级) 捧回BC英国生物思维挑战赛的金奖; Claire Zhang (G12年级) 赢得BBO英国生物奥林匹克竞赛的全球金奖。



此外, COMC加拿大数学测评中, Anna Wang (G11年级) 获得了全国金奖; 物理碗竞赛中, Crystal Mai (G12年级) 获得了全国银奖; 数学袋鼠竞赛

中, Victoria Zhu (G11年级) 赢得金奖; SPC英国高级物理挑战中, Michael Chen (G12年级) 收获金奖; CCC加拿大化学竞赛中, Lindsay Lin (G12年级) 捧回金奖; LIBF金融能力挑战与认证挑战赛中, Terry Xu (G12年级)、Asce Li (G12年级) 均获得证书。

在加拿大滑铁卢大学的各项竞赛中, 左表中的同学取得了卓越的成绩。

与此同时, 同学们在SIC中学生投资学术活动、WSC世界学者杯、NAQT学术超级碗、BPA商业全能学术活动等多个项目中都获得了晋级和奖项。恭喜他们!

新学年, 一系列学术竞赛将接连开放报名, 包括:

- 澳洲理科各项赛事
- AMC 10/12美国数学竞赛
- UKMT英国数学思维挑战高级赛
- 加拿大滑铁卢大学数学竞赛
- 英国物理奥林匹克竞赛
- ASDAN模拟商赛
- NEC全美经济学挑战等赛事

有意了解赛事的同学, 欢迎邮件联系学校负责宣讲和组织参加校外竞赛的指导老师Ms. Yuki Qian(邮箱: yuki.qian@ulinkcollege.com)。此外, 我们也鼓励学生参加如HOSA生物与健康未来领袖等项目式赛事, 以拓宽学术体验。竞赛成绩不仅是学生申请海外大学以及个人文书里非常重要的组成部分, 比赛的过程还能够拓宽视野和锻炼各项技能。欢迎同学们挑选合适的科目, 报名参加赛事活动。



Yuki Qian / 钱匀
Principal's Assistant / 校长助理

During the week before students arrived, ULC teachers completed a series of training activities and prepared themselves for the new school year. These training events included EduCare online course training, teacher professional development, and introductions and training on various school programs and initiatives such as Digital and Global Citizenship, Additional Learning Support, CIPQ, PBL and PSHE.



Every year, ULC teachers are required to complete a number of EduCare online courses. This requirement holds significant importance because these courses provide essential knowledge and skills necessary for ensuring the safety and well-being of students. During the planning week, all teachers successfully completed the course "Child Protection for International Schools." Additionally, as part of our commitment to maintaining a safe and supportive environment, we all signed the ULC Code of Practice, which is a mandatory step before working with children and young adults at ULC.

Teacher Professional Learning and Reflection (PLR) sessions are conducted regularly throughout the school year. During the planning week, Ms. Grace Liu, the PLR Coordinator, introduced both external and internal PD programs to all teaching staff. External PD opportunities include Cambridge courses and workshops. We strongly encourage all teachers, especially new teachers, to participate in at least one external PD course each year. This allows them to familiarize themselves with the updated Cambridge curriculum and enhance their teaching skills.

Regarding internal PD on campus, Ms. Grace Liu introduced the Data Wise framework and Cambridge PDQ programs. These programs are designed to cater to the diverse needs of teachers and align with ULC's mission. This year, the Data Wise program will incorporate observing practice into step 5 (Examine instruction for the Inquire group) and step 8 (Act and assess for the Act group), providing a deeper level of engagement.

Additionally, the Cambridge Professional Development Qualifications in Teaching and Learning or Educational

正式开学前一周，ULC教师们完成了一系列培训活动，为新学年做好了准备。这些培训包括EduCare线上课程、PD教师职业发展和各种学校项目的介绍和培训，如数字与全球公民、额外学习支持、CIPQ剑桥学术资格项目、PSHE课程，以及新引入的PBL项目式学习。

每年，ULC教师都要完成一定数量的EduCare线上课程。这一要求非常重要，因为这些课程提供了确保学生安全和幸福感所必需的教师基本知识和技能。在教师培训周中，所有教师完成了课程《国际学校未成年人保护》。此外，作为ULC营造安全和支持性环境承诺的一部分，我们都签署了《ULC员工行为守则》，这是在教职工与ULC学生共事前的必要步骤。

PLR教师专业学习和反思在整个学年定期举行。培训周中，PLR协调员Ms. Grace Liu向所有教职员介绍了校内、外职业发展项目。校外的职业发展项目包括剑桥课程和研讨会。我们强烈鼓励所有教师，尤其是新教师，每年参加至少一门校外职业发展课程。这使教师们能够熟悉最新剑桥课程，并提高教学技能。

关于校内职业发展项目，Ms. Grace Liu介绍了DWIP数据智慧改进过程项目的框架和剑桥PDO教师认定资质项目。上述项目与ULC的使命一致，旨在满足教师的多样化需求。今年，DWIP数据智慧改进过程项目将在第5步（审查教学指导）和第8步（行动和评估）中加入观察实践，为教师提供较去年更深层次的参与内容。



此外，今年将继续提供教学和学习、教育领导力这两个剑桥国际教育职业发展项目。作为中国首个获剑桥授予“PDO教师认定资质(Professional Development Qualification)”的国际学校，ULC多年来一直开展基于校

Leadership will continue to be offered this year. As the first Cambridge school in China to offer PDQs, ULC has been running internal, school-based programs for our teachers for many years. These programs have successfully supported teachers in enhancing their professional thinking and practice, ultimately improving the quality of learning in our school.

Another PLR session was designed to actively involve all teachers in a discussion about the Cambridge learner and teacher attributes. Mr. Patrick Rakiro facilitated the session, encouraging us to identify the strongest and weakest attributes and guiding us in reflecting on ways to improve them. He also shared valuable ideas to enhance these attributes.

Cambridge learner and teacher attributes

Cambridge learners	Cambridge teachers
Confident in working with information and ideas – their own and those of others.	Confident in teaching their subject and engaging each student in learning.
Responsible for themselves, responsive to and respectful of others.	Responsible for themselves, responsive to and respectful of others.
Reflective as learners, developing their ability to learn.	Reflective as learners themselves, developing their practice.
Innovative and equipped for new and future challenges.	Innovative and equipped for new and future challenges.
Engaged intellectually and socially, ready to make a difference.	Engaged intellectually, professionally and socially, ready to make a difference.

Cambridge Assessment International Education

We specially held a teacher training session focused on project-based learning (PBL). The session provided a platform for the eight PBL teachers to share their project proposals with the teaching staff. Each PBL teacher presented their project, and the audience actively listened and provided valuable feedback. Following each presentation, the audience rotated to another station, where they engaged with another PBL teacher who introduced the project specifically designed for grade 9 students. This rotation allowed for further feedback, conversations, and the exchange of ideas. It's important to note that this PBL initiative was led by our deputy principal Ms. Jennifer Li, who also facilitated the training session, ensuring a cohesive and engaging learning experience for all participants.

We also included introductions to the Digital and Global Citizenship, Additional Learning Support, CIPO, and PSHE programs during the planning week. These programs align with our school mission - to challenge students through different programs, meanwhile developing a caring, and supportive community that equips students. Global Citizenship attributes and Digital Citizenship attributes at ULC were introduced by Curriculum lead Ms. Ruth Cumberland, and teachers had reflections on how to incorporate these attributes into daily teaching. The 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

情的校内职业发展项目。这些项目成功地支持教师提高其专业思考和实践，最终改善了学校学生的学习质量。

培训周中的另一个PLR教师专业学习和反思部分，则旨在让所有教师积极参与讨论关于剑桥学习者和教师的特质。Mr. Patrick Rakiro主持了这场讨论，他鼓励大家找出（学生和自己身上）最强和最弱的特质，并指导我们思考如何进行改善。与此同时，他也分享了增强这些特质的宝贵想法。

我们特地举办了一次聚焦PBL项目式学习的教师培训。该会议为8名校内PBL教师提供了一个平台，与教职工们分享他们的项目式学习方案。每一名PBL教师都介绍了他们负责的项目，场下作为观众的其它教师则积极倾听，并给出宝贵的反馈。听完一场项目介绍后，观众又前往另一个项目介绍点，由这个环节的PBL老师介绍专为G9年级学生设计的项目，随后展开新的交流。这种“周游列国”的交流方式激发了教师间更深层次的反馈、对话和思想交流。这次培训，给所有参与老师带来了一次关于新项目的高参与度学习体验。该场培训会议由副校长Ms. Jennifer Li主持，她同时也是学校PBL项目式学习的倡导者。



在培训周，我们还介绍了数字与全球公民教育、额外学习支持、CIPO剑桥学术课程资格和PSHE课程。这些项目与我们学校的使命相一致，在营造关爱和支持性社区环境的同时，旨在通过不同的项目挑战学生，以提升学生综合素质。ULC所践行的全球公民属性和数字公民属性由课程负责人Ms. Ruth Cumberland介绍，期间，教师们反思了如何将这些目标属

coordinator Ms. Alanna Benjamin and will be delivered by homeroom supervisors every week on Fridays, in period 5. CIPQ, which stands for Cambridge International Project Qualification, is led by Dr. Evelyn Cabading. This program offers students the opportunity to undertake a research project on a topic of personal academic interest. Additional Learning Support program is led by Ms. Joanna Pan, who provides individual assistance to a limited number of students who may be facing academic challenges across their entire course of study.

The professional development undertaken before the new academic year signifies a collective dedication to continuous improvement and a belief in the transformative power of education. As the school community comes together with a shared vision, there is a sense of optimism and excitement for the possibilities that lie ahead, fueling the hope and prosperity of the new school year.

性融入日常教学中。PSHE则是一门面向全校学生的课程，通过该课程，学生能够发展管理自己生活所需的知识、技能和特质，现在和将来。PSHE课程的协调负责人为Ms. Alanna Benjamin，它通常安排在每周五第五节课，由各行政班班主任负责教授。CIPQ，是剑桥学术课程资格项目的缩写，该项目由Dr. Evelyn Cabading主导。这一项目为学生提供了在个人学术兴趣课题上开展研究项目的机会。额外学习支持项目则由Ms. Joanna Pan负责，它为一部分在学习过程中面临学业挑战的学生提供个性化帮助。新学年前开展的一系列职业发展活动，表明了我们持续改进的共同承诺，以及对教育变革力量的信念。当学校社区因共同的愿景凝聚在一起，成员们对未来的可能性心怀乐观和激情，这些都为新的学年注入希望和繁盛的力量。



After School Activity (ASA)

We are delighted to offer students the opportunity to extend their learning through engaging after-school activities. Our afterschool activities aim to create a sense of belonging, improve social skills, provide academic support, and make learning fun. A goal of our ASAs is to motivate students of all backgrounds to discover new strengths and practice new skills to inspire a global community of future scholars and leaders. At ULC we offer after-school activities throughout the school year. ASAs are mandatory for 9th graders, while 10th and 11th graders are required to attend ASAs during Q1 & 2 & 3.

After-school activities are both sport-based and non-sports-based. Examples of our non-sports-based ASAs include:

- Alpha GO (围棋)
- Voice of Ulink
- Movie
- Puzzle Club
- Rubik's Cube
- Creative Writing

Our sports-based ASAs help develop a variety of personal skills such as teamwork, leadership, and communication skills. Students can participate in sporting activities amongst their schoolmates on campus or take part in regional conferences with several international schools as a member of the ULink College's team. The core sports of Volleyball, Basketball, and Football are held during specific periods (seasons) of the academic year. Examples of our non-sports-based ASAs are:

- Volleyball (Girls & Boys)
- Basketball (Girls & Boys)
- Football (Girls & Boys)
- Tennis (Girls & Boys)
- Table Tennis (Girls & Boys)
- Ultimate Frisbee (Coed)

We are pleased to have students participate in ASAs throughout the year and encourage parents to be involved by supporting their child's interest in these activities.

ASA课后活动项目

我们很高兴为学生提供各项吸引同学积极参加的ASA课后活动，以拓展他们的学习机会。课后活动旨在培养归属感，改善社交技能，提供学业支持，并让学习变得有趣。其目标之一是激励来自不同背景的学生发现新的优势，练习新的技能，以激发一个聚集未来学者和领导者的全球社区。在ULC，ASA课后活动贯穿整个学年。对于G9年级的学生来说，他们需要全年参加ASA课后活动；而G10-11年级学生则至少参加第一学季到第三学季的课外活动。

课后活动既有基于体育的，也有非体育的选择。以下为部分非体育类ASA课后活动项目：

- Alpha GO (围棋)
- Voice of ULink音乐社
- 电影
- 拼图
- 魔方
- 创意写作

体育类ASA项目则有助于培养团队合作、领导能力和沟通等多种个人技能。学生可以与校内同学一起参加校园体育活动，或者作为校队的一员参加珠三角国际学校举办的校际赛事。其中，排球、篮球和足球是每学年中特定时期（赛季）举办的核心体育项目。以下为部分体育类ASA课后活动项目：

- 排球（女子和男子）
- 篮球（女子和男子）
- 足球（女子和男子）
- 网球（女子和男子）
- 乒乓球（女子和男子）
- 终极飞盘（男女混合）

我们乐于看到学生能全年参与ASA项目，也鼓励家长加入我们的行列，一起支持孩子发展对各类活动的兴趣。



Student Organizations are an essential part of school and student life. They play a significant role in organizing creative and engaging campus events. To host specific events, the student organizations collaborate internally, refining event arrangements, allocating tasks, and executing them. Here are some lately events from Student Union, Eco Club.

Student Union

Dear members of the ULC community, we are pleased to report on the work that our Student Council has been doing over the past period of time. Below is a list of our major efforts and progress.

We have successfully completed our recruitment campaign for students at the school other than G9. As for G9 recruitment, we will initiate the process once the students return from Australia. We look forward to welcoming new members who will bring fresh energy and innovative thinking to our team.

The Halloween events are being prepared intensively and in an organized manner. So far, we have decided on the theme - Finding Dreams Around the World. All the divisions of labour have been clearly defined, and the preparation of planners and posters is underway.

At the same time, we are making preparations for the ULink Idol event. We are particularly excited about this year's event as we have more time to prepare. We firmly believe that with everyone's hard work, this year's ULink Idol will deliver a wonderful performance.

In addition, to enhance the campus life of our students, the Student Union has prepared a Mid-Autumn Festival activity. We warmly invite all students to join us and enjoy this reunion festival together.

In the coming days, we will continue to work hard to create more exciting activities.

Student community – ECO Club

ECO club is a student organization dedicated to protecting the natural environment and endangered species and spreading sustainable lifestyles. In the academic year 2023-2024, we will be organizing a series of campus activities such as bazaars, workshops, and other events around the topics of marine life and endangered species conservation.

It is worth mentioning that 50% or more of the proceeds from all ECO Club events will be donated to animal protection organizations.

Details of the events and donations will be sent to all students and faculty in our monthly newsletter and email.

Frieda, President of the ECO Club, and Morgen, Vice-President of the ECO Club, together with all the members of the ECO Club, would like to wish you all the best.

学生组织是学校和学生日常学习生活的重要组成部分。在有趣又创新的校园活动中，他们发挥着重要作用。为举办特定活动，学生组织的内部成员们通力合作，细化活动安排、分配并执行任务。以下是来自学生会、学生环保组织Eco Club的近期动态。

学生会



尊敬的ULC社区成员，我们很高兴地向大家报告，我们的学生会在过去的一段时间里所做的工作。以下是我们的主要工作内容和进展。

我们已经成功地完成了除G9年级以外的学生招新活动。待G9年级学生们从澳洲回校后，我们还将启动面向他们的招新。我们期待着这些新鲜血液的加入，期待他们为学生会团队带来新的活力和创新的思维。

万圣节活动正在紧张而有序的准备中。目前，我们已经确定了主题——寻梦环游记。所有的分工都已经明确，策划案和海报的编写工作也在有序进行。

ULink Idol的活动准备工作正在有序进行。今年准备时间更为充裕，大家也因此充满期待。我们相信，通过大家的努力，最终一定会呈现出一场精彩的ULink Idol演出。

此外，为了丰富同学们的校园生活，学生会还准备了中秋节活动。欢迎所有的同学来参加我们的活动，一起享受这个团圆的节日。

在未来的日子里，我们将继续努力，创造更多精彩活动。

学生环保组织 ECO Club

ECO club是一个致力于保护自然环境与濒危物种，传播可持续发展的生活方式的学生社团。在2023-2024学年，我们将围绕海洋生物与濒危物种保护等主题组织一系列如义卖、工作坊等校园活动。值得一提的是，在所有ECO Club组织的义卖活动中，将有超出50%的收益被捐赠给动物环境保护组织。活动安排与收益捐赠的具体信息，我们将在每个月的《家长通讯》与邮件中同步给全校师生。

最后，ECO Club社长王一然与副社长冯宸然谨在此携我社全体成员祝各位生活顺利。



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

Latest Events from V.A.

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，一些同学参加了校外组织发起的义工活动。其中，包括：ASDAN的支教、动物环境保护义工；汇时的旅行义工；海南支教义工；福建客家古村支教义工；贵州关爱留守儿童义工；西双版纳联合国热带雨林回归计划；候鸟巡护行动等。



同时，也有不少学生就近参加了街道办义工，图书馆义工，医院导医，地铁站导向义工等活动。

今年，义工社依旧定期提供校内外义工的机会，供同学们选择并参与。校内义工包括：图书馆义工、实验室义工、琴房义工、整理学术公示板义工、拍照义工、招生答疑义工、新生接待义工等。校外义工则包括：奉粥义工、垃圾分类、城市规划志愿者等。

9月，我们将完成义工社的招新。新鲜血液的注入，会让义工社充满活力，保持创新，继续成长。我们对义工社的未来充满期待。

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 arrival of the new academic year ushered in the confirmation of the final acceptance of our class of 2023 graduates and the beginning of a new chapter in their life.

Currently, according to the data, 50% of the 18th graduating class of ULC chose to attend British universities, of which 44.3% will enroll in one of the UK's G5 super-elite institutions. In contrast, 13.1% of graduates attended institutions in the United States and Canada, 13.1% attended institutions in Hong Kong China and Macau China, and 23% attended institutions in Australia. Overall, 78.68% of this year's graduates were successful in getting into one of the TOP 50 universities in the QS World University Rankings. Information about the final destination has been updated on the school's official website (https://www.ulinkcollege.com/en/support/university_acceptance.html?year=2023), which parents can see independently.

College Application

After the release of the A/AS Level results, the CAIE Results Analysis and University Application Preparation Meeting for Year 12 students and parents was conducted on September 1. Our Class of 2023 has begun the university application season. We intend to assist students in evaluating and reviewing their CAIE results, provide advice on university applications and creating a timeline for their applications through this analysis session. Currently, CAS Advisors have assisted the G12 students in filling out all of the registration and online application forms in a timely manner on both the UCAS in the United Kingdom and the Common Application in the United States. The CAS Office highly advises students to remain involved, contact with their advisors, and submit their applications in early given that Chinese applicants make up the largest percentage of non-EU applicants and have placed first for ten consecutive years. The deadline for on-campus applications is October 13 for Oxbridge applicants and November 15 for other regular UK applications, although this time is earlier than the official deadline of UCAS: a. 16 October 2023 18:00 UK time (University of Oxford, University of Cambridge and most medical, dental, veterinary majors close); b. 31 January 2024 18:00 UK time (most undergraduate course close). We strongly advise students to submit their applications in advance as places are limited. However, if students need to retake most of the A Level subjects, it is recommended to submit the application after retaking the exams. The specific submission date should be discussed with their assigned CAS advisors.

大学录取

新学年开学季的到来，也迎来了2023届毕业生最终录取的确认和人生新篇章的开启。目前，根据数据显示，以下为我校第18届毕业生的最终去向：50%选择入读英国的大学，其中的44.3%同学将入读英国G5超级精英大学；13.1%入读美国和加拿大大学；13.1%入读中国香港和中国澳门的大学；23%选择入读澳洲大学。综合来看，78.68%毕业生成功入读QS世界大学排名前50院校。详细的最终去向已更新至学校官网（见左侧链接），家长可自行访问查看。

大学申请

现阶段，G12年级同学已进入大学申请季。A Level成绩公布后，面向G12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1日举行。通过本次分析会，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。目前升学指导老师已提前有序指导同学们完成了英国网申系统UCAS, 美国通用申请平台Common Application所有的注册及网申填写。考虑到中国申请者在非欧盟申请者中占比最高，且连续十年蝉联第一，升学指导办公室强烈建议同学们保持积极主动跟升学老师沟通，提前完成申请递交，我们设定的校内申请截止时间分别为：牛津申请为10月13日，其它常规英国申请为11月15日。尽管上述时间点提前于UCAS的官方截止时间：a. 英国时间2023年10月16日18:00（牛津大学、剑桥大学以及大部分医学、牙医、兽医学等专业申请截止）；b. 英国时间2024年1月31日18:00（大多数本科课程申请截止），但由于名额有限，我们强烈呼吁学生提前完成申请。但如果学生需要重考多门学科，可以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确定。



College Visits

In September, the CAS team has already arranged one-on-one portfolio reviews with admissions officers from the University of the Arts London and Maryland College of Art, as well as school visits from Loughborough University, the University of Sheffield, the University of Exeter, and the University of Westminster. University representatives visiting our school encourage students to think critically and prepare them for future study options while also allowing them to explore career paths and major options. They also provide students with first-hand information about university admissions both domestically and abroad. The CAS team works to guarantee that all students, regardless of grade level, have equal chance to access prestigious universities around the globe and understand the importance of preparing for college. Notice of Subsequent University Visits: We consider it a great honour to host world-renowned universities like the University of St. Andrews, Durham University, Lancaster University, University of Nottingham, University of York, McGill University, University of Waterloo, and University of California during the end of September and the months of October and November. The resources available at the school should be fully utilised by students as they learn and develop within. After taking in the vast and enormous, students nurture intensely in their own studies.

CAS Events

This year, the CAS event will continue to be held on Thursdays from 3:30-4:30 p.m., featuring alumni sharing, career talks, and university visits. On September 14, the students in grades 10-11 were invited to participate in a career talk by Philippa Yang, a ULC alumna and special guest who works for Amazon.com in the ESG industry (Environmental Social and Governance). In addition to drawing on her experience, she will impart to younger pupils the invaluable wisdom she gained along the road and assist them more effectively as they move through the high school, college, and employment phases. Moreover, students will have the chance to broaden their horizons, comprehend the varied innovation of science and technology practise projects, and observe how peers deepen their understanding of knowledge in practise when the leader of Tencent's Mini Goose Series Innovation Training Project visits ULC on 19 October.

大学来访

截至目前，升学指导办公室在9月份举办了多场大学来访活动，包括拉夫堡大学、谢菲尔德大学、埃克塞特大学、威斯敏斯特大学，伦敦艺术大学和美国马里兰艺术学院招生官也受邀给学生做一对一作品集讲评。日常大学来访活动为学生带来海内外大学招生录取的第一手资讯，辅助学生探索专业方向和职业选择，并搭建起学生与大学建立直接联系的桥梁，帮助同学们打开思路，为之后的升学选择做好准备。升学指导部门力争确保各个年级的学生都有同等的机会接触与了解全球名校，知晓升学准备的重要性。

后续大学来访预告：

9-11月，我们非常荣幸将迎来圣安德鲁斯大学、杜伦大学、兰卡斯特大学、诺丁汉大学、约克大学、麦吉尔大学、滑铁卢大学、美国加州系列大学等世界知名大学来访，希望同学们可以充分利用好学校资源向外探索，向内生长，领略辽阔宽广后，深耕于自己的学业。

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14日升学活动中，我们迎来了从事ESG行业（缩写自Environmental Social and Governance，即环境、社会和公司治理），现任职亚马逊公司的特别来宾-ULC校友 Philippa Yang，大部分G10-11年级学生参与了这一场职业讲座。当天学姐结合切身经历，将一路走过来的宝贵经验传递给学弟学妹们，以帮助同学们更好地度过高中升学、大学生活和就业等阶段。10月19日，腾讯旗下的Mini鹅系列创新培养项目负责人将到校宣讲，同学们将有机会拓展视野，了解多元创新的科技实践项目，观摩同龄人如何在实践中加深知识的理解。



The new school year is coming! How to form healthy relationships and better communication with your kids.

1. Build awareness about your own emotions which can hugely affect a child's emotions and behaviors.

Realize your own emotions from work and life, how do those pressures come at home? Teenagers are very sensitive to other's emotions towards them. Be objective about your opinions towards your child. Be careful about your negative words or expressions, which can be detrimental to your child's confidence. Be genuine about your own emotion and make it reasonable for your child to understand.

2. How to deal with conflicts. Conflicts are common in every family, please do not be afraid of conflict or only communicate through conflicts. Do not over-interpret your child. It is easy to have conflict with teenagers who always have extreme emotional ups and downs. Being calm and relaxed rather than angry can solve conflicts easier. When you feel angry, you might try to give yourself a 10-second "buffer period" -- try to use 10 seconds first to calm yourself down during the "buffer period". Be more understandable and acceptable to your child's small mistakes and be serious about fundamental mistakes.

3. Set boundaries of making mistakes and know how to ALLOW.

Parents can discuss with their children to set the corresponding rules and boundaries of making mistakes. Please note that it does not mean that children are not allowed to make mistakes. And please note that there should be no verbal shaming of children at any time. Parents should also know how to ALLOW. You should allow your child to have his or her right of "private life", such as the right to have fun and make friends, to keep his or her secrets, and to arrange his or her time. In this process, parents should know how to provide timely guidance according to the actual situations but also know how to negotiate and reconcile with their children.

新学期开始了，家长需要怎么样和孩子建立健康良好的沟通与关系呢？

1. 具有明确的自我情感感知力。能清晰分辨自身情绪波动和为何某种情绪会占领自己的身体。注意自己有没有把工作上的情绪带到家庭气氛中。青少年对亲密关系中的情绪感知力非常敏感，并且容易自责和过度解读。因此，对待青春期孩子的情绪输出尽可能做到中立、客观。如果在必要的批评情况下，评判语句表述必须针对事件，而不是孩子。对孩子不要有任何隐瞒，现在青少年的认知能力普遍早熟，真诚是沟通的关键。

2. 如何应对争端。争端在每个家庭都很常见，不要惧怕争端或者喜爱争端。因为青少年正在构建自身的价值与自尊，对于意见有很强的倾向性，不要过度解读你的孩子。在遇到让你愤怒的事情时，不妨试试给自己10秒的“缓冲期”——先试试数10个数，让自己在“缓冲期”内平复情绪。对于孩子无关紧要的错误多包容，少挑剔，对于原则道德性时，要及时发现并且与孩子进行有效沟通。

3.与孩子共同建立起双方认可的家庭规则、奖惩机制。

家长与孩子商讨什么事情是绝对禁止的，设置好相应的规则与犯错误的界限。请注意，这不代表不允许孩子犯错，而且任何时候都不要对孩子进行言语上的羞辱。懂得禁止，也要懂得许可。家长要许可孩子拥有自己“私生活”的权利，如娱乐交友的权利、保留秘密的权利、安排时间的权利。在许可的过程中，家长要懂得根据实际情况及时地引导，更要懂得如何与孩子协商、和解。

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VOLLEYBALL Schedule

Ulink Lightning 2023

Sept 13 at QSID
Sept 16 PRC Exchange at QSID
Sept 18 vs USIZ (H)
Sept 20 vs ASJ (H)
Sept 25 at ISD
Sept 27 vs NCPA JV (H)
Oct 11 at TSI
Oct 14 PRC Tournament at ISNS



Come out and support
our Ulink Lightning!