

A SHANGHAI SINGAPORE INTERNATIONAL SCHOOL MAGAZINE

# FLOW

SUMMER 2020



# COMMUNITY

Be a part of something bigger than yourself.

## The Great Escape

Our Chief Librarian  
On How Parents  
Can Improve Our  
Reading Habits

## Agents of Change

Inspiring Teenagers From  
Around The World

## Tomorrow Never Comes

Meet Mr Zhou: the  
school's longest-  
serving staff





#StriveForExcellence



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'Café Murder': A theatre performance like no other.

# VOICES

Dickens did indeed write, "It was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us..." We've moved on (cautiously) from that period of uncertainty. Now the school has reopened, and we've come to terms with the outbreak, and focusing on what genuinely matters in life.

It's an apt moment to talk about the nature of a community—the theme of this issue of **FLOW**. The word 'community' has no negative connotations; it is a word that leans towards goodness. To the other way lies cabals, cults, and consortiums. Community is a long but comforting word, it is all we have known since we were born: the family that care for us; the teachers that nurture us; and the colleagues that support us. We are the community as much as it is us.

Which is why it's vital to focus on it and discuss our role in the community: what we derive from it and, more importantly, what we give back to it. If it does indeed take a village to raise a child, then who gives back to the village? The child!

There are many ways to contribute to a community. When we're younger, it's through chores and filial piety. When we're older, through money (charity) and manpower (expertise).

- In this issue, we're featuring a cadre of do-gooders helping the community in different ways:
- A PE teacher who spends his summer coaching kids in the villages.
  - Students raising awareness and funds for the environment.
  - Unsung heroes who keep the school clicking and clocking.
  - Councillors who corral the student body.

All for the common good. We hope you'll enjoy this issue of **FLOW** the community put together.

David Fuhrmann Lim  
Editor

A lot goes on behind the scenes in SSIS over **one academic year**. Here are some notable community figures that are worth a look:



**305,760**

Number of meals our ISO-accredited in-house cafeteria cooks for everyone



**82**

School buses travel to

**353**

Pick-up points daily

**8,760**

Hours of work put in by our security team to keep us safe



**24,100**

Photos taken by the Marketing team



**26,709**

Books maintained in the library (how many have you read?)



**250**

WeChat articles published

**30**

Number of events the department organises (yes, they're a busy lot!)



**500+**

Science lab lessons prepared by our lab technicians

**360**

health checks daily of the Preschool and G1-G2 students (for HFMD, blisters, temperature, general well-being)



**400+**

Visas and permits processed by our HR Department



Illustrations: The Noun Project



## ONE MOMENT IN TIME

WE LOOK BACK FROM NOVEMBER TO REMEMBER ALL OUR REMARKABLE ACTIVITIES.

'Café Murder' by the Senior School students was an immersive play and a breakthrough piece of theatre that needed the collaboration of actors, musicians, backstage crew and extras, and the participation of the audience to work.

The production engaged all the senses, and the audience had to sniff out the clues to finger the murderer while eating Italian food served by the G12 "wait staff". Creatively, this was a big leap forward for both the teachers and the students as well.







**Career Day** (above) run by the Senior School counselling office and co-hosted with the Student Ambassador Team, opened the window for students to the real world and linked them with experts from various professional fields. This year eight guest speakers from varying fields shared their professional knowledge and experience with two rounds of students from G9-12.

The Sabres crew hosted **Spirit Day** (left) for the Senior School and students showed support for the SISAC Volleyball teams by wearing red or blue. They created Sabres posters with signatures and words of encouragement, participated in an epic game of KCC and gave the biggest Sabres cheer to-date.



**Mini Conference:** Teachers brought their expertise to impart knowledge and best practices to their peers. As lifelong learners, it was essential to learn new skills, and this was done through workshops, quizzes and activities. Professional Development helped to enhance the quality of teaching and learning, and kept them abreast of developments in the curriculum, teaching pedagogies or strategies.







**Christmas Light-up:** Our talented SSIS performers were invited to perform at Christmas light-ups across Shanghai. The public performances provided an excellent platform for our students to showcase their talents and in the process, gain confidence. This year, all three divisions were invited to perform in hotels, and they indeed spread a lot of joy around through their singing, dancing and musicianship.

**Chinese New Year** is the most important holiday for Chinese all over the world, and here in SSIS, we celebrated it with a lot of fervour and festivities. From Preschool to Senior School to PSG, everyone got in on the holiday spirit with a full day of songs, performances and activities.





# SUPPORTING CHARACTERS

TO INVOLVE OR MOBILISE INDIVIDUALS WITHIN A COMMUNITY, THE STRENGTH OF THE CONNECTIONS IS MOST IMPORTANT. IN THIS ISSUE, WE DISCUSS THE NOTION OF COMMUNITY AND HIGHLIGHT OUR UNIQUE BONDS.

Writer: Gleb Tsikhanovich G10 Pearl

Photographer: Kven Wong



## What is a community?

If you were to look it up, the first definition you will get is, “a group of people living in the same place, especially one practising common ownership.”

In truth, a community is much more than just a bunch of people living in the same place. If this was the true definition of community, the world wouldn't have been as advanced and developed as it is now. It would have been pretty much like it was in the Middle-Ages, where everyone cared only for themselves and strove only to meet their personal needs. But if you surf the net a little bit more and find something along the line of “a feeling of ownership with others as a result of sharing common attitudes, interests or goals”, then you found it.

So, let's take a step back and try to understand what this definition precisely means. The definition states a feeling of ownership, akin to responsibility. And that is the first aspect of a community, it is responsible for what it owns, hence not just for themselves but for everyone else within that community. It is the feeling of responsibility that drives great leaders to establish change. It is their motivation to identify the imbalance within their community and to act, to advance and to improve.

This is what a community must do to be a community. You don't need to change the world or be the next Google or Martin Luther King. You need to be responsible for what you share with others—for example, preserving the environment, sorting out your trash, conserving water, taking only as much food as you need. Congratulations, you are already a responsible member of the community.

The second point, and perhaps the more critical

point about living in a community, is being able to see beyond yourself; being able to do things that benefit everyone in your community. This is perhaps the hardest to achieve, as this requires you to think outside the box and do things that sometimes may cost you more than it rewards you. But that is the beauty of it when you do something, it's more than just you who gets to enjoy it, rather, the entire community does.

**The whole beauty of a community is that you alone can contribute to a community, but all of the community can also contribute to you.**

Take, for instance, the Youth Environmental Summit (YES, see sidebar). It's made up of a group of students who have given up their time, their weekends, to attend a summit, so that they can learn how to make the world a better place—they wanted to be change agents.

The PUXIMUN conference, held at SSIS for the first time, is also another instance of a group of people with a desire to bring change. It started as an idea that the current SSIS Secretariat had, to raise awareness through action and first-hand experience. They gave up their time and effort so that others could learn and benefit.

Though many mitigating factors might split up or disperse a community—diaspora, adversity (like

a pandemic), political machinations, selfishness, climate changes—the point of a community is staying together. And it's apparent that through this period of e-learning and dealing with the outbreak, a community can find creative ways to stay together while being apart.

Of course, it's much easier to deal with things when there's more than just you. The whole beauty of a community is that you alone can contribute to

a community, but all of the community can also provide for you. And that is the greatest asset to have, being able to have a place where, when you will need it, you will always be supported and helped.

Most people take it for granted, but being part of a community is the greatest blessing a person can wish for. Alone, we can do so little; said Helen Keller, together we can do so much.



## HERE TO HELP

WHETHER IT'S THROUGH THEIR IMAGINATION, WILL TO LEAD OR JUST A DESIRE TO HELP CHANGE THINGS IN SCHOOL OR IN SOCIETY, OUR STUDENTS ARE INVOLVED IN HELPING THE COMMUNITY IN MANY WAYS.

### THE STUDENT COUNCIL

By Victoria Cheah, Grade 12 Amber

The Student Council is an integral part of the SSIS Community. Their mission, according to president

Daniel Tan, is to “improve students’ school life on campus by hosting events, while also helping to create a strong bond between teachers and students.”

The annual Winter Formal is arguably one of their most anticipated events, and this academic year’s event boasted the largest number of attendees ever. It was a night where dancing, a tasty buffet dinner, and the formation of fond memories were made real.

Councillors from previous years spend some of their weekday afternoons to help plan activities and big events for their cohorts. They have to figure out where to allocate their budget and resources.

Recently, the Student Council also began incorporating more fundraisers to support

charities (Heart 2 Heart and Shanghai Healing Home) and to extend their impact beyond the school to give back to the broader community. “We serve as role models, and model the values of Initiative, Care, Commitment, Collaboration and Communication to uphold and maintain the reputation of the school,” says Daniel,



### BARKFORLIFE

By Amy Shi, Grade 10 Amber

BarkForLife (slogan ‘Adopt, Don’t Shop’) is a charity project organised by G12 students who, together with volunteers and the community, help find loving homes for dogs and cats. They host adoption events, charity bazaars, and post on their official account to raise funds to rescue pets.

Maggie and her schoolmates were introduced to the group (created by the 2019 cohort) when they were doing their CAS project: “They have left for universities, and we have taken over. We started planning and organising it last year, and this is our first year working on BarkForLife.”

They’ve now become more knowledgeable about the issues of stray animals and their wellbeing, and improve on each monthly event to help as many every rescuer and rescued animal as they can.

“We speak to different rescuers, volunteers and people that are interested in adopting, thus making Adoption Day meaningful and a chance for us to practise our communication skills,” she explains. “The most enjoyable thing is when we successfully match a stray dog/cat to a responsible family that genuinely adores them. The excitement we see from the family and the pet makes everything worthwhile.”





## YOUTH ENVIRONMENTAL SUMMIT

By Gleb Tsikhanovich, Grade 10 Pearl

The Youth Environmental Summit (YES) is an annual event that challenges the younger generation to take action on environmental issues such as climate change, air, water and soil pollution, and deforestation. While the summit is branded as “environmental”, it is not strictly limited to just that. The environmental issues we face now are caused by economic growth and rapid industrialisation; the speed of transformation means the environment has no time to recover and replenish itself.

And that’s what the students were learning to do at the summit: attempting to apply both economic and environmental concepts to solve ecological issues. Case in point: Finding a solution which puts an end to greenhouse gas emissions and the destruction of wildlife without leaving a dent on economic growth and prosperity.

SSIS Senior Akshat Ranjan says these events are organised mainly for the youth to encourage them to stand for what they believe in:

“It’s to get more knowledge and be aware that there are still issues out there that we can solve.

What we want from the school community is for us to be more active in such events—to take that knowledge and apply it to our lives.”

The event plays a role in uniting individuals into a community of green advocates. It reminds us that if we are to solve the most pressing issues that challenge the world today, we must think, live, and act as a community.

“We should be more aware of our actions since we can influence or educate people around us. It won’t be helpful to merely learn it just for ourselves, we have to share it with others,” adds senior student Ong Yu Xuan.

## RENEWAL PROJECT

By Victoria Cheah, Grade 12 Amber

The idea for Renewal Project emerged after Victoria Cheah and her friends began volunteering at the Renewal Centre, a shelter for the homeless in Shanghai. The shelter provides those in need with a shower, laundry service and a hot meal—all free of charge—as long as they have a goal that they are consistently working towards. For some, this could mean getting a job, while others were focused on obtaining a national ID card.

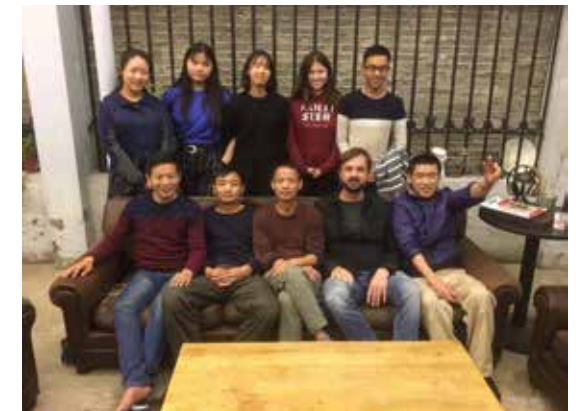
**It provided them with a new outlook on life and an appreciation of how privileged their lives were.**



The students’ duties included helping out in the kitchen, registering those who came in and sorting out laundry. They felt that it was an uplifting way to give back to the community, and they also enjoyed interacting with the different people who visited the shelter.

“Every time I visited, I felt as if I was being invited into a large and welcoming family,” says Shannon Lee, a core member of the Renewal Project. “The first time we visited, my friends and I were able to spend Thanksgiving dinner with the staff, who shared heartfelt stories about their experiences and how the centre helped them regain stability in life.”

This motivated the students to think about how they could contribute further. After speaking to the



manager of the shelter, they started a donation drive at SSIS to get clothes, kitchenware and even electronic devices.

They managed to collect many boxes of clothing from teachers and students, which they then donated to the centre for those in need. It is heart-warming to see how the SSIS community chipped in and aided the students in giving back to the less fortunate.



## THE SUPPORT STAFF

By Gabby Ho

THE SCHOOL SIMPLY CANNOT FUNCTION WITHOUT THE INPUT AND CONTRIBUTION OF THE VARIOUS BRANCHES OF THE SUPPORT STAFF: THE BUS MONITORS; THE KITCHEN CREW; THE SECURITY GUARDS; THE NURSES; OR THE GARDENERS.

The list is not exhaustive, because everyone plays a part in the whole ecosystem of the school. We don't always notice them as they silently and efficiently go about their daily tasks. Still, they're as important as the faculty and student body. We hear from them about what they do, and what they look forward to every day about their job.

### Zhang Jian, Pastry Chef

Mr Zhang's day starts early, he's in the kitchen by 6.30am, and they work right past lunchtime. Together, this team of three takes care of the bread



and pastry needs of the school. On a regular school day, they use 8,000 to 10,000 kilograms of flour every day to make 80 loaves of bread, cakes and snacks. That peanut butter sandwich you're so fond of? That's all him and his department.

"To better meet the dining needs of students and employees, we will develop new dishes. Colleagues in the food and beverage department will support and help each other. This is my big family."

### Liu Dejun, Transport Manager

Mr Liu is the manager of our transportation department. He's in charge of planning the schedule, arranging the routes, supervising daily



operations, and organising school bus safety education training. He's served our school for over a decade; he believes that ensuring students travel safely to and fro school every day is no ordinary mission.

"Being able to watch our students grow and thrive is the biggest thrill and happiness in my work."

### Shan Bifeng, Manager of Security Department

Mr Shan and 18 of his colleagues are responsible for ensuring the safety of everyone on our campus. They also deal with fire prevention and respond to



any safety emergencies. Every year, during flood season, they take precautions to reduce the risk of our campus being flooded by placing sandbags and water baffles at every entry point in the school premises. They anticipate danger before it happens, and we can never thank them enough for keeping our campus safe!

"During the super typhoon last summer, our department stayed in the office for two days straight and took shifts to keep an eye on the flooding situation on the campus. We take pride in our duty in providing a safe environment for our teachers to teach and students to learn."

### Wang Qinghua, Manager of Gardening Department

You can always hear birds chirping, see the tree branches swaying and watch students have



fun playing sports on the mowed lawn in our campus—we have Mr Wang and his gardening department to thank for all this beautiful scenery.

Besides landscaping, Mr Wang also assists in our Farm to School project. He also directs his team to water and dust the area outside the front gate of the school to protect the health of our community members. Such is his dedication that on a cold winter day in 2018, his team managed to plant 295 trees for our school in one day!

"For the past 18 years, I have considered SSIS as my home. I have worked hard on the grounds and ensured a 96 per cent survival rate of plants on campus. We've not had any accidents in the department, and I hope to always be able to offer a green shade for our students and teachers."

### Cai Hong, Cleaner

For the past 11 years, Ms Cai has been responsible for cleaning and disinfecting the fourth floor of the Senior School building. Here, she has witnessed many students at play, studying hard and eventually graduating from SSIS.



"Wherever I'm needed at school, I'll go and assist. On rainy days, I'll go to the ground floor to hold umbrellas for our students and help them get on and off the school bus. In the morning, I'll go to the front gate to assist our younger children in entering the school grounds."

Every staff member may have different positions and responsibilities, but the educational roles we play remain the same. We need to respect the educator's role of every staff member (both teaching and non-teaching).



## PARENT SUPPORT GROUP

THE PSG MISSION IS TO “ENRICH THE LIVES OF OUR CHILDREN AND SSIS COMMUNITY THROUGH INVOLVEMENT AND SUPPORT OF EDUCATIONAL, SOCIAL AND CHARITABLE EVENTS OR ACTIVITIES OUTSIDE OF THE SCHOOL’S REGULAR DAILY CURRICULUM.

We spoke to two parent volunteers to get some insights about why they are in the PSG and how their contributions help the community.

**Ng Yee Chea has been with the PSG Exco since 2017.**



### How did you decide to join the PSG?

The previous Exco encouraged me to join the committee. I hoped to learn more about the school, and my children also encouraged me to help with the school’s activities—that’s why I decided to join.

### What benefits did you and your child reap from joining the PSG? How was it enriching for you?

The most precious thing I got was friendship and team spirit. In the PSG, I learnt how to communicate and collaborate with parents from

different countries and cultural backgrounds and how to contribute to the team. I was able to share these rare experiences with my children so that they can learn how to get along with other international students.

### How do you manage your time between work, home and volunteering?

Members are responsible for organising activities according to their spare time. On most days, I will focus on family and work. When it’s my turn to take charge of the activity, I will allocate more time to it.

### What are some of your most rewarding memories of being a part of PSG?

There are too many great memories. The most unforgettable thing was that we managed to raise money for the two children of Heart to Heart for their operations. When I was in the hospital checking on their recovery after the surgery, I was so excited and heartened that our donation was able to help them.

### What keeps you going?

The students’ smiles and the team spirit here are my driving forces. And I also want to add: Chef Jin’s lunches!

### What would you tell parents who are considering joining the PSG?

Parents, there are no special benefits for committee members, but you can get a lot out of it here, especially for parents who have just started living in Shanghai. This is an excellent platform for you to learn more about other international parents, see things from different perspectives, and learn how to better help children learn in school.

We recognise the importance of a robust school-parent partnership in enhancing the development and learning of our children. Besides joining the PSG Exco, parents can also volunteer at events or be speakers during Career Day.



**Chun Fang (Jane) has been with the PSG Exco since 2019.**

### How did you decide to join the PSG?

To meet a group of like-minded people from all over the world.



### How do you manage your time between work, home and volunteering?

Family comes first, then volunteering after.

### What benefits did you and your child reap from joining the PSG? How was it enriching for you?

I can set an example and teach my child the value of service. For myself, I get to experience a kind of on-the-job fun even though I’ve left the workforce and am a stay-at-home mom, I get support through the power of teamwork and mutual learning.

### What are some of your most rewarding memories of being a part of PSG?

There are too many good memories, because members in the committee are very supportive and caring. By being a part of PSG, I can get to know different parents and I can do charity work with my child.

### What would you tell parents who are considering joining the PSG?

I would suggest that parents take an active role here to help make the school a more welcoming place.



## 把小我融入大我

要动员人们深入社区，关心社区，人际间的关系力量显得尤为关键。本期校刊我们将探讨社区的概念，展示SSIS独特的社区纽带。

翻译: Gabby Ho

社区是什么? 如果您搜索这个词, 您会发现第一个定义是“社区就是一个聚居在一定地域范围内的人们所组成的社会生活共同体, 是具有共同意识和共同利益的社会群体。”

事实上, 一个社区不仅仅意味着住在同一个地域的一群人。如果社区的定义真如此, 那么我们现在的世界也不会如此先进和发达, 就会像中世纪那样, 每个人都只关心自己, 只为满足个人生存需要而奋斗。如果您在网上搜索到类似于“因与他人分享共同的态度、兴趣或目标而产生归属感”的定义, 那么您就找到了“社区”的真谛。

这个定义的确切含义是什么呢? 它表达的是一种归属感, 类似于责任感, 是社区的第一层含义。社区中的每个人除了对社区负责以外, 也要对生活在社区里的其他人负责。正是这种责任感驱使伟大的领导者去不断改革, 找到社区的不足, 然后采取行动, 改善和提升社区。

要成为社区的一份子就必须肩负起这种责任感。您不需要改变世界, 也不需要成为谷歌创始人或者马丁路德金这样的人, 您只需要对您与他人分享的东西负责, 例如, 做到保护环境、垃圾分类、节约用水, 不浪费粮食等等。您要是能做到这些话, 那么恭喜, 您已经是一名负责的社区成员了。

第二点, 可能也是社区生活中最重要的一点是, 能够放下自我, 做有益于社区的事情。这也许是最难办到的, 因为这需要您跳出固定思维, 去做一些有时会让您付出的代价比回报更大的事情。去做一件能够让整个社区受惠的事情并不容易, 但这就是它的魅力。

例如, 青年环境峰会 (YES), 这是由学生成立的环保座谈会。这些学生放弃了课余时间去参加峰会, 目的是想

学习如何让世界变得更美好。他们希望能够为世界带来一些美好的改变。

SSIS此前举办的第一届浦西模拟联合国 (PUXI-MUN) 也是学生们想要改变世界的另一个例子。最初策划PUXIMUN的想法是由现任SSIS模拟联合国秘书处提出的, 他们希望通过实际行动和学习实践, 提高学生对全球社区的意识。为了让其他学生能够通过这个活动有所收获, PUXIMUN团队的同学们舍弃了自己的课余时间, 为活动付出了很多心血。

尽管有很多原因会导致一个社区分裂与离散, 比如大移居、如流行病、政治阴谋、人们自私自利、气候变化等等, 但只有社区成员团结一致, 社区才有存在的意义。

社区的魅力在于, 您可以为社区做贡献, 社区也能为您提供帮助。能够有安身立命之地, 能够在您有需要的时候得到支援, 这是社区于我们而言最大的财富。

能够作为社区的一份子是每个人最大的福气, 然而很多人都把它当作理所当然的事。Helen Keller说过“单枪匹马,杯水车薪; 齐心协力,其利断金”。

## 帮助无处不在

无论是通过创造力、领导力或是一颗单纯想让学校和社区变得更好的初心, 我们的学生总能找到办法参与到社区建设中。

### 学生会

学生会是SSIS社区不可分割的一部分。据学生会主席Daniel Tan 所说, “学生会的使命就是组织各种校园活动, 丰富学生的课余生活, 同时帮助学生和老师了解彼此, 建立深厚的师生情谊。”

一年一度的冬季舞会可以说是中学生们最期待的活动之一, 而今年的冬季舞会是有史以来参加人数最多的一次。在舞会上, 大家随着音乐舞动、享用美味的自助晚餐, 与同伴们留下美好的校园回忆。

为支持上海的慈善机构 (如: 心连心和上海生命之

家), 回馈校外社区, 最近学生会也开始筹集更多资金。学生会主席Daniel说: “学生会是学生的榜样, 应该遵守学校的i4C价值观, 维护学校的良好声誉。”

### BarkForLife

BarkForLife 是G12学生的慈善项目, 其口号是“领养代替购买”, 目的是联手社区成员帮助流浪猫狗寻找一个有温暖的家。志愿者们会组织领养活动, 举办慈善市集, 也会在他们的微信公众号上发帖, 筹集救助宠物的资金。

BarkForLife 是 SSIS 2019 届学生成立的慈善项目。Maggie 和她的同学们当初认识这个项目是为了做 CAS 项目。Maggie 说: “成立这个项目的学生已经上大学了, 于是我们就接手了。去年是我们第一次尝试策划和组织慈善领养活动。”

现在, 参与这个项目的学生已经对流浪动物有了更深刻的了解。他们每月的领养活动也越办越好, 争取能够帮助每位救助者和流浪宠物。Maggie解释说: “我们会与不同的救助者、志愿者和对领养感兴趣的人们交谈, 这种交流的机会让领养日更有意义, 也能提升我们的沟通技能。成功帮助领养家庭配对领养动物, 能够为这些小动物找到真正爱护它们的家, 是我们最开心的时候。从领养家庭和宠物们身上我们感受到大家的兴奋和激动, 这让我们觉得一切努力都是值得的。”

### 青年环境峰会 (YES)

青年环境峰会 (YES) 是一场环保座谈年度活动, 旨在呼吁年轻一代关注如气候变化、空气、水和土壤污染以及砍伐森林等环境问题, 并采取积极的环保行动。虽然峰会被冠以“环保”的标签, 但会议内容不仅限于此。我们现在面临的环境问题是由快速的经济增长和工业化发展引起的。高速的经济变革意味着我们没有预留足够的时间给我们所处的环境进行自我修复和再生。

在YES峰会上, 学生将学习如何利用经济和环保的概念来解决生态问题。比如: 在不影响经济增长的前提下, 寻找方法解决温室气体排放和破坏野生动物资源等问题。

我们中学部G10的学生Akshat Ranjan说, “YES峰会是为年轻人而组织的活动, 主要是想鼓励大家坚持自己的信念。他说: “在峰会上, 我们可以获得更多知识, 意识到我们还能去解决一些问题。我们希望学校社区可以支持我们更多地参与这些活动, 将所学知识应用到生活中去。”

YES峰会将每个支持环保事业的学生凝聚在一个社区里, 提醒着我们要解决这些影响世界的问题, 每个人都需要从社区的角度进行思考、生活和行动。

G10学生Ong Yu Xuan说: “我们应该更注意自己的行为, 因为我们的行为可以影响身边的人, 或者起到教育的作用。仅仅是为了自己而学习对我们的世界一点帮助都没有, 我们需要把所学知识与他人一起分享。”

### 日新计划

当Victoria Cheah和她的朋友开始在日新中心 (上海的一家收容所) 当志愿者后, 他们想到了成立日新计划 (CAS项目)。日新中心为有需要的人免费提供淋浴、洗衣和热餐等服务, 帮助那些在困境中的人们去实现他们的目标。对于一些人来说, 这个目标可能是在这个城市里找到一份工作, 又或是拿到一张身份证。

学生们在日新中心里负责在厨房帮忙、人员登记以及整理和清洁衣物。他们很高兴能够以这样的方式回馈社区, 也很享受与中心里形形色色的人们交流互动。这样的经历赋予了他们一种新的人生观, 让他们更懂得珍惜自己所有的生活。

日新计划的核心成员Shannon Lee 说: “每次我去日新中心, 我都觉得自己像到了一个温暖的大家庭。我们第一次拜访时, 我的朋友和我就与中心的工作人员一起享用感恩节晚餐。当时他们与我们分享了感人的故事, 以及这个中心是如何帮助人们重新恢复稳定生活。”

之后, 这些志愿学生便开始思考怎样才能贡献更多。他们与日新中心的经理交谈过后, 便在SSIS发起收集衣物、厨房用具、电子设备等募捐活动。



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|                                     | <p>在得到老师和学生们的支持和响应后，志愿者们便把收集到的数箱衣服捐赠给日新中心有需要的人们。看到SSIS社区成员们和学生们一起回馈社会，援助弱势群体，真的十分暖心。</p>                                  |
| <p><b>后勤部员工</b></p>                 |   |
|                                     | <p>学校的运作离不开后勤各部门的付出和贡献，比如：校车阿姨负责孩子们在校车上的安全、餐饮部团队负责供应我们餐食、保安负责保障我们的安全、校医负责保障我们的健康，或是园丁们维护绿化为我们创造美丽的校园环境。</p>               |
|                                     | <p>后勤部的每位员工都在学校的生态系统中扮演着不可或缺的角色。虽然每天他们都在为学校的运营默默付出，但我们却很少留意到他们。他们和我们的教师团队、学生群体一样重要。我们一起来听听后勤部员工的声音，了解他们在SSIS工作的感想与收获。</p> |
| <p><b>张建，西点厨师，2019年SSIS优秀员工</b></p> |   |
|                                     | <p>张建每天早上6:30就在学校厨房开始一天的工作，直到午饭时间过后才结束。在学校满员的情况下，他和另外两位同事每天会用8千至1万千克的面粉，制作80条面包，还要制作蛋糕及点心。</p>                            |
|                                     | <p>“为了更好地满足学生和员工的用餐需求，每个月我们都会研发新的菜品。餐饮部的同事相互支持和帮助彼此，这里对我来说就是一个大家庭。”</p>   |
| <p><b>刘德君，校车部经理</b></p>             |   |
|                                     | <p>刘德君是校车部经理，负责制定校车服务制度、安排校车路线站点、日常运营中进行服务跟踪督查、组织校车安全教育培训等工作。在SSIS工作十几年的他，认为每天早晚护送学生安全上下学的任务看似平凡，却十分重要。</p>               |
|                                     | <p>“一路以来，能够看着学生们茁壮成长，是我工作中最大的收获和幸福。”</p>  |
| <p><b>山碧峰，保安部经理</b></p>             |   |
|                                     | <p>山碧峰和保安部的18位同事负责保障学校人员的安</p>  |

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|                         | <p>全，还要负责防火防汛，应对突发安全事件。每年防汛期，他们都会提前做好准备，在校园各个出入口放置好防汛沙包和挡水板等。他们在危险发生之前就做好防御工作，我们要感谢他们保障我们的校园安全！</p>  |
|                         | <p>“去年暑假的超强台风期间，我们保安部连续两天住在办公室，轮流进行防汛值班，密切留意校园的安全情况。让老师和学生在安全的环境中教学和学习是我们的职责所在。”</p>   |
| <p><b>王清华，园林部经理</b></p> |  |
|                         | <p>在SSIS校园里，你总能听到鸟儿在歌唱，看见树枝在风中摇曳，学生在修剪过的草坪上快乐地运动。学校能有此美景，要感谢王清华和他所在的园林部。除了绿化养护，王经理还要协助校农协作项目，进行校外区域洒水除尘等工作。2018年的某个寒冷的冬日里，他和团队成员们在一天之内为学校种下了295颗树！</p> |
|                         | <p>“过去18年来我以校为家，坚持做好园林绿化工作，实现部门零事故，校内绿植成活率达96%以上。希望通过我们的努力，能够为学生和老师撑起一片绿荫。”</p>  |
| <p><b>蔡红，保洁部阿姨</b></p>  |  |
|                         | <p>过去11年，蔡红负责中学部四楼的保洁工作。在这里，她见证了许多SSIS的学生快乐玩耍、认真学习，最终从SSIS毕业。</p>  |
|                         | <p>“学校哪里需要我，我就会到哪里去。比如，雨天我会到大堂前为学生们撑伞，帮助他们上下车。早上我也会到校门口协助年龄较小的孩子们进校等等。”</p>  |
| <p><b>家委会</b></p>       |  |
|                         | <p>家委会的使命是“通过参与和协办教育、社交、慈善类活动或学校日常课程以外的活动，丰富我们的孩子及SSIS社区的校园生活。”</p>  |
|                         | <p>我们采访了家委会的两名家长志愿者，了解他们加入家委会的初衷和感受。</p>   |

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|  | <p><b>Ng Yee Chea自2017年加入SSIS家委会</b></p>   |
|  | <p><b>您当初是怎么决定加入家委会的？</b></p> <p>当初是前一届Exco鼓励我加入家委会，希望我可以多认识和了解学校。同时，我的孩子们也希望我可以常常到学校帮忙组织活动，所以我决定加入家委会。</p>  |
|  | <p><b>加入家委会对您和您的孩子有什么收获吗？家委会对您的意义是什么？</b></p> <p>友谊和团队精神是我在家委会最宝贵的收获。在这里，我学习到如何和不同国家、文化背景的家长们处事，学习如何在团队里付出。我可以和孩子们一起分享这些难得的经验，从而让他们学习如何与不同国籍的朋友相处。</p> |
|  | <p><b>您是如何管理工作、家庭和做家长志愿者之间的时间？</b></p> <p>家委会成员都是根据个人的空余时间来安排负责的活动。如果轮到我负责的活动，我会分配多一点时间在家委会。其他时候我会以家庭和工作为主。</p>  |
|  | <p><b>您在家委会的这段时间里，有什么事情最值得您回忆？</b></p> <p>这里有太多美好的回忆了。其中最让我难忘的是，我们成功把筹到的善款捐给Heart to Heart的2个孩子做手术。在医院看到术后康复的孩子们时，我心里很是激动，觉得自己小小的付出可以帮助到他们，真的很值得。</p>  |
|  | <p><b>是什么让您一直坚持？</b></p> <p>学生们的笑容和团队合作精神一直是我坚持的动力。我还想说：金师傅的午餐！</p>  |
|  | <p><b>您有什么建议和想加入家委会的家长分享？</b></p> <p>家委会成员并不会有任何特别福利，但对于刚到上海生活的家长们而言，你可以在这里收获很多。这里提供了很好的平台，让你可以学习和不同国籍的家长处事，学习用不同的角度看事情，学习怎样更好的帮助孩子们在学校学习。</p>         |

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|  | <p><b>Chun Fang (Jane) 自2019年加入SSIS家委会</b></p>   |
|  | <p><b>您当初是怎么决定加入家委会的？</b></p> <p>在家委会我可以认识一群志同道合的朋友。</p>   |
|  | <p><b>加入家委会对您和您的孩子有什么收获吗？家委会对您的意义是什么？</b></p> <p>加入家委会，我可以给孩子树立服务的榜样。对我自己而言，作为全职妈妈的我，在这里我能找到一种职场上的乐趣，能够得到团队协作和相互学习的力量。</p> |
|  | <p><b>您是如何管理工作、家庭和做家长志愿者之间的时间？</b></p> <p>一般就是家庭为先，有空的时候就来学校做志愿者。</p>  |
|  | <p><b>您在家委会的这段时间里，有什么事情最值得您回忆？</b></p> <p>有太多值得回忆的事情了，因为家委会的成员都互爱互助。在这里，我可以认识不同的家长，还能和孩子一起做慈善。</p>                         |
|  | <p><b>您有什么建议和想加入家委会的家长分享？</b></p> <p>我建议家长们积极参与，和我们一起将学校打造成像家一样温暖。</p>   |

我们相信，强有力的家校合作关系对孩子的成长和学习至关重要。除了加入家委会，家长们还可以在活动中做志愿者，或者在职业体验日当演讲嘉宾。





The school stalwart looks back with no regrets.

# TOMORROW NEVER COMES

OUR LONGEST SERVING STAFF TELLS US ABOUT THE CHANGES HE'S SEEN IN SSIS AND WHAT COMES NEXT FOR HIM.

Writer: Amy Shi, Grade 10 Amber Photographer: Kven Wong

Zhou Ying De has been a Physical Education teacher in SSIS since the school was established in 1996. Which means he has been here for 23 years now (your eyes did not deceive you!) He's seen the school from its infancy in the Sun Island Golf Resort to its present-day Minhang campus. Through it all, he has been a joyful and integral part of the PE department.

"In seven years of sharing an office with him, I have grown to rely on his cheerful, 'good morning! greeting,' says Katrina McClure, Director of Sports and Activities. "The students are fond of him, and although he is strict in his ways, he has a soft side that we all know and appreciate."

Another PE teacher who will miss him is Bryant Jiang. Mr Zhou took him under his wing when Bryant joined two years ago, and "he patiently showed me the history and culture of the school, and the training mode and class mode for students, which made me feel more welcomed."

And now that it's time to say goodbye, we caught up with Mr Zhou to reminisce and get to know SSIS through his years of service here.

**How do you think SSIS has changed over these 23 years?**

SSIS has grown from dozens of students to its current size of about 1,400 students. It's been a process of continual improvement, achieved through the hard work of each leadership team, faculty member and also the majority of students here.

**To describe SSIS in one phrase, I'd say that it's 海纳百川, 有容乃大! Just as the sea embraces all the rivers, you should likewise be accepting of everything!**

It is because our Core Leadership Team, faculty and staff adhere to providing fresh impetus, enabling new teaching concepts and continuing to explore and improve ourselves, which helped set the cultural heritage of SSIS.





Mr Zhou is looking forward to spending more time with his family.

### What are some of your best memories here?

I've encountered many different types of people, cultures and mindsets, and it has elevated my disposition and sense of self. During PE classes and regular contact time with the students, I can feel their joy and vitality, which keeps me in a good state of mind all the time.

### Whenever I see you in the corridor, I notice that you always greet everyone with a smile. How do you maintain your optimistic and enthusiastic outlook?

Be kind to everyone around you! Be sincere towards everyone, love the work you do, and love each student. In return you will also find more joy!

### Can you share with us your feelings about SSIS over the years?

Be tolerant, modest and resilient—that is our SSIS!

### What compelled you to stay in SSIS for so many years?

It's very simple, it's because I love this school, that's why I stayed here for so long. It's the career I chose and I'm serious about doing the thing I love. Otherwise, I would rather do nothing.

### As a physical education teacher, do you like to exercise or participate in physical activities after school?

Yes, I do, I'm physically active almost every day. People are like machines that need to be lubricated; regular exercise can slow down the body's ageing process, increase metabolism and enhance fitness. Stay fit by doing the activities you love.

"It's a been a pleasure working with Zhou 老师 over the past several years. I have always admired his amazing rapport with the lower Primary children. He is the kind of teacher who can inspire his students even in his absence,"

Alexander Ku,  
Golf and Primary ASP Coordinator

### What do you hope to do after retirement?

I just want to stay home after retirement. My grandchildren are still young, and I want to help them to enjoy and experience the world. When they are slightly older, I will consider volunteering in the community to help give back to society.

### Finally, before you retire, do you have any words of wisdom to impart to our students?

There are no boundaries to learning; knowledge is multi-faceted, you'll find it in literature and in society as well. Always be kind, honest and never give up. I also want to tell everyone that they should be true to themselves.

## 忆往昔, 看今朝, 展未来

翻译: Gabby Ho

陪伴SSIS时间最长的老师即将退休。他将与我们分享SSIS岁月变迁的点滴, 以及他退休后的美好计划。

周迎德老师是SSIS小学部的一名体育老师。自1996年SSIS于太阳岛建校以来, 周老师便加入了这个大家庭, 如今他已服务学校整整23年。周老师素来积极向上, 是体育部不可或缺的一员。

"在与他共事的这七年里, 我习惯了每天听到周老师充满活力地说'早上好'。" 体育及活动总监Katrina McClure分享到, "周老师做事严谨, 但学生们都很喜欢他, 我们知道铁汉子的他也有温柔的一面。"

另一位想念周老师的人是体育部的蒋旭豪老师。自两年前蒋老师加入SSIS, 周老师便十分照顾他, "他耐心地与我讲述学校的历史和文化, 以及学生的体育训练和课堂模式。让我感到备受欢迎。"

在周老师退休之际, 我们与他一起回忆他在SSIS工作的点滴, 从他的故事中了解我们的学校。

Q: 您觉得SSIS在这24年里有哪些变化或改变?

A: SSIS从几十个学生发展到现在的规模, 在不断的完善过程中离不开每一届领导, 每一位教职员工以及广大学生的辛勤付出。正因为领导层以及教职员工不断注入新鲜的血液, 带来新的教学理念, 坚持探索和发展, 才奠定了今天SSIS深厚的文化底蕴。

Q: 可以用一个词或一句话形容SSIS社区吗?

A: 海纳百川, 有容乃大!

Q: 您在SSIS的这几年里最美好的回忆是什么?

A: 在SSIS的这些年里, 因为接触了不同的人文理念, 我自身的性情也得到了升华。在教学过程中和平时与学生的接触之中, 我感受到了他们的欢乐和朝气, 他们给予我的正面影响让我能够始终保持着一颗良好的心态。

Q: 您可以向我们分享一下您在SSIS这些年的感受吗?

A: 心系莘莘学子, 包容、谦和、严谨!这就是我们的SSIS!

Q: 每当我在走廊里看到您, 我留意到您总是微笑着和每个人打招呼。请问您是如何保持乐观和热情的心态?

A: 善待身边的每一个人, 以人为本, 保持初心。热爱自己所做的工作, 关爱每一位学生, 你也会得到更多的快乐!

Q: 是什么促使您在SSIS教书这么多年?

A: 这是我自己选择的职业。做任何事情都要以认真的态度去做, 不然就什么都不要做。

我很高兴过去几年里能与周老师一起共事。我一直很钦佩他与小学低年级学生之间融洽的师生关系。他是那种即使离开了校园也还能让学生深受启发的老师。

Alexander Ku,  
高尔夫及小学ASP课程主管

Q: 作为一名体育老师, 您在课余时间是否也会锻炼或者参加一些体育活动呢?

A: 会的, 我基本每天都会锻炼身体。人就像一部机器, 需要加油润滑, 常规的运动就像我们身体的润滑剂, 可以减缓我们机体的老化, 增进新陈代谢, 达到增强体质。不为减肥于健美, 所以什么运动都可以, 只要自己喜欢的就可以。

Q: 请问您在退休之后有什么打算或者有什么愿望想去实现?

A: 退休就待在家啦。家里第三代还小, 带带他们享受天伦之乐。等他们大点我会考虑做做社区志愿者, 回报社会。

Q: 最后, 在您退休之前, 您有什么建议或者话想对SSIS的学生们说吗?

A: 学海无涯。知识是多面的, 包括书面的和社会的。规范自身是最重要的, 做人理应正直、善良、不言放弃!这是我的理解于大家共勉。



# AGENTS OF CHANGE

THE YOUNG KNOW HOW TO GET THEIR VOICES HEARD, AND AREN'T AFRAID OF DOING SO. WE FEATURE THREE TEENAGE ACTIVISTS WHO ARE TRYING TO CHANGE THE WORLD—ONE CARDBOARD POSTER AT A TIME.

Writer: Bridget Tan, Grade 10 Pearl

Many savvy teenagers nowadays are concerned with political, social and environmental issues. They aren't afraid to voice their opinions, and there are countless platforms for them to do so. We've seen climate activists make speeches in parliaments. We've seen students fearlessly confront politicians about gun control. We've seen teenagers woke and wielding power on social media and TV. "I do think young people have a moral clarity that we often lack as adults," says Dave Eggers, author of 'A Heartbreaking Work of Staggering Genius'. They see through the lies, he says, and call a crime a crime.

Whether it's a concern for the social injustices around them or fear of inheriting a planet that won't sustain them, young activists are speaking out not for themselves, but for the collective whole. Maybe they bring with them a sense of moral clarity—as Eggers suggests—that is finessed on facts, not politicking. Perhaps they still understand what it's like to help the community, instead of being self-serving.

Take for instance Model United Nations—an initiative heartily embraced by SSIS—where student delegates get the chance to express their thoughts about 'adult problems', and propose creative solutions to solve real-world issues like poverty, inequality and climate change. It demonstrates that there is a real hunger out there for teenagers to think beyond their 'Likes' and

games to craft a future they can hope for and believe in.

After all, we are all one community, and if we see something that could be improved, we mustn't be afraid to speak up, as helping others is helping ourselves too. Here then are just three of the many influential teenagers of our generation.

Ø



**Greta Thunberg, 17,**  
**Climate Change Activist, Sweden**

Greta Thunberg, known for her blunt words and controversial speeches, is a 17-year-old climate change activist from Sweden who has successfully inspired many people around the world to fight for the future of planet Earth.

Images: Pixabay

It all started with her sitting outside the Swedish Parliament in August 2018, holding a sign that demanded stronger climate action. A year later, she has inspired hundreds of school strikes around the world; got on the cover of magazines like Vogue and Time (she became the youngest individual ever to be honoured as its 'Person of the Year'); and travelled around the world in a zero carbon-emissions yacht to give jaw-dropping speeches (including her fiery "How Dare You" speech to the US Congress).

In just a short year, she has spoken at the Extinction Rebellion rally in London; performed a TED talk; met the Pope (who strongly supports her actions); chatted with President Barack Obama; made speeches to MPs at the UK Houses of Parliament; and addressed delegates at the UN climate talks in Poland.

"Since our leaders are behaving like children, we will have to take the responsibility they should have taken long ago," she declared. "Why should I be studying for a future that soon may be no more, when no one is doing anything to save that future? And what is the point of learning facts when it clearly means nothing to our society?"

On 20 September 2019, Thunberg walked with millions of protesters at the New York City Global Climate Strike, the largest climate protest in history with a total of four million people marching all over the world. In late November, Thunberg travelled once again in a zero carbon-emissions yacht to Madrid, Spain to speak to scientists there (she doesn't condone air travel).

**Change is coming,  
whether you  
like it or not.**

**—Greta Thunberg**

"I am telling you there is hope. I have seen it. But it does not come from governments or corporations. It comes from the people," she said. "We do not have to wait. We can start the change right now. We the people." She also founded #FridaysforFuture, an initiative where people strike every Friday to protest the lack of effective climate change actions.





Since she was eight years old, she had been thinking about climate change and how the issue was being ignored; Greta has said she didn't understand why adults weren't working to mitigate its effects. At age 11, she became depressed and lethargic and was eventually diagnosed with Asperger syndrome, obsessive-compulsive disorder and selective mutism. What's truly amazing is that even though she has autism, she does not let it slow her down. Instead, in an interview with BBC journalist Nick Robinson, she said that "being different is a gift." If she didn't have Asperger, she added, she wouldn't have become such a passionate climate activist.

Greta plans to take a year off school and spend 2020 in Mexico, Canada and South America—the regions most affected by climate change—to meet with environmental activists.

Follow Greta on Twitter @GretaThunberg

### Leah Namugerwa, 15, Climate Change Activist, Uganda

Leah Namugerwa is a passionate 15-year-old Ugandan climate change activist. At the age of 12, she watched TV news reports about Uganda's devastating famine in 2017—when exceptional drought conditions left millions starving. She was horrified by all the suffering and felt the need to act. She was extremely motivated by Greta's student strikes and her government's apathy towards climate change, so she made her first protest in February 2018, and has been protesting every Friday since.

However, she was trolled by many children and adults, and she nearly gave up when trying to get permission to hold the first global protest in March. "I did not have much to do about the problems except to continue doing what was right," she stated. "I learnt that no one is too young to make a positive difference. We can go far if we join hands to fight for our future."



Leah also brings attention to food aid programmes.

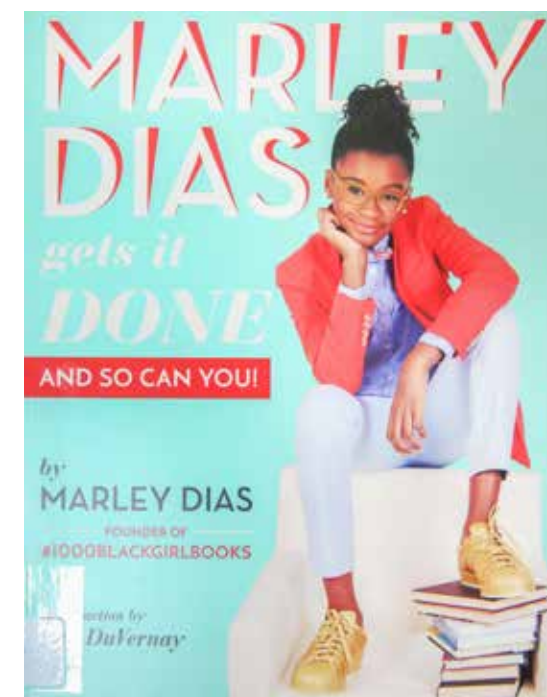
Even though she is a relatively new protester, she was one of several activists with the #FridaysforFuture movement to receive Amnesty International's highest human rights award for her work. She has started her own project and is leading her campaign to implement a ban on plastic bags in her country (#BanPlasticUG). So far, about 550 people have already signed the petition for it. "I wanted to make a positive change in my country and pressure my government into taking action," she told the BBC. Rather than have a birthday party when she turned 15 in 2019, she decided to highlight Uganda's environmental issues by planting trees.

Her life has changed significantly after she became an activist. "I was living my ordinary life, and I was only speaking for myself. Today I speak for millions of fellow children who believe in what I stand for. My life has greatly changed because it is no longer about me but everyone," she says.

Leah also encourages women to fight with her, as she believes that climate change was also "escalating existing gender inequality", as women are more vulnerable than men to the impact of climate change.

For Uganda's 57th Independence Day (9 October), she collaborated with Misanvu Anglican Demonstration School to plant 57 trees as the country celebrated.

Follow Leah on Twitter @Namugerwaleah



### Marley Dias, 15, Campaigner for Diverse Childrens' Books USA

Marley Dias was just a sixth-grader when she founded the #1000BlackGirlBooks campaign to collect children's books featuring black girl protagonists. For too long, she'd wondered why schools always required their students to read books about "a white boy and his dog", and never books about black girls and their dogs. "There were students of all different races and ethnicities in my class, just not in the books we were assigned to read. And no black authors had any books on our reading lists," she explained.

This initiative happened out of the blue (while she was eating pancakes with her mom), she suddenly decided that she would do something about it. She proceeded to collect books and got donations of 1,000 books—featuring black girls as the main characters—and gave them away wherever they were needed most.

"I'm tired of us not being included, of our stories not being told," she said. "How can educators

expect kids to love, instead of dread, reading when they never see themselves in the stories they're forced to read?" Since its launch in 2015, #1000BlackGirlBooks has successfully helped distribute more than 11,000 books to libraries, schools and community organisations around the world, including her mom's hometown library.

She recently published her own book titled 'Marley Dias Gets It Done: And So Can You!', where she explores activism, social justice, volunteerism, equity and inclusion, and using social media for good. In the book, she also shows teenagers how to channel their strengths to make a difference in the community and how to turn their dreams into reality.

She has received the Literary Trailblazer Award for Excellence in American Literature for her work (and she's not even legal to drive yet!). She aims to digitalise all the books on the #1000BlackGirlBooks list to make them as accessible as possible.

Follow Marley on Twitter @iammarleydias

At SSIS, we encourage students to take part in activities, camps, and competitions out of their classrooms. This allows them to gain new perspectives, develop their confidence and social skills, and helps them to become more well-rounded citizens of the world.



## 那些改变世界的年轻人

年轻人知道如何让别人听到他们的声音, 他们也不害怕这样做。本文将介绍三位青年活动家, 看看他们是如何在一张张纸板海报中改变着世界。

翻译: Gabby Ho

如今, 很多见多识广的年轻人都心系政治、社会及环境等问题。他们敢于发声, 也善于利用各种渠道和平台为社群发声。有环保主义者在议会中为气候变化发表讲话、有学生在枪支管制问题上无所畏惧地与政客抗衡, 也有年轻人执掌社交与电视媒体。《A Heartbreaking Work of Staggering Genius》一书的作者Dave Eggers说, “我确实认为, 年轻人身上有一种我们成年人缺失了的道德明确感。”他们识破谎言, 直管犯罪叫犯罪。

无论是担心社会的不公, 亦或是害怕地球的可持续发展, 这些年轻人的声音不仅仅代表着自己, 更代表着他们这一代人的心声。正如Eggers所说, 或许他们的行为给我们带来了一种道德明确感, 这种明确感是基于事实而不是政治。或许因为他们还懂得帮助社区的意义而不像成人那样自私自利。

以SSIS十分支持的实践项目——模拟联合国(MUN)为例。通过这个项目, 学生代表团能够有机会就如何解决贫困、不平等和气候变化等现实世界中的“成人问题”, 发表自己的想法, 提出创造性的解决方案。这证明了, 现在的年轻人非常渴望去思考如何创造一个未来可期的世界, 而不仅仅只会打游戏或是在社交媒体上点赞。

毕竟, 我们同属一个全球共同体, 如果我们看到一些可以改进的地方, 我们就要大声提出来, 因为帮助别人其实也是帮助我们自己。这篇文章将介绍我们这一代最有影响力的三位年轻人。

Greta Thunberg, 17岁,  
激进环保主义者, 瑞典

Greta Thunberg 来自瑞典, 是一名17岁的激进环保主义者, 以其直言不讳和充满争议的演讲而闻名, 并成功

激励了世界各地许多人为保护地球的未来而奋斗。

Greta Thunberg的故事始于2018年8月。当时她坐在瑞典议会大厦外, 手持抗议标语, 要求瑞典政府加强保护气候的行动。一年后, 她在全世界引发了数百次校园罢学潮; 她登上了《Vogue》和《Time》杂志封面(成为《Time》杂志史上最年轻的“年度人物”); 她乘坐零碳排放的帆船环游世界, 并发表了让人瞠目结舌的演讲(包括她在美国国会上发表的“你怎敢这样”的演讲。)

在短短的一年里, 她在伦敦的反抗灭绝集会上发表了讲话; 进行了一场TED演讲; 会见了强烈支持她的教皇; 与奥巴马总统进行了谈话; 在英国议会大厦向议员发表了演讲; 在波兰的联合国气候谈判中向代表们发表了讲话。

她宣称: “既然我们领导人的行为像小孩子一样, 那我们就要肩负起他们早就应该承担的责任。没有人在为拯救我们的未来而做任何事情, 为什么我要为一个很快将不复存在的未来而学习? 当最重要的事实对我们的社会而言毫无意义时, 学习这些事实又有什么意义呢?”

2019年9月20日, 在纽约市有史以来规模最大的全球气候罢工游行活动中, Greta Thunberg与四百万人一同游行。11月下旬, 她乘坐零碳排放帆船前往西班牙马德里, 与当地的科学家交谈(她不能容忍搭乘飞机旅行的行为)。

她说: “我们的地球还有希望的。我见过的。但这个希望不是来自政府, 而是来自于人们。我们不必等待, 我们现在就可以做出改变。”她还发起了#FridaysforFuture的气候保护活动, 每周五举行罢工行动, 声讨政府缺乏有效的气候保护行动。

从Greta Thunberg 八岁开始, 她就一直在思考气候变化的问题, 以及这个问题是如何被人们忽略的。她说, 她不明白为什么成年人不努力降低气候变化对气球的影响。11岁时, 她变得抑郁和嗜睡, 最终确诊患有阿斯伯格综合症、强迫症和选择性缄默症。即使患有自闭症, 她也不让病情拖慢自己捍卫环保的脚步。相反, 在接受BBC记者Nick Robinson的采访时,她说“与众不同是一种天赋。”她说, 如果她没有患上阿斯伯格综合症, 她就不会成为一

名激进环保主义者。

她计划休学一年, 在墨西哥、加拿大和南美洲这些受气候变化影响最重的地区度过2020年, 与当地的环保人士会面。

Twitter可以关注@GretaThunberg

Leah Namugerwa, 15岁,  
激进环保主义者, 乌干达

Leah Namugerwa15岁, 来自乌干达, 是一位充满激情的激进环保主义者。12岁时, 她观看了有关乌干达2017年毁灭性饥荒的电视报道, 当时异常的干旱情况导致当地数百万人挨饿。她被人们所经受的这些痛苦吓坏了, 觉得有必要采取行动。瑞典政府对气候变化的漠不关心和Greta Thunberg发起的学生罢课游行给了Leah Namugerwa很大的动力, 于是她在2018年2月开始了首次抗议, 此后每周五她都会坚持环保抗议活动。

然而, 她受到了来自孩子和成年人的欺负, 在她试图获得三月份举行首个全球抗议运动的许可时, 她几乎要放弃了。她说: “对于这些问题我能做的不多, 除了继续做正确的事。我知道即使我们年纪小, 也一样能够为环保做出积极的改变。如果我们能够携手为未来而战, 我们一定能走得更远。”

尽管Leah Namugerwa还是一名相对稚嫩的抗议者, 但她是支持#FridaysforFuture的环保主义者之一, 也获得了大赦国际颁发的最高人权奖。她发起了自己的环保项目, 提出在乌干达实施塑料袋禁令(#BanPlasticUG)。到目前为止, 大约有550人签署了这份请愿书。她告诉BBC, “我希望可以在自己的国家为环保做出积极的改变, 给政府施压, 让他们采取行动。”此外, 在2019年迈入15岁的她决定以植树取代派对的方式庆祝生日, 以此强调乌干达的环境问题。

从她成为环保主义者后, 她的生活有了重大的变化。她说: “以前, 我过着平凡的生活, 我只为自己发声。但今天, 我代表的是数百万支持我立场的孩子们。我的生活有了很大的改变, 因为我的生活不仅仅关乎我自己, 还关乎所有人。”

Leah鼓励更多的女性能够加入她的运动, 她认为气候变化“加剧了现有的性别不平等”, 因为女性比男性更容易受到气候变化的影响。

为庆祝乌干达57周年独立纪念日(10月9日), 她与当地一所学校合作(Misanvu Anglican Demonstration School)种植了57棵树。

Marley Dias, 15岁,  
发起儿童书籍多样化的运动者, 美国

当Marley Dias发起#1000BlackGirlBooks活动时, 她才刚上六年级。该活动旨在收集以黑人女孩为主角的儿童书籍。长期以来, 她一直在想, 为什么学校总要求学生读关于“一个白人男孩和他的狗”的书, 而不是读关于黑人女孩和她们的狗的故事。她解释说: “我们班上有不同种族和民族的学生, 但他们的身影都不在我们阅读的书中。我们的阅读清单上也没有任何黑人作家。”

某天当她和妈妈在吃松饼时, 她脑海里突然闪现了组织#1000BlackGirlBooks这个活动的想法。于是她开始收集书籍, 并获得了1000本以黑人女孩为主角的捐赠书籍。她把 these 书籍分发到最需要这些书籍的地方。

Marley Dias 说: “我厌倦了在故事里从来找不到我们的身影。当孩子们被迫去读这些没有代入感的故事时, 教育者又怎能指望孩子们爱上阅读而不是害怕阅读呢?”自2015年发起#1000BlackGirlBooks这项活动以来, 已经有超过11,000本书籍分发到世界各地的图书馆、学校、社区机构, 包括Marley Dias妈妈的家乡图书馆。

Marley Dias最近出版了自己的书, 名为《Marley Dias Gets It Done: And So Can You!》, 在书中, 她探讨了行动主义、社会正义、志愿精神、公平与包容, 以及使用社交媒体。她还向青少年展示了如何发挥自己的优势, 在社区中有所作为, 将自己的梦想变成现实。

在SSIS, 我们鼓励学生积极参与课外活动、营地活动和各类比赛, 开拓视野, 培养自信心和社交技能, 成为更全面发展的世界公民。



# THE GREAT ESCAPE

THE ACT OF READING CAN BE A SOLITARY PASTTIME, BUT PARENTS CAN ALSO FIND WAYS TO MAKE IT A COMMUNAL ACTIVITY TO BE ENJOYED BY ALL. OUR CHIEF LIBRARIAN TELL US HOW PARENTS CAN CULTIVATE LIFELONG READING HABITS IN CHILDREN.

Writer: Bridget Tan, Grade 10 Pearl      Photographer: Kven Wong

Jason Browne, the Chief Librarian in SSIS, presides over the reading habits of Preschool, Primary and Senior school students, and we are in good hands, of course. He used to work at the National Library of Ireland, The National

for Christmas and began to read it. Soon I was hooked and finished the whole book in record time. I then began to devour all the other books by that writer including 'The Lord of the Rings', a big book for an 11-year-old but I finished it," he said. He

**For those people that are new to reading, don't start with some of the bigger classics. Try to find something you're interested in and then try and find a gateway book.**

Library of New South Wales, the Irish Parliament, as well as other public libraries in Ireland. And with experience comes knowledge. We're lucky to have this Irishman manage our e-resources, order books and run the whole library. (The books bought are decided on student surveys, suggestions, student interests and award winners of the year.)

However, Jason was not always such a book lover. He was not a good reader as a child, so his mother decided to buy him comic books frequently to help improve his English reading abilities. Interestingly, he only started getting hooked when a bad storm cut off the power in his home in Ireland for a few days. "As I was bored and trapped in a house I picked up 'The Hobbit', the book I got that year

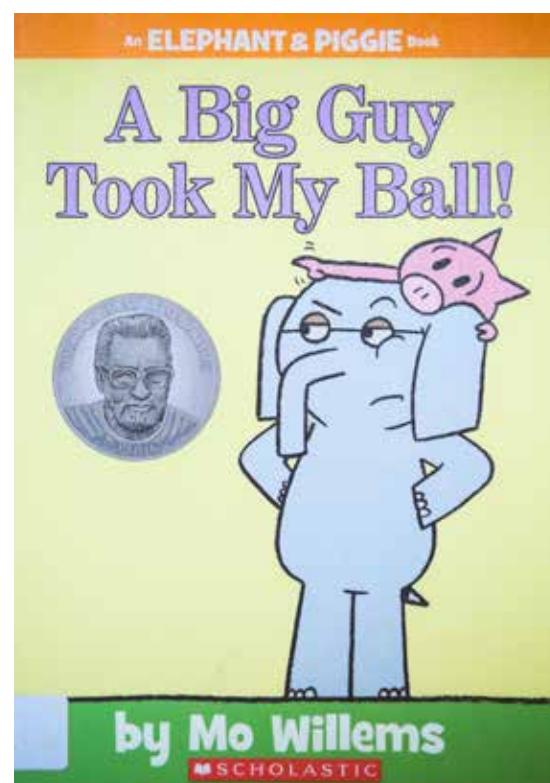
then began to read all the other fantasy books in his public library and soon moved into Mythology and History as well. (His current favourite is 'War and Peace' by Leo Tolstoy.)

"For children whose English is the second language, comic books can actually be quite beneficial. For a lot of times if a child is reading prose, if they can't understand one or two words they would give up and close the book. But because with comics they can understand the pictures they would keep going on longer because they can still follow the story and they'll be picking up English words all the time. So, comic books in this aspect is actually an aid rather than a hindrance for children who are reading," Jason advises.



Jason does the heaving lifting in our libraries.

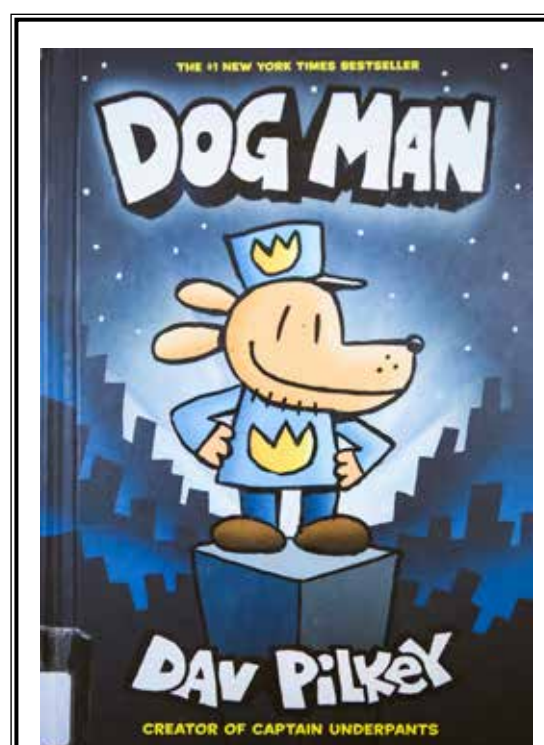




Jason has dedicated his life to books, books and more books. This qualifies him to share some legitimate tips to encourage reading:

**READ IN FRONT OF YOUR CHILD.** Young children look more towards their parents as their role models, and try to mimic their behaviour. So, if they see their parents reading a book, there's a better chance they will be readers too. So even if you pull out a book for 15 minutes after dinner and read it yourself, that child is watching you, and there's a greater chance that that child is going to get positive habits for when it comes towards reading.

**EASY ACCESS.** Where do you keep the books in your home? Firstly, do you have books in your home? (Did you know children growing in homes with many books get 3 years more schooling than children from bookless homes? People that read would have done lots of extra study without even realising it.) If your child is small and you leave it on a high shelf where the kid can't get them, they



### YOUR SUMMER LIST

Jason recommends some titles to get into over the hols.

**Kindergarten:** 'The Pigeon of Persuasion' series teaches young kids correct behaviour and mannerisms, and the 'Piggie and Gerald' series—funny yet meaningful books that teach sharing, friendship and cooperation.

**Primary:** 'Dogman' shows the evolution and improvement of two kids as they write comic books and other Dav Pilkey books.

**Senior:** 'The Amulet of Samarkand' is great for students who like the Harry Potter series, plus books from the Big Read, for example, 'The Lord of the Rings' and 'Pride and Prejudice'.

couldn't read them even if they wanted to. So, for example, if you keep the books next to the toy chest or in the toy chest, the kid can go over whenever they want to, pick it up and read it themselves.

**YOUR HABITS.** Do you go to a library or a bookshop often? When you go to the mall and there's a bookshop, make it a habit to go in and have a look around. You don't need to buy anything, but again, your child is watching you opening, browsing, and looking at books. When the child gets older, they would most likely go into a library or bookshop out of habit and there's a greater chance of them picking up a book.

**NIGHT TIME STORIES.** One of the best things you can do for your child if you want them to read is to read to your child. If you sit down with them before they sleep and you read that child a story,

### BOOKSMART

What SSIS is doing to encourage reading.

**Story time** - an actively engaging session where Mr Jason or SSIS parents read to the children.

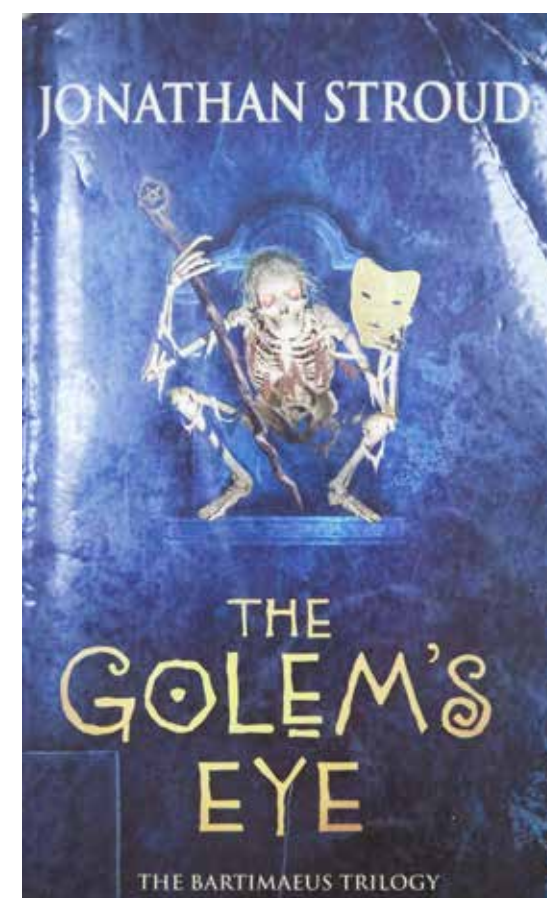
**Learning by reading** - students are encouraged to read books on what they have learnt in their subject classes, for example animals and space.

#### Giving them freedom of choice

- letting the students browse and pick a book themselves, so they can find their level and their interests.

**Book week** - A week full of games, parades, story times, fun activities and dressing up all attached to a literary theme.

**Book fair** - Students have better access to a wide range of books, and where they can buy the books they're interested in.



that child would become a better reader, because when he's having quality time with his parents, they equate reading books to a fun activity, and they like it.

**MAKE READING FUN.** Reading should not be a job. It should be fun. Instead of saying, "Do your math homework! And then go read this!", say, "Do your math homework then we can do some reading together." If you throw in reading halfway through the homework or make it a part of homework, then the child would automatically link reading to boring schoolwork and don't want to do it. Reading, if done often enough, can be a long-term treat, as people that read a lot can disseminate information a lot faster than slow readers, and this is beneficial in the long run.



# 书香伴我行

翻译: Gabby Ho



阅读可以是一个人的时光，但家长们也可以将阅读变成一项有趣的家庭活动。SSIS图书馆长将与家长们分享如何培养孩子终身阅读的习惯。

Jason Browne是SSIS的图书馆长，负责培养我们幼儿部至中学部学生的阅读习惯。Jason曾任职于爱尔兰国家图书馆、新南威尔士国家图书馆、爱尔兰议会及爱尔兰公共图书馆。我们很幸运能够由经验丰富的他接管学校图书馆，管理电子书资源、根据学生调查、建议、兴趣和年度获奖书单进行订购书籍。

然而，作为馆长的Jason并不总是那么爱读书。小时候的Jason并不爱阅读，所以他的母亲便经常买漫画书给他，希望能提高他的英语阅读能力。有趣的是，真正让他爱上阅读是在一场风暴，当时他在爱尔兰的家被恶劣的天气断了几天天电源。百无聊赖又困在家中的他，捡起了那年圣诞节收到的一本《霍比特人》书，然后读了起来。很快他就沉浸于其中，以最快的速度读完了整本书。他说：“后来，我把这位作者的其他所有书都看完了，包括《指环王》。这是一本对11岁孩子而言阅读量非常大的书。”后来，他开始在公共图书馆里把所有奇幻类的书籍都看完了，接着又阅读了神话和历史类书目。（目前他最喜欢的一本书是Leo Tolstoy的《战争与和平》。）

Jason建议到：“对于以英语为第二语言的孩子而言，看漫画书其实是有益的。很多时候孩子在看正儿八经

的书籍时，在遇到一两个不认识的单词，他们可能会放弃阅读，然后把书本合上。漫画书的优势在于，图画可以帮助孩子理解故事的意思，即使不认识单词孩子也能继续把故事读完，在这个过程中他们也能学到更多的英语单词。因此，从这方面看，漫画书对于培养孩子的阅读兴趣而言其实是有帮助的。”

Mr Jason无论是在工作上还是生活上都与书籍打交道。因此他想与家长们分享一些如何鼓励孩子爱上阅读的技巧和经验:

在孩子面前看书。年纪较小的孩子更倾向于将父母看作他们的榜样，并试图模仿他们的行为。因此，当孩子看到自己的父母在看书时，他们成为读者的可能性就会更大。所以，父母即使是在饭后拿出一本书，自己阅读15分钟，让孩子看到你在看书，孩子也会更有可能养成阅读的良好习惯。

将书本放在孩子容易拿取的地方。您家里有书吗？您把书放在家中什么地方？（您知道，孩子在有书的家中成长，比家中没书的孩子要多接受三年的教育。喜欢阅读的人会在不知不觉中收获更多的知识。）如果您的孩子很小，而您把书放在很高的书架上，那么孩子就没办法拿取书本，即使想看书也看不了。因此，您可以把孩子的书放在玩具箱旁，或是玩具箱里。这样孩子可以随时拿起书本翻阅。

您的习惯。您会经常去图书馆或书店吗？当您去商场购物时，如果商场里有一家书店，那么您可以进去书店看看，将逛书店变成一个习惯。您不需要买任何东西，但是，您的孩子会看到您在翻书、看书、浏览各种书目。当孩子长大后，出于习惯，他们很大可能也会走进图书馆或是书店，拿起书本进行阅读。

睡前故事。如果您想让孩子阅读，最好的一个办法是您给孩子读书。如果在孩子睡觉前，您能和孩子坐下来，给孩子读一个故事，孩子会成为一个更好的读者。因为当孩子和父母一起阅读成为快乐有趣的家庭活动时，孩子会更喜欢读书。

让阅读变得更有兴趣。阅读不应该是一项任务，而是一



件有趣的事情。与其对孩子说“做你的数学作业！然后把这个读了！”不如说“先做你的数学作业，稍后我们可以一起看书。”如果孩子在做作业的中途被安插阅读任务，或者把阅读作为家庭作业的一部分，那么孩子就会自动地

把阅读和无聊的作业联系起来，就会对阅读失去兴趣。由于大量阅读的人比阅读慢的人能够更快地传播信息，如果孩子能够坚持阅读，长远来看大有裨益。

| SSIS如何鼓励学生阅读？  | 推荐书单   |
|--|--|
| 1. 故事时间-Mr Jason或SSIS家长会给孩子们读故事。                                   | 幼儿部- The Pigeon of Persuasion系列（教导幼龄孩子正确的行为和礼貌举止），还有Pig-gie and Gerald系列（一本很有趣但很有意义的书，教导孩子学会分享、友谊和合作等等。）             |
| 2. 在阅读中学习-鼓励学生阅读关于他们在学科课堂上所学内容的相关书籍，比如关于动物和空间的书籍。                  |  |
| 3. 给孩子们自由选择的权利-让孩子自己浏览和挑选一本书，让他们找到适合自己水平和兴趣的书籍。                    | 小学部- Dogman（关于两个小孩在创作漫画书的过程中获得的进步和发展）还有Dav Pilkey的书。   |
| 4. 阅读周-这是以文学作品为主题的活动周，学校为孩子们组织丰富的主题活动，包括：游戏、游行、故事时间、有趣的学习活动以及装扮活动。 | 中学部- The Amulet of Samarkand（适合喜欢Harry Potter系列书籍的学生）还有the Big Read上的书（比如The Lord of the Rings和Pride and Prejudice）。 |
| 5. 书展-学生可以接触到更多种类和范畴的书籍，也可以购买自己感兴趣的书籍。                             |  |





Mr. Chen says he chose SSIS for his son because of its rigorous bilingual education.

# CHEN LI FENG

THE VICE-PRESIDENT OF FOSUN—A FORTUNE 500 COMPANY—IS AN SSIS PARENT. WE GET HIS INSIGHTS ON WORKING IN INTERNATIONAL COMPANIES AND MAKING THE MOST OF YOUR SCHOOL LIFE.

Writer: Amy Shi, Grade 10 Amber Photographer: Kven Wang

Mr. Chen Li Feng travels frequently for work and admits he has little time to spend with his family due to his hectic schedule. We managed to snag some time with him one morning after he dropped his son off in Preschool (“we’ve heard that SSIS’s Early Child education is among the best in international schools.”)

He graduated from Fudan University in Shanghai, went to Columbia University in the US after that, and has worked for Phillips and McKinsey & Company. Though he describes himself as “an ordinary person who likes to focus on the present”, he is anything but. As the present Vice-President of Fosun—a Fortune 500 company in the health science industry—he is responsible for investing the company’s money in other businesses, and he’s able to do this well because he has accumulated more than 20 years of work experience.

“I need to know how to fund the projects, and after our investments, we need to manage the company. We also need to have good exit strategies for the companies we have invested in. It is an end-to-end process,” Li Feng explains.

The world has changed since we spoke, but to our graduating class of 2020, he says they should, “embrace the new normal, and be courageous.” Here are some other essential life lessons he imparted to us.

• **It is important to establish reading habits at a young age.**

I try to make use of my free time to read books—especially history books. I read both Chinese history and world history, but I am more of a fan of Chinese history. The other genre I like is fiction, sometimes I’d pick up a New York Times bestseller to read on a flight. When I was around 15, there was nothing but books, so books were my entertainment back then—it is crucial to establish reading habits at a young age.

• **Science is fascinating. I got into science when I was very young.**

As I was growing up, I also developed an interest in math and physics because I was good at it. But science is fascinating, I think this is the reason why I like science.

• **I have published many scientific articles in journals.**

I graduated from Fudan University in Shanghai with a major in genetics. When I was still an undergraduate student, I participated in a project which collected 10,000 blood samples in east Asia. We then extracted DNA from these samples; the results suggest that all modern Chinese people are from Africa.

• **It’s okay to not have your future figured out.**

When I was a kid, I was not sure what to do with my life, and it may be hard to believe that, even today, I still do not know what to do with my future. [Having said that...]



• **...I would like to start my own company.**

It would be a science-focused company in the healthcare industry. There are two places in the US where I would like to set up my business, one is in Silicon Valley in California, and the other location would be Boston.

• **It's okay to make mistakes.** I want to tell my younger self that school is a fantastic and risk-free environment, so feel free to try new things, because making mistakes in school is okay. What's important is to learn from your mistakes and move on!

School is a fantastic and risk-free environment, so feel free to try new things, because making mistakes in school is okay.

• **When you negotiate, you should respect the other person's perspectives.**

I do negotiate with my employees and boss, and I would prefer to call it a “conversation”. I have two principles when communicating with my colleagues: one is to agree to disagree; two is to never get personal. When someone has different perspectives from mine, I will respect his or her opinion.

• **Loyalty and honesty are important traits.**

Those are the most important traits I value in an employee. I also value a hard worker; one needs to be self-driven to succeed. Lastly, I appreciate someone with a constructive working attitude.

• **Learn to adapt to different people with their own working cultures.**

For example, western people have a rigorous process, but sometimes it stretches out the time needed for

executing ideas. Whereas in China, if the boss says ‘yes’, then the next day we will see the outcome of the execution immediately. (Also, the chances of making a mistake in US companies are much smaller compared to working in Chinese companies, because it takes a long time for a decision to get executed.)

• **To handle work stress, I work out and read.**

As I am getting older, I go to the gym to keep myself in shape, while reading books helps me to relax. Also, it's essential to talk to your friends and family when you're stressed out. I also like a variety of sports, both playing it and watching it. I play basketball, and I used to be a track and field athlete back in high school.

• **The world is more interconnected than we know.**

[Because of the outbreak,] the world will never be the same. For example, digitisation has never been so expedited, particularly in healthcare and education. Our company did what we could during the outbreak. Most notably, we provided sorely needed medical supplies to China initially, and then the rest of the world.



## 陈黎峰

翻译: Gabby Ho

世界500强企业复星集团的副总裁，将与我们分享他在科学、校园生活和在国际企业工作方面的经验与个人见解。

由于工作的关系，陈黎峰先生需要经常出差。他承认因为工作太忙碌，鲜少有时间陪伴家人。某天早晨陈先生亲自送儿子上幼儿园，我们找到机会与他交谈了一会儿。（“我们听说SSIS的早期教育在国际学校中是最好的。”）

陈先生本科从上海复旦大学毕业后，便到美国哥伦比亚大学深造，曾任职于飞利浦和麦肯锡咨询公司。陈先生认为自己是一个“喜欢活在当下的普通人”，但他却是复兴集团的副总裁（该集团是健康科学行业中的500强企业）。在集团中，陈先生负责企业资金的投资运营，而他之所以胜任这项工作，得益于他20年丰富的行业经验。

陈黎峰先生向我们简单介绍了他的工作内容，“我需要根据如何为项目提供资金，完成投资后，我们还需要管理公司的运营，为投资的企业制定撤退战略。这是一个端到端的过程”

自我们的谈话后，整个世界都发生了翻天覆地的变化。对于2020届毕业生，陈先生说：“他们要勇敢去拥抱新的常态”。以下是陈先生与我们分享的一些他在工作生活中的感悟与经验：

从小养成阅读习惯很重要。我会充分利用闲暇时间去阅读，特别是历史类的书籍。我读中国史和世界史，但我更钟爱中国史。

我会充分利用每天的时间去阅读。我尤其钟爱中国历史，但我也会读世界历史方面的书籍。我还喜欢小说类的书，有时候我会挑一本纽约时报的畅销书来读。当我15岁左右的时候，身边除了书就没有其他娱乐项目了，所以当时我就开始沉浸在阅读当中，而从小培养阅读习惯是很重要的。

科学很有魅力，我很小就开始学这门学科了。随着成长，我也对数学和物理也越来越感兴趣，可能因为我比较擅长这些学科，这也许是我为什么喜欢科学的原因。

我在期刊上发表过很多科学文章。我的本科是在上海复旦大学攻读遗传学专业，当时我和我的同学一起做了个实验，我们在东亚地区采集了10,000份血样，然后从样本中提取DNA，并假设所有现代中国人的祖先来自非洲。

未来规划没做好没关系的。当我还是小孩子时，我不知道以后要做什么。你可能不会相信，即使时至今日，我也不清楚未来要做什么。[话虽如此.....]

...我想成立自己的公司。它将是医疗行业中以科学为中心的一家公司。我想在美国的硅谷或是加利福尼亚创立我的公司。

犯错误没关系。我想告诉年轻的自己，学校是一个安全的、美好的环境，在这个环境里你可以尝试各种新鲜事物，因为在读书的时候犯错误是可以的。但重要的是，你要学会从错误中吸取教训，然后继续前进！

与人谈判时，要尊重对方的意见。我会和我的员工和上司谈判，但我更愿意称之为“对话”。在与同事沟通时我有两个原则：一是选择同意或不同意，二是不进行人身攻击。当对方与我持不同意见时，我会尊重对方的意见。

忠诚和诚实是重要的品质。这些是我在员工身上最看重的品质。我也看重勤奋工作的员工，因为想要成功就一定要有工作的动力和干劲。此外，我也很欣赏工作态度积极的人。

学会与不同工作文化的人打交道。比如，西方人在处理项目时比较严谨，有时甚至会延长执行项目的时间。但是在中国，如果老板拍板了，第二天你就会马上看到结果。（另外，在美国公司工作犯错误的几率会更低，因为在那里要将一个决定落地执行需要花更长的时间。）

我会通过健身和阅读释放工作压力。随着年龄增长，我会去健身房锻炼，保持好的形体，而阅读可以帮助我身心放松。和家人、朋友沟通交流也是很重要的。另外，我也很喜欢各种运动，我会去打篮球，也会观看体育赛事。以前我还是一名田径运动员。

整个世界的联系比我们想象中更加紧密。这次疫情彻底改变了我们的世界，数字化在医疗和教育行业的发展前所未有的迅猛。我们公司在疫情期间尽我们所能，率先向中国提供了医疗物资，其次再向国外输出。





**WE ALL TRAVEL FOR VARIOUS REASONS: EAT STRANGE CUISINES, EXPERIENCE FOREIGN CULTURES, SEE RARE SIGHTS AND TAKE DELIGHTFUL PHOTOS. ONE SSIS STAFF SPENDS HIS SUMMER HOLIDAYS DOING SOMETHING. COMPLETELY. DIFFERENT.**

Writer: Bridget Tan, Grade 10 Pearl

Our Primary School Physical Education teacher Wu Song has been with SSIS for about 11 years; first in the Xuhui campus and now in the integrated Minhang campus. For about half that time, he has spent his summer and winter holidays volunteering to help children in need. He does this by paying his own way to different regions—together with other volunteers—to help “share the joy and happiness of sports”. He also spends

**Why did you start volunteering, what was your motivation?**

Before I joined SSIS, I had met a group of Chinese and foreign volunteers at a school for migrant children in Suzhou. They helped students in the school with a variety of courses and activities in both Chinese and English. I was deeply moved by their love for the children and their passion for interacting with students, so I applied to join them and was honoured to be accepted. There isn't a name for these volunteers since this is not a formal organisation, it's just a bunch of friends who volunteer to help these students and provide financial or material support, whatever they can.

**What is the day-to-day routine like? Describe for us 24 hours of your day there.**

As the daily summer camp activities start from eight am, all volunteers need to get up before

## A BEAUTIFUL DAY IN THE NEIGHBOURHOOD



Wu Song spent five summers helping kids in need.

some of his spare time raising money to help buy supplies like bags and clothes for these kids. We interviewed him to find out what motivated and inspired him to travel with a difference.

**Give us some background regarding your summer volunteer work, it is certainly an unusual way to spend your holidays.**

Yes, it is. I've been volunteering for five years; the first three years were in Suzhou, and the last two years were in Wuxi. It's a week-long summer camp course for kids in need, and it includes science experiments, art classes like painting, learning tie-dye skills, practising English songs and playing fun sports. The children are from different parts of China and usually do not have easy access to such a course. Still, our programme provides them with such an opportunity—it opens another window for them to learn about the world.

seven o'clock, to have breakfast and drive to the local immigrant school where the summer camp takes place. Generally, all the courses we offer to students are ongoing activities. We set a goal for different subjects in the first class, to achieve the purpose of the project throughout the collaboration and interaction between teachers and students. Eventually, students will have a group presentation at the end. For example, students will introduce a story, and they volunteer to play the different roles in the story at the closure of the summer camp.

**What do you enjoy most about the camp?**

On the last day of camp (usually a Sunday), we invite parents to the school for activities as well. We prepare delicious barbecues, drinks and other foods to share with the parents and children. We know that parents hardly have any regular



interaction with their kids due to their heavy workload, so we provide this platform for them to interact. Through the parents' and children's laughter and appreciation, I get to understand the value and significance of what we do.

### **What were some difficulties and how did you overcome them?**

To participate in this volunteer activity, I had to solve the transportation and accommodation problems by myself every year; I buy my own return ticket. But the good thing is that I am already familiar with this group of volunteers, I can often find a place to live together with them, or even stay at their homes when it's convenient for them. It's a very warm and gracious group of people.

**I wanted to give back and spread love to the community, especially to those who are in need.**

### **What did you learn through these five years of volunteering?**

I appreciate that I met this group of volunteers who taught me how to appreciate my life and that of others. I feel like I'm the one who is blessed and loved, who has been helped by family, colleagues, friends and even strangers. For these reasons, I wanted to give back and spread love to the community, especially to those who are in need. By volunteering for this meaningful programme, I feel pleased and joyful every day, and it has provided me with a positive outlook.

### **How can we get more people interested in volunteering?**

Like many other interests and hobbies, you have to be passionate and enthusiastic about what

you're doing. I love volunteering, and I enjoy myself so much when I am involved in this activity. We need you to be a good role model to inspire and encourage more people to join. You simply need motivation and the will in your heart to want to give back to the community without asking for anything in return.

### **The work doesn't just end with summer camp, right?**

In addition to the summer camp, I also participate in the winter fundraiser. The children provide us with a wish list (gifts and necessities they would like to get), and each of us do what we can to fulfil it. The winter fundraiser is also organised by the volunteers, and it is a Christmas donation you might say.

### **How and what can people contribute to your cause?**

Well, if you are interested in participating, please contact me (email: [wu\\_song@ssis.asia](mailto:wu_song@ssis.asia)). However, we don't ask for any money if you want to contribute to the Christmas donation. Instead, we will provide you with a wish list from these students, and you can help to purchase the items they need.

### **Are you going back this summer?**

There is no camp this summer because of the outbreak, but I hope it will resume soon. I will return for sure and hope to have some people accompany me as well.

At SSIS, we hold fast to our vision of the realisation of a lifelong learner with strength of character and love of humanity. Teachers are the best role models to demonstrate our I4C values. Their caring actions compel us to extend the same care to our community.



Volunteering, Wu Song says, provides him with a positive outlook in life.





## 邻里美好的一天

翻译: Gabby Ho

我们去旅游的原因有很多,比方说想去尝尝异国的菜肴、体验他乡的文化、欣赏名胜古迹,还能拍到赏心悦目的照片。但是,在SSIS有这么一位员工,他的暑假和我们截然不同。

小学部体育老师吴淞老师在SSIS工作已有11年。先是徐汇校区任职,在校区合并后,他和其他徐汇校区的老师一起加入了闵行校区的大家庭。在这期间,大约有一半的时间,他利用自己的寒暑假做志愿者,用自己的力量去给予一些需要关爱的孩子帮助。他和其他志愿者一起前往不同地区,与孩子们分享运动的乐趣。他还利用一些业余时间筹集善款,为这些孩子们购买书包,衣服等必需品。我们采访了吴淞老师,看看到底是什么驱使他以与众不同的方式旅游。

您的度假方式真的很与众不同,可以和我们聊聊您的暑期志愿工作吗?

的确是很不一样的度假方式。做这项志愿者活动有五

年时间了。前三年是在苏州,后两年在无锡。我参加的志愿工作是为需要帮助的儿童开设为期一周的夏令营课程。在这里,孩子们可以学习科学实验、绘画艺术、扎染、学唱英文歌曲、玩有趣的体育运动等。这些孩子来自中国各地,而且平时他们能够接触这些课程的机会很少。因此我们夏令营的目的是为这些孩子打开一扇了解世界的窗户。

是什么促使您开始做志愿工作?

在加入SSIS之前,我在苏州的一所民工子弟学校认识了一群中外籍志愿者,他们以双语形式给学生们开展丰富多彩的课程和活动。他们对学生的关爱、与学生热情的互动深深打动了我。于是我申请加入他们的志愿团队。能够被他们接纳是我的荣幸。因为不是正式的慈善机构,我们的志愿团队没有名字,只是一群朋友自发自愿地帮助这些学生,尽自己能力为他们提供必要的经济或者物资方面的支持。

志愿夏令营里的一天是怎样的?

每天,夏令营的活动从早上8点开始,所有志愿者必须在7点前起床,吃早餐,然后开车到夏令营所在的当地民工子弟学校。一般来说,我们给学生提供的所有课程都是持续进行的。开课的第一天,我们给不同的科目订立一



个学习目标,学生和老师必须在夏令营期间通过合作和互动一起实现这个目标。在夏令营结束时,我们会有一个小组表演。学生会以角色扮演的形式在台上演绎一个故事作品。

你最喜欢志愿夏令营的什么?

夏令营的最后一天(通常都是周日),我们会邀请家长来学校参加活动。这一天,我们会准备美味的烧烤、饮料还有其他食物,与家长和孩子们分享。我们得知家长平时由于工作原因比较少与孩子沟通交流,于是希望通过这个活动,给家长和孩子们搭建一个平台,让他们有互动交流的机会。当我们听到家长和孩子们的欢笑和感谢时,我知道我们所做的一切是有价值,有意义的。

志愿工作中会遇到什么困难,您是怎么克服的?

为了参加这个志愿活动,每年我都要自己解决交通和住宿的问题,我需要自己订好往返车票。但好在我 and 这群志愿者的关系已经很要好了,所以我可以和他们一起找住宿的地方,或者在他们方便的情况下借宿在他们家里。他们是一群特别热情和温暖的人们。

这五年的志愿工作中您学到了什么?

我很感激遇到这些志愿者,是他们教会了我欣赏自己和他人的生活。我觉得我是个特别幸运的人,一直以来我都得到家人、同事、朋友甚至是陌生人的帮助。因此,我希望能回馈社区,将爱传播给那些有需要的人们。参加这么有意义的志愿项目,让我每天都感到心情愉悦,也让



我的的人生观更加积极向上。

怎样才能让更多人对志愿工作感兴趣?

和其他兴趣爱好一样,只有在你对自己做的事情充满热情,你才会有动力继续下去。我喜欢做志愿工作,因为当我参与其中时我能感受到内心的快乐。你要先成为一个好的榜样才能吸引更多的人参与进来。你要先成为一个好的榜样才能吸引更多的人参与进来。你只需要有不计回报回馈社会的动力和意愿。

您的志愿工作应该不仅仅只有这个夏令营吧?

除了夏令营,我还参加了冬季募捐活动。孩子们给我们一张愿望清单(里面有他们想要的礼物的必需品),我们每个人会尽自己的能力帮他们实现这些愿望。冬季募捐活动也是由我们的志愿者组织的,算是圣诞募捐活动吧。

如果有其他人想帮助你们,他们该怎样做呢?





如果大家有兴趣参加我们的志愿活动,请联系我(电邮: wu.song@ssis.asia)。如果大家想参加圣诞募捐活动,我们会给您提供一份学生的愿望清单,您可根据这份清单购置他们需要的物品。

这个暑假您会继续参加夏令营吗?

由于疫情的关系,今年我们不会举办夏令营,希望一切尽快恢复正常。我会回来的,希望下次能有更多人和我一起参加这个夏令营。



# TEACHERS' Q&A

|  | Is being book smart the only way to succeed in life?   | What is your hidden talent?   | What is your desert island book, movie and music? (If you were stranded on an island forever)  |
|--|--|---|--|
| <div>LIN HAI XIANG</div> <div></div> <div>Primary School Chinese teacher</div>          | I was told so when I was young, but I never believed it.   | I do origami. But I believe my real hidden talent is deeply hidden somewhere.     | Born Survivor by Bear Grylls<br>All seven Harry Potter books.<br>Appetite for Destruction by Guns N' Roses.  |
| <div>LIM CHUNG WEI</div> <div></div> <div>Primary School Drama Teacher</div>           | I guess in life, there is no such thing as "the only way". The most important thing is to find a good balance between knowing the books and knowing the streets.   | I can cook assam fish curry (a complex spicy dish from Malaysia, where I'm from). | I'd read The Little Prince by Antoine de Saint-Exupéry, because if I'm stranded on an island, I want my mind to take me places; the last thing I want to be reminded of is that I'm stranded! I'd watch Pixar's Up and listen to songs by Anita Mui.           |
| <div>MICHELLE OBI</div> <div></div> <div>Preschool Speech and Drama Teacher</div>     | Although being book smart is an advantage it is not the only way, there are many other ways to succeed in life. It depends on what your goals are. One can be book smart but the skill is applying the knowledge to everyday life and work.                        | Dancing, I like to make up my own moves!  | Book – King Lear by William Shakespeare. Movie – Pulp Fiction by Quentin Tarantino. Music – everything, a compilation of afro-beats, Motown, house music, rock, funk, soul, hip hop, jazz and some classical. I'd be a very happy lady!                        |
| <div>TARA BRENNAN</div> <div></div> <div>Senior HOD &amp; Pre-IGCSE Coordinator</div> | While having a good base of knowledge from books can get you pretty far, a big part of being successful is having strong interpersonal skills. Being a good communicator, being able to work well with others, and having a good sense of humour are also helpful. | I can whistle very loudly!  | Oh, this is tough! The Time Traveler's Wife by Audrey Niffenegger is one of the most beautifully written books—a tragic but amazing love story. I'd choose Inception because I didn't understand the movie the first time. As for music, classic rock will do! |

## WE GAVE FOUR TEACHERS A RANDOM EXAM... HOW WOULD YOU SCORE THEM?

Writer: Gabby Ho

| What sort of morning routine do you have to get pumped for class?  | If you could take the students on a field trip to anywhere in the world, where would you take them?   | What is the best thing about living in Shanghai?   |
|--|---|--|
| Espresso first, followed with Chinese tea; these are my fuels. Then I would tell myself: Show Time!  | To the deepest sea.   | Everything! I was born and raised in Shanghai—I love my city.  |
| I have a hearty breakfast.   | George Town, Penang, my home sweet home. It is still in its infancy, and there's much to discover as it keeps evolving. It would be nice to show them a city in the midst of finding itself—much like how we are all trying to find our path in life.   | Experiencing the four seasons and eating xiao long baos.   |
| I like to play my favourite songs and sing along, whilst drinking my coffee from Merlion Café. This gets me pumped for class.  | As a proud Mancunian, it would be Manchester UK! I'd take them on a tram into the city center to visit Manchester Central Library and Town Hall; a shopping trip to Affleck's Palace; a quick brew and a slice of Manchester Tart in the Northern Quarter; a tour of Manchester United FC; and finally a curry from the Curry Mile! | It never gets boring!  |
| First, coffee! Once I'm on the bus it's more about relaxing before a busy day rather than getting "pumped up". I love a good audiobook and podcast in the morning with my coffee on the bus. | I would make my students microscopic and take them on a tour of the human body. We could travel through the blood vessels, visit the different organs and get a true appreciation for how our amazing body works to keep us living and healthy everyday.  | I love how accessible it is. You can get on a Mobike, take a Didi, jump on the metro, hop on your scooter or simply go for a walk, and you can get anywhere in Shanghai. Not many cities have so many easy options for getting around and I love this city for that! |



# EXPRESS YOURSELF

WE CELEBRATE THE WORK OF OUR ARTISTS IN IB VISUAL ARTS. THE RIGOROUS TWO-YEAR COURSE HAS HELPED THEM PRODUCE ART OF GREAT SUBTLETY AND SENSITIVITY.



## Alessandra LEPORATI

Death of a Pig (digital illustration on procreate)

Inspired by the 'Death of a Pig' poem, which describes the slaughtering process and the depleted life of a pig in under a few minutes. Two pieces of artwork are juxtaposed: one pig as an angel is seen as a positive outcome after its Death, while the other as a demon represents the negative aspects.



## Shannon Wei LEE

Crossing Over (acrylic on canvas)

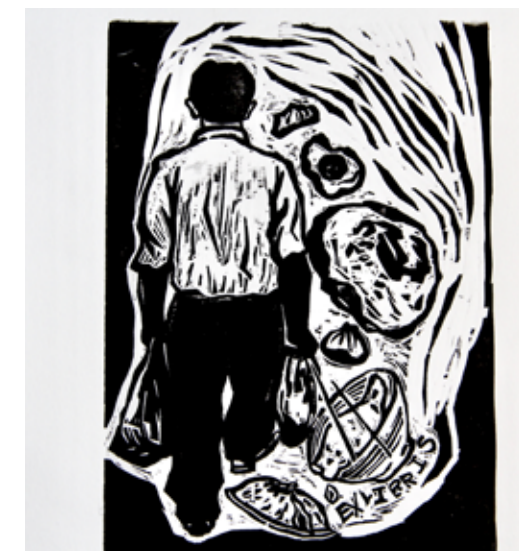
This figure is stuck in an uncomfortable situation and exudes an intrusive presence; it expresses the awkwardness and isolation one feels throughout the transitional from puberty to maturity. The crawling figure emphasises physical and emotional vulnerability. The barren fields are peaceful and despairing, symbolic of the limbo-esque realm one ventures to reach adulthood.



## YAN Pui In Daphne

Battle to Love (digital photography)

This work reproduces one of the significance scenes from the 'Madame White Snake' legend. It conveys the monk's overpowering and merciless feeling towards the forbidden love between Madame White Snake and her lover (a human).



## Jocelyn HU

My Grandpa and Breakfast (woodblock print)

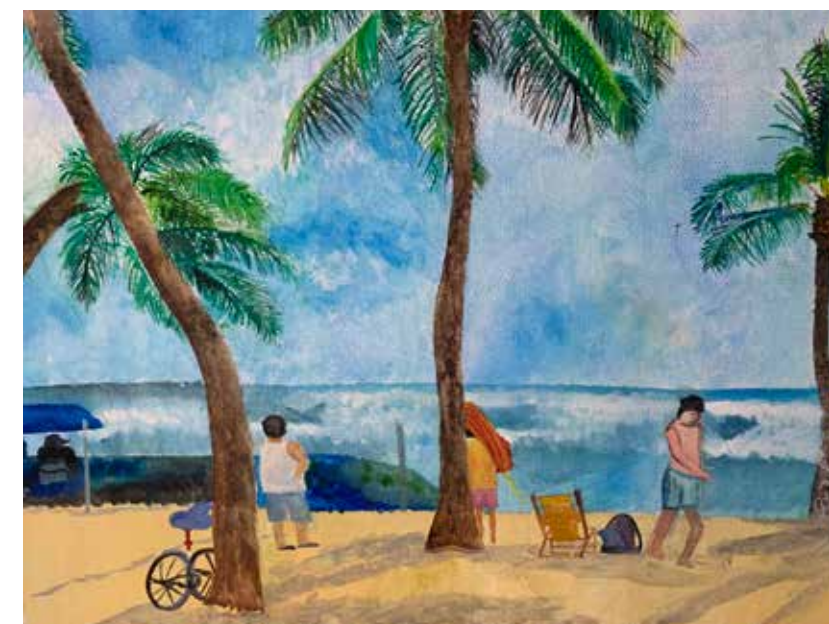
Food is a significant aspect of my culture, and it has become a crucial part of me. My grandpa has bought and made me snacks since I was born; it's his way of demonstrating his love. I used the black and white palette to allude to how I will miss it.



## CHU Chen-Kuang LEO

The Hunter (marker)

This is a series. It's set 100 years into the future, and here the hunter taking a break.



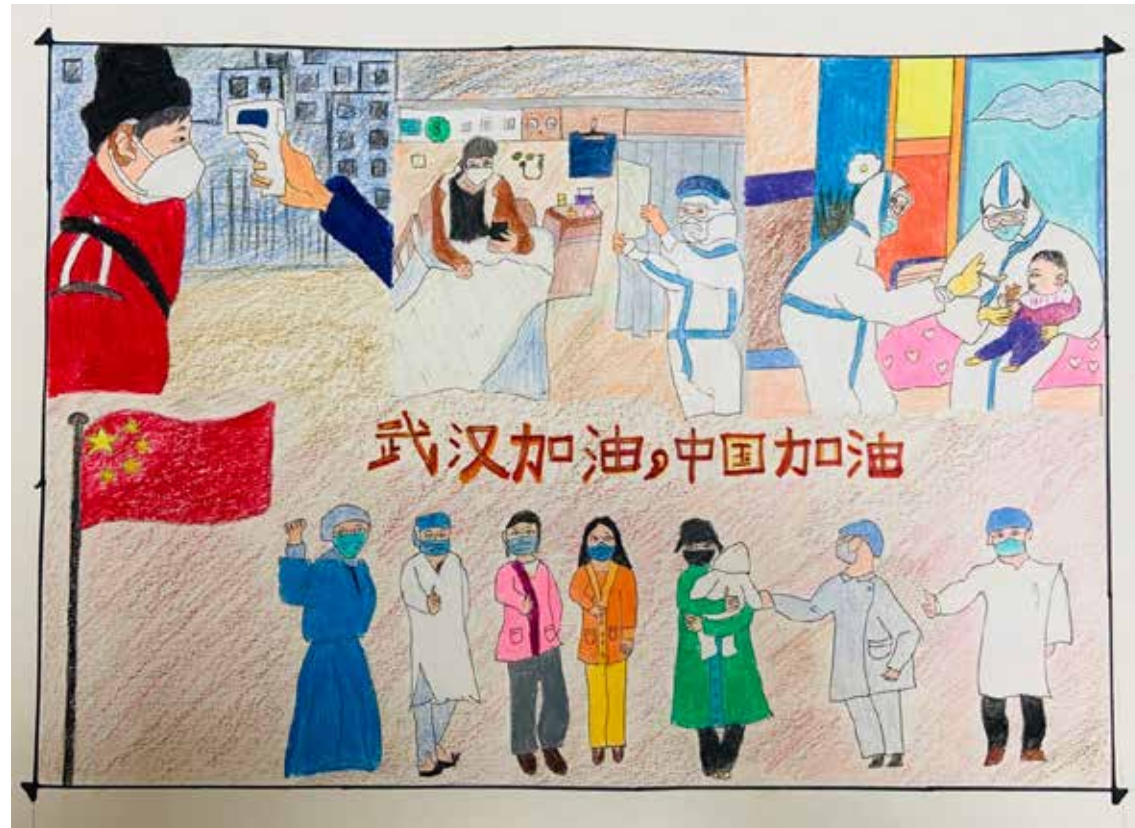
## Robin BREWER

Beach Day (gouache)

This beach in Hawaii was where I decided to take art as an IB subject. The relaxed environment here made it a moment I will not forget.



OUR SSIS PRIMARY STUDENTS CONTRIBUTE ARTWORK, ESSAYS AND OPINION PIECES TO HONE THEIR CRAFT AND SHAPE OUR THINKING.



Tanisha Chaudhury, Grade 4D



Renka Omae, Grade 2P



Lee Jaeyun, Grade 2D



An So Yun, Grade 5A



Yu Ziqing, Grade 1D



Nicole Cheah Zi Lin, Grade 6R



Chelsea Yung Zi Yi, Grade 3J



To view all the artwork done by Primary students during their e-learning period, please scan this QR code.



THE PRESCHOOL KIDS WERE ABLE TO USE VARIOUS MEDIUMS  
TO CREATE THEIR ART THIS SEMESTER.



# CAN'T STOP THE MUSIC

MUSIC CAN KEEP A COMMUNITY TOGETHER, SAYS E.J. SWIDER,  
AND IT ALSO DOES WONDERS FOR AN INDIVIDUAL.

Community is a fundamental aspect of our experience in music; it unites people, and it forms relationships that may not exist otherwise. In a place like SSIS, it connects many different cultures through shared experiences and goals, it promotes diversity and growth. Participating in music encourages creative thinking, discipline, leadership, and problem-solving. Not to mention, it is a positive form of individual and group expression.

Something as simple as a shared experience at a concert can build community and strengthen relationships. The process of preparing for and participating in a performance strengthen bonds with your friends; you are working together towards a common goal and having fun doing it. Music is one of the most primal creative instincts our brains have. We not only crave the expression but the bonds we form through it. In modern times this may be singing in a choir, playing in a band, going to a concert together, or even going to KTV.

During my time in senior school, I was fortunate enough to participate in many of my school's ensembles. I noticed early on that participating in ensembles allowed me to meet and become friends with people I usually would not have spent time with. I'm still friends with many of the people that I performed and bonded with. When playing in an ensemble, I quickly realised how vital my individual part was. If I had not prepared for rehearsal by learning my music, the entire group would be affected. This was one of the first times I realised that people were relying on me and through it developed a better sense of responsibility.

There is a vast amount of knowledge and skills that can be gained by learning the basics of reading music. Add playing an instrument and many new skills emerge and improve. Many studies show that students who learn an instrument or sing score better on tests, as it improves their self-confidence, discipline, time-management, memory and coordination. Performing

music in a school develops trust, and eventually, a sense of community between the students and teachers. But more importantly, it develops trust between students which develops into lifelong bonds.

Here at SSIS, we are constantly striving to not only improve our musical ensembles but working towards building a sense of community within our student body through the arts. Through SSIS Got Talent and various other events, we incorporate performances into the regular school day. This not only helps build confidence in our performing students, but it exposes more people to the music and creates a shared experience. This allows performances to be less of a formal occurrence and feel much more natural and less stressful.

In addition to our regular smaller performances, we have our large-scale shows involving dozens of students, teachers, and parent support. For these performances, students practise in class, after school with their teachers, and sometimes with friends outside of school. Parents are supporting and encouraging their children to practice. Teachers are writing lesson plans, planning rehearsals, writing and arranging music. Art teachers are often designing and creating sets and programmes. Even the act of organising a performance itself is community building and strengthening bonds within SSIS.

Remember that music theory or instrumental skills are not required to build community through music. All you need is an appreciation of the arts, a shared experience, and a willingness to grow and express yourself. Sharing some of your favourite music with your children from when you were young will not only introduce them to new styles of music but will teach them more about who you are. Remember that music is one of the few things that can connect people from different cultures and bring us all together.

*Edward (E.J.) Swider is our HOD Senior School Performing Arts.*



## Free Lessons

Yale is offering **The Science of Well-Being** course for free on Coursera. Here you can engage in a series of challenges designed to increase your own happiness and build more productive habits—useful for both parents and students.

## Digital Detox

*Forest* is an app that helps you put your phone down and focus on what's significant in your life. For every 30 minutes you don't use your phone, you earn credits which can be used to grow trees around the world. That's it. Play the game by not playing the game, and enjoy your detox.

## Say Hi to Pi

To remember the digits of pi: 3.141592653, count the words in the sentence: "Can I have a large container of coffee, thank you." 3-1-4-1-5-9- geddit?

## Travel Tip

Take photos and screenshots of all your essential documents—visas, passport, residence, suishenma, tickets—and organise it into one folder in your photo album. Always travel with duplicate copies of your important documents as well.

## Lock Out

Paint lockers as book spines to create a 'boulevard of books'. This will encourage reading, hopefully.

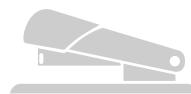


## Useful App

You can play educational board games on Zoom. You just need one person to be the Facilitator, and this person only has to point the camera at the board game so everyone can see it. Shout out your Scrabble or Balderdash move, and the Facilitator moves the pieces. If the game involves cards, use 'screen-sharing' for all to see.

## Snap

Mount a big stapler on the wall, so everyone can use it (and it's never misplaced).



**FLOW** is published each SSIS school term for the education community, our media partners, parents and students.

### Editor

David Fuhrmann Lim

### Editorial Consultant

Cheong Yi Teng

### Designer

Ivy Xu

### Writers

Gabby Ho (translation)

Victoria Cheah Grade 12 Amber

Amy Shi Grade 10 Amber

Bridget Tan Grade 10 Pearl

Gleb Tsikhanovich Grade 10 Pearl

### Photographer

Kven Wang

FLOW is an SSIS magazine that features stories about SSIS and the community, and it is a platform for the students to express their writing, artworks and opinions. The magazine is edited by David Fuhrmann Lim, also the school's Communications Manager. He's a veteran journalist and a seasoned magazine editor of several international publications. FLOW is his first magazine project in China.

For any editorial matters, or if you wish to provide commentary or contribute articles, please contact our editor at [marketing@ssis.asia](mailto:marketing@ssis.asia).



# SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

## Guiding Statements

### Our Philosophy

SSIS believes in the holistic development of a resourceful, confident and independent learner within a caring and nurturing environment to become a global citizen.

#### 学校理念

学校坚信在一个充满关爱和精心培育的环境中，能把学生培养成聪慧、自信、独立和全面发展的学习者。

### Our Vision

The realisation of a lifelong learner with strength of character and love of humanity.

#### 学校目标

我们的目标是培养具有坚强意志和对人类充满关爱的终身学习者。

### Our Mission

We are committed to develop in our students a passion for life and a love for learning through a holistic and well-balanced education.

#### 学校使命

我们致力于通过全面而均衡的教育，培养学生对生活的热情和对学习的孜孜追求。

Follow us on:



301 Zhu Jian Road, Minhang District

Shanghai P.R.C. 201106

Tel: 86-21-62219288

#StriveForExcellence

[www.ssis.asia](http://www.ssis.asia)