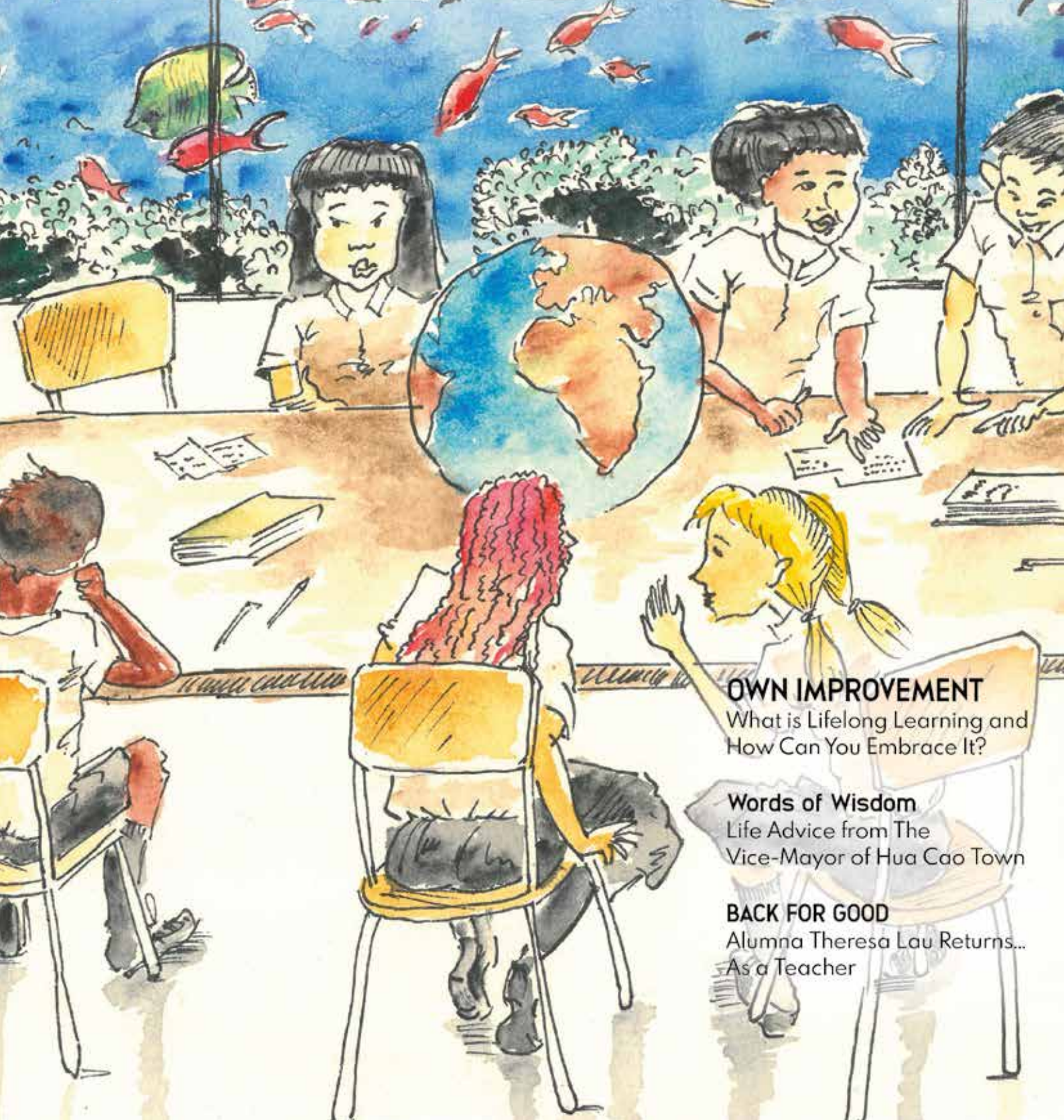


A SHANGHAI SINGAPORE INTERNATIONAL SCHOOL MAGAZINE

FLOW

FALL 2019



OWN IMPROVEMENT

What is Lifelong Learning and How Can You Embrace It?

Words of Wisdom

Life Advice from The Vice-Mayor of Hua Cao Town

BACK FOR GOOD

Alumna Theresa Lau Returns... As a Teacher



#StriveForExcellence

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VOICES

This is a first for SSIS: our magazine – the voice of the school. And like all new projects, we started with a Mission Statement.

We wanted this magazine to tell the world:

What SSIS is about.

Where we are in the academic domain.

Why we do things differently.

Who are the people who make it thrive.

How we are engaging with the community around us.

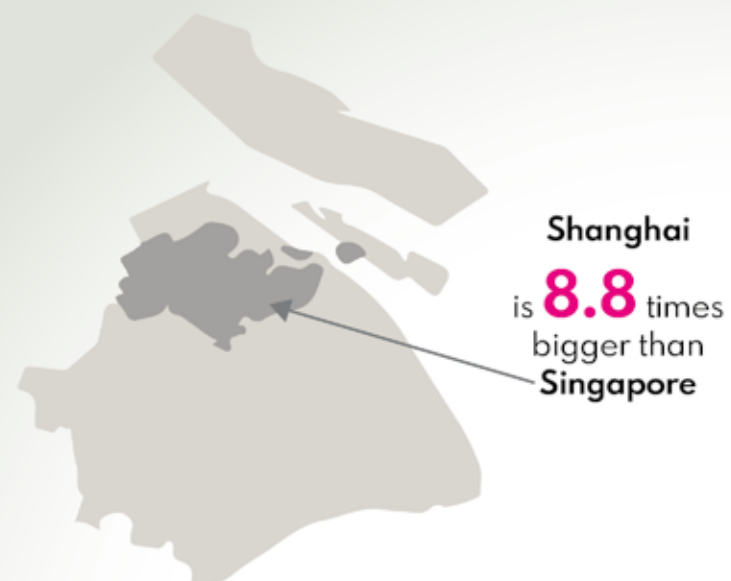
With that, we embarked on the first issue of **FLOW**, which will be published once each term. Contributions came from students, faculty and the marketing team. The name FLOW comes from the notion that we are always moving forward, always dedicated to learning, and always seeking higher standards. Hence, the first issue's theme is an exploration of Lifelong Learning: why it's important, who's doing it, and how you can too. In addition to the brilliant individuals on campus we were able to interview, we also scored a major coup with the Vice-Mayor of Hua Cao town, who's a lifelong learner and provided many words of wisdom.

Other highlights include a guide to the music hotspots in Shanghai, an interview with the first alumna to return to SSIS to teach, and a look at another first—Chinese Culture textbooks created by our SSIS Primary Chinese teachers.

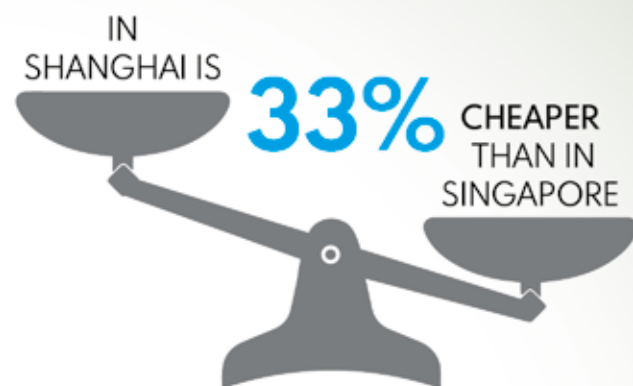
We hope you enjoy reading this first issue of **FLOW**.

David Fuhrmann Lim
Editor

As there is a symbiosis between Shanghai and Singapore, we thought it'd be interesting to show you some stats and figures connecting the two cities:



COST OF LIVING



16%

of **2019 graduates** (male Singaporeans) had to return home for their National Service.

[**9%** of **SSIS class of 2019** chose to study in universities in China]



A .33L can of Coke/Pepsi costs **132%** more in Singapore,

while a cup of cappuccino costs **6.5%** more in Shanghai•



#1

Busiest Container Port in the World: **Shanghai**

#2

Busiest Container Port in the World: **Singapore***



ADVENTURES ASSEMBLE

IT'S BEEN A BUSY FIRST SEMESTER, AND EVERY NEW EVENT BRINGS NEW LESSONS.

1. Meeting the Vice-Mayor of Hua Cao Town.
2. ASP offered chess to students.
3. Performing at the Hua Cao Community Centre.
4. Visiting Kang Hua nursing home during Chongyang Festival.
5. Celebrating Singapore's National Day.





- 1/2/3/4. Celebrating Mid-Autumn Festival.
 5/6/7. Orientation Day.
 8. Parent Workshop.
 9. Swim team trials.
 10. CISSA Elementary Soccer competition at SAS Puxi.
 11. Sabres Spirit Day.
 12. Seniors Orientation Camp.
 13. Learning first aid for campus safety.
 14. Tea with Preschool Principal Ms Chay Kit See.



“NEVER BE LIMITED BY OTHER PEOPLE’S LIMITED IMAGINATION”*

WE SPEAK TO SOME DISCIPLES OF LIFELONG LEARNING TO DISCOVER WHAT IT MEANS, WHAT IT EMBODIES, AND HOW THEY WANT THEIR STUDENTS TO PRACTISE IT

Writer: David Fuhrmann Lim

Last year it was a desire to learn Japanese, this year I’m determined to learn how to play the ukelele. I’m not musically inclined (friends have outright called me “tone deaf”), but I’m committed to learning something new every year. And the ukelele seems the most accessible place to start, so good luck to all my friends.

I don’t cultivate this habit of learning so that I can impart knowledge, show off, win bets, or grow my Instagram followers. I just feel a need to feed my reptilian brain with facts, numbers, curios, trivia and arcane knowledge. I’m rarely the smartest person in the room, and I do have a mind filled with loads of general information that’s mostly interesting but rarely useful. And I cannot stop—

does that make me a lifelong learner?

I consider myself a restless person, with an innate curiosity that compels me to read up on things (or cheat by watching videos) when I encounter subjects I don’t understand (ask me about the electoral college, Indian single malts or Martin Scorsese’s oeuvre). I look up etymologies when I come across atypical words; I watch how-to videos when I see cool film techniques; and I practise pool shots when I witness cool moves. I try to stay humble and come at each day as a learning opportunity.

*Mae Jemison, Nasa astronaut



I get that educators come at lifelong learning from a different perspective. Their job is to instil a habit of learning in students—to inspire, challenge and expose them. And it doesn’t even end there after classes. Because for an educator to be effective, they must also have a habit of lifelong learning, they too need to have a thirst for knowledge, a desire for improvement, an urge to search. Educators need, like Adobe software, to be updated daily. Otherwise, they bring nothing fresh to the classroom: Their recitations become rote, their explanations become routine, and around them the perpetual susurrations of progress.

For Alberto Osorio, the IGCSE and IBDP Physics teacher in SSIS, lifelong learning doesn’t necessarily occur in a formal academic context: “We learn from people, we learn from our own mistakes and direct observations. We are learning things all the time. Lifelong learning, in the end, is a skill that develops as long as curiosity is present in our daily life.”

Alberto is interested in the future of physics and where the protean discipline is headed and believes students should understand “new” physics. “I went to Geneva and joined an international team of professionals selected by CERN (European Organization for Nuclear Research), to participate in a full-time immersive programme packed with conferences, training, data analysis, experiments and lectures.”

Only 20 applicants are accepted by CERN each year, and while the programme forms part of his PhD research, Alberto is also taking on new learning “so I can pass on the knowledge, to prepare students for the future.”

He adds that every person is curious to some extent. “As a scientist, I believe that curiosity is an essential quality that drives me to explore details in physical phenomena. When I was in high school, I was fascinated by how things worked. Curiosity and passion for Mathematics were the two major factors that encourage me to become a physicist.

It's been almost 20 years since I graduated from high school, and I still enjoy reading and researching. I don't think the feeling to know more about the natural world will ever stop. I will continue being a curious person for life."

Jin Zhu Chun spins it another way: He's a renowned cello player who also teaches in SSIS, and he's invested—through his charity organisation—in helping underprivileged children learn music as well. For Jin, his regular performances and charity gigs are all lifelong learning experiences, because no musician works in isolation. "Rehearsal itself is a process of self-learning because you need to learn to collaborate with a team," he explains. Each performance is a redo; each session is a reacquaintance.

My ukelele lesson is a far cry from Jin's international performances; my pool shots a moonshot from Alberto's quantum physics. But in our own way, we're reaching for the stars. And none of us will end up with a handful of sand.

Ø

THE CELLO MAESTRO

AS A SELF-PROFESSED LIFELONG LEARNER, MR JIN ZHU CHUN—THE SCHOOL'S CELLO TEACHER—FILLS HIS TIME WITH CONCERT PERFORMANCES, TEACHING, AND LEARNING NEW WAYS TO HELP DISADVANTAGED CHILDREN.

By Amy Shi, Grade 10 Amber

Jin learnt to play the piano when he was three-and-a-half-years old. He went on to study music in Vienna and ended up performing with the Vienna Youth Philharmonic Orchestra for 12 years. Until recently, he was the principal cello leader with the Shanghai Opera House. (Though he's not with them full time now, he still managed to chalk up 10 performances over the summer.) Jin



won a national title in his 30s and was a principal cello leader in the top orchestras in China, including the National Symphony Orchestra (less than 10 people in China qualify for this position). Despite his active schedule, he still commits time to work on his charity project Special Children's Art Education, which helps autistic children learn music in a more simplified and tech-enabled manner. He credits all this prolificacy to a few things: an acknowledgement that he has a professional ability and a platform to help, and an affinity for lifelong learning that enables him to find creative ways to help.

"In my opinion, the field I am working in requires a lot of lifelong learning. My original job requires more than 130 symphonies and operas performances in a year, so I have to use all the remaining time for rehearsals, and rehearsal itself is a process of self-learning because you need to learn in order to collaborate with a team. I might be performing until I retire, so learning is an intuitive process for me.

"Over the past 10 years, I've worked with the symphony orchestras in Vienna and China, and about six years ago, I returned to China. When I first returned, I met some special needs children with autism. The problem they face is the communication barrier between them and us.

"I wanted to help these autistic children because I believe that they too, can have artistic and athletic talent. However, most people are unwilling to help them because of communication issues. For example, a mother teaches her autistic child to write a '2', and she has to teach more than 20,000 times until the child can write that '2'. However, that doesn't mean that the child couldn't write; it demonstrates that communication between the mother and the child is impeded.

"So, in the last six years, I've been using large-scale activities to help these children learn. My purpose is to give these special kids equal rights to an arts education as any ordinary child is entitled to. My endeavour is supported by the National Art and

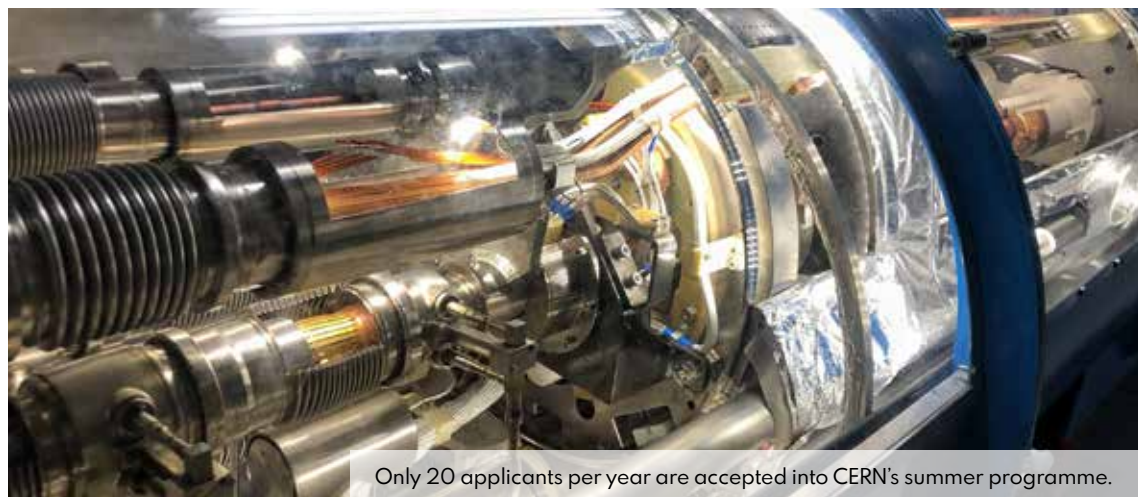
Culture Foundation when I first started. I currently have a team of around 20 people to organise this with me.

"Every year, the government provides us with a large outdoor venue to organise a charity concert for these autistic children—you can also watch it live on many Chinese networks. My goal is to continue the event for as long as possible, as I want to keep learning and teaching how to communicate with the children of those 38 special-needs schools around China.

I had a good teacher who had a great influence on my life. He helped me and also taught me to use the advantages I have to help people in need.

"To learn classical music, children need to start at a very young age, perhaps around age four. However, kids at this young age will never know whether this particular instrument would interest them; they might not even have the instruments. We've worked with sponsors to not just get musical instruments into the hands of kids in far-flung villages, but we've also managed to communicate with them through the internet—we livestream lessons, so they learn on the spot.

"To encourage lifelong learning in children, my advice to them is to learn from professionals. Only by observing professionals can children change their attitude towards learning."



Only 20 applicants per year are accepted into CERN's summer programme.

THE PHYSICS POLYMATH

ALBERTO OSORIO IS A PHYSICS TEACHER IN SSIS, AND AS AN EDUCATOR, HE INSPIRES HIS STUDENTS TO LEARN MORE BY CHALLENGING THEM REGULARLY.

Alberto Osorio is a physicist from Universidad Pedagógica Nacional, Colombia, specialising in Mathematics applied to Physics. He is currently finishing his Doctorate in Science and Education with Universidad Arturo Prat, Chile. In class, there's no easy ride: Alberto continually asks questions on every topic he teaches; he wants his students to get used to applying physics laws and principles in new situations—and be as committed to learning as he is.

What is your definition of lifelong learning?

We are, all of us, meaning-seeking creatures. We want consciously or unconsciously to understand the reason for almost everything that happens around us. As humans, we are always exposed to new experiences or situations that directly or indirectly impact our life, because of that, we are often acquiring new knowledge that pushes us to learn.

What did you learn in the past year?

I was in CERN, and I visited most of the facilities of this gigantic laboratory, famous for the world's largest and most powerful particle accelerator:

the LHC (Large Hadron Collider). This became a golden opportunity for me to learn cutting-edge physics topics related to particle accelerators, the Standard Model of Particle Physics, use of semiconductors in particle detectors, generation of antimatter, cosmic rays and neutrinos among other topics. I have never felt in my life that I discovered so many things in such a short time.

What was the purpose?

The programme helps professionals in the fields of science and technology to accelerate their understanding of Quantum Mechanics in the context of nuclear and particle physics. All the training sessions, lectures and activities enabled us to discover the world of elementary particles, which are the simplest and most fundamental constituents of Baryonic Matter (quark-based particles). CERN promotes cross-cultural teamwork and gathers members from different countries with the ultimate purpose of spreading this knowledge to students across the world. Another key objective of this programme is that all the candidates get to meet with the top scientists and researchers at CERN.

What did you hope to achieve?

Being at CERN allowed me to accomplish my biggest dream, to visit and see the biggest particle detectors (ATLAS and CMS) and the largest particle accelerator, the LHC. I was also curious about CERN's data gathering process



Alberto wants to prepare students for the future of physics.

regarding detecting fundamental particles and their properties.

What's next for you?

Next year, quite a lot of my time will be spent researching and processing the data related to my PhD. I am researching the main difficulties in the understanding of subatomic behaviour of fundamental particles, which are mainly a consequence of a deterministic approach of reality. Determinism is a philosophical belief that claims all events in the universe are entirely determined by previously existing causes. This idea, implicit in Newtonian Physics, is one of the factors to be studied in my research project.

How do you turn your students into lifelong learners?

I always tell my students that learning physics is not all about how many concepts and equations

they can memorise. Learning physics implies something more profound: the development of problem-solving and critical-thinking skills that are necessary to become a lifelong learner. Science is present in our daily life; they will be able to understand and learn more about the world where we live with a solid physics background.

At SSIS, we want to create lifelong learners with strength of character and love of humanity. This applies to our entire community of students, teachers and parents. Our teachers are role models for students, and they best exemplify the school's spirit for lifelong learning. We learnt from Mr Jin and Mr Osorio that a strong sense of commitment and curiosity would help one to learn and push and continually strive for excellence. Adults who are professionals in their fields make the best role models and act as sources of inspiration for years to come.

THE STUDENT LEADER

FROM BEING AN INTROVERT TO LEADER OF THE STUDENT COUNCIL, MODEL STUDENT KAYO KIMIZONO TELLS US HOW A ZEST FOR LIFELONG LEARNING CHANGED HER MINDSET AND HELPED HER STRIVE FOR EXCELLENCE.

It's an understatement to say that the 2018/2019 academic year was an exceptional one for SSIS student Kayo Kimizono. She was the recipient of the Pathfinder Award, President of the Student Council, captain of the volleyball team and also Sports Woman of the Year—all while juggling homework, CAS and other projects as a Grade 11 student. She's now a Senior, busy with her academics and other passions, but we managed to catch up to find out what she has got planned.

How are you planning to make 2019/20 different?

As a Senior this year, I can no longer join the SC anymore. This gives me more time to focus on my academics and an opportunity to try many new things. I am now one of the coordinators of the SSIS Student Ambassador team, a core member of Bark4Life (a student-led organisation to encourage people to adopt pets), and a part of the Sabres Crew.

What did you learn most as President of the Student Council (SC)?

Everyone has different personalities, and the key was to identify them to let every member feel comfortable in the group. Everyone has their own unique ideas, even the quietest person, and only when they feel comfortable are they able to speak out and express their opinions. In SC, we try to achieve that by allowing councillors to practise public speaking or by splitting up the group to carry out smaller discussions to recognise more contributions from each individual.

You once said, "I think one of the key factors in leadership is to be a good communicator, but more importantly, a good listener." How did you develop your communication and listening skills?

I was an introvert since I was young, and was always the person observing and listening to others. Communication was the one skill I found challenging because it is so hard to deliver a message clearly without confusion or miscommunication. I only managed to become better at this through speaking out in a smaller setting, for example, actively participating in class discussions and slowly progressing to a larger platform by joining activities that forced me to express my thoughts. To me, sports was definitely one of the most significant influences.

SITE HUSTLE

You're all familiar with Coursera and Udemy, but these other sources also offer useful learning.

edX

This global non-profit is founded by Harvard and MIT, and is home to more than 20 million learners, the majority of top-ranked universities in the world and industry-leading companies.

[Edx.org](https://edx.org)

Ted-Ed

TED's education initiative celebrates the ideas of teachers and students; there are hundreds of cool animated lessons here to help you learn new stuff. Educators can submit their best lessons and have animators bring their ideas to life and help spread the knowledge.

<https://ideas.ted.com/>



Kayo is captain of the volleyball team and was President of the SC of two years.

In terms of the platforms you have, the support from the teachers and the resources available here, how has SSIS changed you?

From my 10 years in SSIS, I realised that the tight community here really allows the students and the school to grow and develop together. From small things like changing the colour of our gym door, to more significant changes like building the Aquatic Centre, we can see the improvements that the school is making every year.

Students can identify areas here that require improvement and take the initiative to make a change. The small, family-like community in SSIS has helped me become a more expressive person. I feel free to stay back in school to speak to my teachers, express my thoughts through different platforms and to even make an appointment with the principal through WeChat. If it wasn't for SSIS's close bond with its students, I might still have been the introvert I was when I first joined.

You said: "If you worry about failing before even taking the first step, there will be so many opportunities that you will miss." It's not unlike Michael Jordan, who said: "You miss 100 per cent of the shots you don't take." Tell us, what are some of the mistakes you've made and what have you learnt from them?

One of the best 'first step' I took was joining the Student Council. In the very beginning, I was hesitant about joining because I was scared of public speaking and feared rejection. Thinking about it now, if I wasn't determined to join SC at that time, I wouldn't be the person I am today. SC has helped me become a more confident person, and it has given me so many opportunities to build up a strong relationship with many students from different grades, to get closer with our staff members, and to communicate with businesses from outside school.

What is lifelong learning to you, what does it mean to you? Do you apply it outside of classrooms?

Lifelong learning is being able to say "I don't know" and to admit to your shortcomings. You can only accept new knowledge when you are willing to open up. I think this is important once we leave school because there are so many things that we are unfamiliar with. Mr Gurkan (Senior School Principal) is also a student like us with his essay deadlines (for his Masters on Education Leadership and Management). There is still so much more I want to learn outside class after IB!

Lifelong learning is being able to say "I don't know" and to admit to your shortcomings. You can only accept new knowledge when you are willing to open up.

What advice do you have for your fellow schoolmates with regards to:

Handling pressure:

The TED Talk 'How to Make Stress Your Friend' said that stress made you social, that when you felt stressed, the hormone produced primed you to do things that strengthened close relationships, and your willingness to help and support people you care about. Whenever I feel overwhelmed, I always open up to a friend, especially those that are feeling the same. I think so far in my second year of IB, I have gotten so much closer to different students in my grade because we chat with each other frequently.

Embracing opportunities in school:

If you ever identify an opportunity in school to express your creativity, communication skills, athleticism, or just something that you want to try out, go for it! You never know what the future holds, so you have to take the first step to explore all of the possibilities!

Overcoming fear and rejection:

You don't have to overcome fear, but you can turn it into a source of motivation. We fear many things, and I believe the biggest is the fear of regret—when you look back and think you could have put in more effort. If you fear not getting in the university you want, study harder to boost your grade, and do everything to perfect your personal statement. If you are rejected, you could still say that you had given it everything, and there were no regrets. Don't let fear stop you from taking on responsibilities and standing out!

Which Uni are you applying to, are you still keen to study economics? And how's your Japanese coming along?

I am currently applying for my dream university—Keio University—in Japan; I am almost done with the application process! I will be applying to Keio's Faculty of Economics, where my dad also studied. Since last summer, I have been learning Japanese in preparation for university; however, I still have quite a long way to go!

At SSIS, students can join a multitude of sports clubs, musical productions, After School Programmes, creative arts and even initiate their own CAS projects. Kayo Kimizono embraced the many opportunities the school presented and become a leader in sports and of the student body. She demonstrates exemplary behaviour and serves as a source of inspiration to everyone. This Pathfinder Award recipient possesses the virtues and qualities that epitomise a highly developed and holistic student.

4 WAYS TO IMPROVE LIFELONG LEARNING

Come for the education, stay for the enlightenment.

Keep Smart Company

You are who you are with, right? Join a book club, chess society, or writing class. Surround yourself with other passionate people who also want to learn.

Teach Others

You'll realise that to teach people something, you'll have to know more than they do. And even if you used to be good at a subject, you'll have to revise it and rehearse it before you can repeat it.

Read Read Read

But you already know that. If you have but a few minutes, read something online. If you have more time, delve into the joys a book provides.

Experiment with New Ways of Learning

Forget textbooks. Think about watching documentaries, attending talks, reading articles, and speaking to experts. Learn how to learn again.

“永远不要被他人有限的想象力所限制”

*Mae Jemison, Nasa宇航员

我们与SSIS的两位终身学习者聊了聊“终身学习”的含义是什么，具体表现是什么，以及他们希望学生如何践行终身学习。

翻译：Gabby Ho

去年我很想学日语，今年我决心学弹乌克兰丽。虽然朋友们都叫我“音痴”，但每年我都想学点新的东西，而乌克兰丽似乎是最容易上手的乐器了。

我学习新技能的目的不是为了炫耀或是传授知识或者为我的Instagram账号涨粉，我只是觉得这些新的知识可以不断滋养我的大脑。我不是最聪明的人，我的大脑存储的是大量有趣但没什么大用途的信息，但我乐此不疲。这样的我，算是一个终身学习者吗？

我认为自己是个爱折腾的人。当遇到不懂的事情时，好奇心会驱使我去阅读或者上网搜索视频资料。当遇到生僻词时，我会去查词源；当我看到很酷的桌球动作时，我会去练习桌球。我会保持谦虚，以学习的心态对待每一天。

我知道教育者会以不同的角度看待终身学习。教育者的任务是不断激励和挑战学生，让他们培养学习的习惯。但教育者本身也必须要有终身学习的习惯，他们需要不断学习新的知识、做新的研究，精益求精。否则，他们的课堂教学就会变得毫无生气。

对于SSIS的IGCSE、IBDP物理老师Alberto OSORIO而言，终身学习不局限于课堂之内。他认为：“我们需要向别人学习，在自己的错误和观察中学习。我们无时无刻都可以学到新的东西。归根结底，只要好奇心还在，终身学习的技能就能得以发展。”

Alberto对物理学的未来很感兴趣，他认为学生们需要理解“新”的物理概念。“我去了日内瓦，加入了由欧

洲核子研究组织（CERN）挑选的一个国际专业团队，与物理学者们一起参加了全日制沉浸式的专业学习项目，内容包括学术论坛、培训、数据分析、实验和学术讲座。”

欧洲核子研究组织（CERN）每年仅挑选20名来自全球各地的申请者参加该学习项目。虽然这个项目本是Alberto博士研究中的一个部分，但他也会学习新的知识。“这样我就能把学到的新知识传授给我的学生，为他们的未来做好准备。”

Alberto认为每个人在某种程度上都对事物持有好奇心。“作为一名科学家，我相信是好奇心驱使我去探索物理现象中的细节。当我还在上高中的时候，我对事物的运作方式十分着迷。好奇心以及对数学的热情是促使我成为物理学家的两大因素。虽然高中毕业已将近20年了，我仍然喜欢阅读和研究。我不会停止了解自然世界的脚步。我将继续做一个充满好奇心的人。”

金铸纯以另一种方式诠释“终身学习”——他是SSIS的音乐老师，是著名的大提琴演奏家，他还通过自己成立的慈善组织帮助贫困儿童学习音乐。对金铸纯而言，定期的音乐演出和慈善活动都是他终身学习的经历。他解释道：“排练本身就是一个自我学习的过程，因为你需要学会团队合作。”每一场表演都是独一无二的演奏，每一次练习都能温故知新。

我的乌克兰丽课程以及桌球练习、金老师的国际演奏Alberto的量子物理，三者虽相去甚远，但我们都在以自己的方式去摘星追梦。只要肯努力学习，定会有收获！

金铸纯

作为一名终身学习者，SSIS的大提琴老师金铸纯将他的业余时间投入到音乐表演、教学和帮助弱势儿童。

作者：Amy Shi, Grade 10 Amber

金老师三岁半开始学弹钢琴，后来到维也纳学习音乐，并在维也纳青年爱乐乐团演奏了12年。直到最近，他还担任上海歌剧院交响乐团的首席大提琴手。虽然金老师



现在没有全职参与乐团工作，但他还是在暑假里完成了10场演出。尽管日程安排紧凑，金老师还是坚持公益，致力于“特殊儿童艺术教育”的慈善项目，帮助自闭症儿童用更简单的方式学习音乐。公益平台、自身的专业功底和对终身学习的热爱，让金老师通过创新的方式帮助了有需要的人。

“在我看来，我所从事的领域要求我终身学习。我原来的工作一年需要参演130场交响乐和歌剧，所以我必须把剩余的时间都用在排练上。而排练本身就是自我学习的过程，因为只有不断学习才能更好地与团队合作。我可能会一直演奏到退休，所以我必须一直学习。”

“在过去的十年里，我在维也纳和中国的交响乐团工作过，大约六年前我回到中国。刚回来的时候，我遇到了一些患有自闭症的特殊儿童，他们面临的问题是很难与人正常沟通交流。”

“我想帮助这些自闭症儿童，因为我相信他们也同样有艺术和运动天赋。然而，由于沟通问题，大多数人不愿意帮助这些儿童。例如，一位母亲教她的孩子写数字‘2’，她需要教两万多遍才能教会这个孩子。但这并不意味着孩子没有写字能力，只能说明母亲和孩子之间的交流受阻了。”

“所以在过去六年里，我一直从事这项公益活动，目的是让这些特殊儿童也能和普通孩子一样享受学习艺术的权利。我的努力得到了国家艺术文化基金会的支持。现在

我有一个大约20人的团队和我一起组织这项公益活动。”

“政府每年都会为我们提供一个大型户外场地，为这些自闭症儿童举办一场慈善音乐会。你也可以在线上观看音乐会直播。我的目标是尽可能让这项公益活动持续下去，因为我想不断学习怎么与中国38所特殊教育学校的孩子们进行交流。”

“古典音乐的学习需要从四岁左右开始。然而，这个年纪的孩子并不知道自己是否对这件乐器感兴趣，他们甚至可能还没有乐器。我们与赞助商合作，不仅把乐器送到了偏远山村的孩子手中，还设法通过互联网和他们交流，在线上课。”

“为了鼓励孩子们终身学习，我给孩子们的建议是向专业人士学习。只有去了解 and 观察专业人士，孩子们才能转变他们的学习态度。”

“有一位老师对我的一生有很重要的影响。他帮助了我，也教会了我要善用自身优势去帮助有需要的人。”

ALBERTO OSORIO

Alberto毕业于哥伦比亚国立师范大学，专攻数学物理学。他也是SSIS的一名物理老师，目前正在攻读智利阿图罗普拉特大学的科学与教育博士学位。作为一名教育者，他经常给学生提出一些挑战性问题，以此激励他们不断挖掘和学习更多专业知识。每教一个物理话题，Alberto



都会让学生思考很多相关问题，他希望学生们习惯在不同的情况下运用物理定律和原理，他希望学生们也能和他一样“沉迷”学习。

你对于终身学习的定义是什么？

我们所有人一生都在寻找着事物的意义。有意识地、无意识地，我们都在试图理解发生在我们周遭的事情。作为人类，我们总会接触到或直接或间接影响我们生活的新的体验或新的境遇，因此我们常常会接触到新的知识，这也就推动着我们不断学习。

你打算明年学什么呢？

明年，我会将大部分时间用在研究和处理我博士学习项目的相关数据。我正在研究理解基本粒子的亚原子行为，其困难主要来自以确定性的方法研究现实情况。决定论是一种哲学观，它认为宇宙中所有事件都有因果联系。这个隐含在牛顿物理学中的想法是我要研究的内容之一。

你是怎样培养学生成为终身学习者呢？

我总是告诉学生，学习物理并不完全是要记住多少概念或者方程式。学习物理有更深刻的含义：学习解决问题和辩证分析问题是成为终身学习者必需的技能。科学就在我们的日常生活中。扎实的物理学知识背景能够让我们更好地去学习和理解我们的世界。

SSIS致力于培养具有坚强意志和对人类充满关爱的终身学习者。SSIS社区的所有成员包括学生、老师和家长，人人都可以成为终身学习者。我们的老师是学生的榜样，是终身学习的楷模。

金老师和Mr Osorio让我们感受到，强烈的责任感和好奇心有助于一个人不断学习和追求卓越，他们都是在—个领域坚持深耕的人，值得我们学习和追随。

KAYO KIMIZONO

从一名害羞的小女孩变身成为自信开朗的学生会主席，模范学生Kayo KIMIZONO告诉我们终身学习是如何改变她的求学心态，助力她不断追求卓越。

在2018/2019学年，Kayo KIMIZONO独揽了SSIS的众多头衔，她是开拓奖（the Pathfinder Award）获得者，是学生会主席，是排球队队长以及年度最佳女运动员。今年12年级的Kayo将继续为学业和爱好奋斗。本期，我们与Kayo聊聊她对未来的一些计划和期许。

2019/2020学年你有什么打算？

今年我已经是12年级的学生了，不能继续参加学生会，这让更多时间专注于自己的学业，去尝试更多新的事物。我现在是SSIS学生大使团、Bark4Life（一个由学生成立的宠物领养的慈善组织）以及Sabres运动员团队的成员。

作为学生会主席，你学到了什么？

我学到的最重要的一件事是：每个人的个性都不同，身为主席要做的是让大家融入到团队中，并且能够大方自然地表达。每个人都有自己独特的想法，即使是最安静的人，在他们感到舒适的情况下，就会发表自己的观点。在学生会里，我们鼓励同学们进行公开演讲，或者分小组讨论，让每个人都有机会贡献自己的想法。

从平台、老师和教学资源的角度，你认为SSIS是如何改变你的？

在SSIS读书有十年了，我认为这里紧密的社区关系让学生和学校可以一起成长和发展。从改变体育馆门的颜色这样的小事，到建造游泳馆等重大的变化，我们都能看到

学校在不断改进和提升。

SSIS为学生们提供了一个宽阔的平台，让我们表达自己的意见，并为学校做贡献。SSIS像一个家庭社区，帮助我成为一个善于表达的人。在这里我可以轻松自在地和老师们交谈，在不同的平台上表达自己的想法，甚至可以通过微信和校长预约见面。有赖于SSIS紧密的社区关系，我才能够从一个害羞内向的女孩变成现在自信的我。

你说过，“我认为领导力中的一个关键因素是善于沟通，而更重要的是乐于聆听。”你是如何提升沟通和聆听的技能？

我从小就是一个内向的人，以前我是那种只默默观察和聆听的人。沟通对我来说太难了，因为要清晰地、准确无误地传递信息太有挑战性了。于是我强迫自己从相对人少的环境中开始锻炼，比如参与课堂讨论，积极地说出自己的想法，然后慢慢过渡到更大的平台，进行公开演讲。对我个人而言，体育运动无疑给我带来了最大的影响。

你说过，“如果在迈出第一步之前就担心失败，那么你会错过很多机会。”Michael Jordan也说过类似的话，他说：“如果你一个球也不投，那你就百分百不会命中。”你曾经有过什么失误，你从中又学到了什么？

我认为我迈出的最好的“第一步”是加入学生会。当时我还在犹豫要不要加入，因为我害怕公开演讲，也害怕被拒绝。但是现在回想起来，如果当时我没有下定决心加入学生会，也就没有今天的我了。学生会帮助我成为一个更加自信的人，它给了我很多机会与不同年级的学生建立友谊，与学校的教职员工建立紧密的联系，与校外的企业进行沟通交流。

终身学习对你来说意味着什么？课外的你也会践行终身学习吗？

终身学习就是能够说“我不懂”，并承认自己的不足。只有当你愿意开放心态的时候，才能学到新的知识。离校后，我们将会接触到更多我们不熟悉的事物，拥有开放的学习心态将有利于我们自身的发展。中学部校长Mr Gurkan现在也是一名学生（目前攻读教育领导与管理硕士学位），和我们一样要在截稿日期前上交论文。除了IB课程，课外我还想学很多东西！

给同学们的一些建议：

面对压力：

TED演讲关于“如何让压力成为你的朋友”中提到压力能够帮助提升社交能力。有一种随压力产生的荷尔蒙——催产素，会在我们的大脑里微调我们的社交本能，帮助我们为行为做好准备，以增进与他人的亲密关系。它甚至会增强人们的同理心，使我们更愿意去帮助我们关心的人。每当我感到有压力时，我总会向朋友们敞开心扉，尤其是和有同样压力的朋友一起聊聊。在读第二年IB课程时，由于经常和朋友们聊天，我和很多同学的关系也越来越亲近。

珍惜在学校里的机会：

如果在学校能够找到一个让你展示自己的创造力、沟通能力和运动能力，或者找到你想学的东西的机会，那就去勇敢试试吧！你永远不知道未来会怎样，所以你必须迈出第一步去探索所有的可能性！

克服恐惧与拒绝：

你不必克服恐惧，但你可以把恐惧变成动力。我们害怕很多事情，但我相信最大的恐惧是后悔——回首过去，后悔在本该努力的时候没有全力以赴。如果你害怕进不了理想的大学，那就努力学习提高成绩，尽一切努力完善你的个人陈述。如果申请被拒了，你还是可以和自己说已经尽力了。不要让恐惧阻碍你承担责任和脱颖而出！

你申请的是哪所大学？你还想学经济学吗？你的日语学的怎么样了？

我正在申请我的理想大学——日本庆应大学。我差不多完成整个入学申请了！我申请的是庆应大学的经济系，我爸爸以前也在这里读书。为了上大学，从去年夏天开始我就一直在学日语；我还有很长的路要走呢！

在SSIS，学生可以参加多彩的活动项目，如体育俱乐部、音乐剧、课后课程、艺术项目，甚至可以发起自己的CAS项目。Kayo KIMIZONO抓住学校提供的每次机会，从旁观者逐渐成长为运动员团队及学生会的领导者，鼓舞着SSIS的每位学生。这位开拓奖的获得者向我们展示了全面发展的学生所应具备的优秀品质。



BACK TO THE FUTURE

THERESA LAU STUDIED FOR HER FUTURE AT SSIS. SIX YEARS AFTER SHE GRADUATED, SHE'S BACK TO HELP OTHER STUDENTS DO THE SAME

Writer: Victoria Cheah, Grade 12 Amber Photographer: Kven Wong

It's around a quarter to four in the afternoon when I enter Theresa's classroom for the first time. She greets me with a bright smile, and I catch a glimpse of the print-out she has tacked on her door, it says "You are welcome here". I'm unsure if it's because of the poster or her charisma that I instantly feel at ease—probably a combination of the two.

She settles into the seat next to me, and it's not long before she's laughing, a hint of nostalgia in her voice as she reminisces about the 12 years she spent here as a student. She's the first SSIS alumna to return as a teacher. "A lot of my memories are made on this campus," she says wistfully, stating that the Minhang campus is her favourite among the four she studied at. She does say, albeit with a tinge of regret, that she doesn't remember much about the previous campuses where she spent her Primary School years, other than Sun Island (SSIS' first campus), but only because it was, she jokes, "so far".

Surprisingly though, she does remember her first day in school. "I was so scared, and I cried in my

class because I thought my mom had abandoned me," she laughs. Despite this, however, she does remember being excited about learning and being even more excited at the end of the school day. She recalls going into her mother's car to tell her mum about everything she'd learnt.

It's been six years since she last stepped into SSIS as a student, so both she and the school have inevitably changed since then. Theresa notes the massive developments in terms of the school's facilities and also points out how the demographics of the school have changed. "We didn't have such a diverse community back then."

However, when I ask if anything at all has remained the same, she smiles and says that she sees many similarities between her former classmates and the students she currently teaches. "I can see us in you guys!" She enjoys getting to know students, and thinks it is special to have an instant connection because "I was a student here and I went through what they're going through now—not every teacher gets that."

What may come as a surprise is how she made her decision to pursue a teaching career, as she had initially aspired to be a lawyer. Theresa found herself thoroughly enjoying a volunteer opportunity after graduation, one which allowed her to teach English at a migrant school. The experience, she says, felt like a natural fit then, as she considers herself as a creative individual. Subsequently, more people told her she'd make a good teacher, and that her personality suited the profession—it solidified her newfound ambition.

This year, I am committed to continuing to learn German and improving my football skills.

As we talk, I begin to understand those comments. There's something inexplicably delightful about talking to her; she makes conversation effortless, yet so engaging that you never have to think about what to say next.

Not everyone has the opportunity to become colleagues with their former teachers. "It's so interesting!" Theresa observes, describing it as an honour. "I never imagined that I would work with them. Still, now, I see them differently, I see them as teachers and colleagues." Her respect for them is evident from her tone; the fact that they've remained in SSIS long enough for her to return as a colleague says a lot about the school. Her opinion is that SSIS has a different, stronger community than other international schools. She describes how she managed to recognise many people when she first came back as a teacher, particularly those working in the logistics department, even the bus drivers. "I think people stay here longer. It's a bit like home for me in a way."

Teachers play an immense role in shaping who we grow up to be. I was curious about who influenced her most during her time at SSIS, and I also ask her who her biggest inspiration was. Her face lights up as she mentions Ms Elaine Tan, whom she says was like a teacher and also a friend, and "in a way, a second mother." She tells me how Ms Elaine would always bring snacks back from Singapore, and always remembered all their birthdays. "She treated us as individuals as opposed to just students."

In terms of her life after SSIS, I'm surprised when she mentions that university was not always easy for her. "I was very far away from home," she says. She does agree that her education in SSIS prepared her for university. Not only did the school teach her essential English-speaking skills, but it was here where she learnt to be open-minded through meeting people from different cultures.

As a current IB student myself, I'm especially interested to hear about her experience in the programme. She confirms that the IBDP does in fact help in university, particularly during her first year in the University of Manchester, when she had a mandatory essay-writing class. She was shocked to realise how much writing skills she had already acquired just from her last two years in SSIS—while many others were apparently ill-equipped. Oh Manchester, so much to answer for.

I ask her about her other alma mater. She replies that it's a nice city and that the University of Manchester is the biggest university in the UK. "I also love football, and they have Manchester United there," she laughs. (She's more than a fan: Theresa plays football and helps to coach the girls' team.)

She's slightly rueful as she explains that a downside to returning to SSIS is that not one of her friends is returning as well. "I miss my friends a lot!" she adds, before pulling out her phone and

showing me the group chat with her classmates, a page splashed with photos she'd taken during Sports Day ("because we used to do Sports Day together").

As our interview concludes, she flashes me the same bright smile and offers me a piece of chocolate. I accept it, although the most important thing I take away from the afternoon is her last piece of advice: "Enjoy your time here, because you can't get it back," she laments. "Enjoy your friends! I wish I had invested more time in my friendships." That's a good life lesson there. After all, who better to dish advice than SSIS' first alumna-turned-teacher?

THREE SCHOOL SURVIVAL TIPS

Theresa Lau gives some advice on surviving your student years.

1) Breathe

You're in the IB. You feel like you have assignments and tests thrown at you from every direction. It's not easy, but always remember to breathe and take one task at a time!

2) Honesty is the best policy

If you don't understand a concept or need more time to complete a task, explain to your teacher and help them understand you. Be honest and inform them about what you need help with.

3) Enjoy every moment

Enjoy the good moments and even the not-so-good moments! They make life all the more interesting. Cherish the time you have left in school with your friends and teachers. You will never get this back.

饮水思源

毕业六年后重返SSIS, Theresa Lau 立志教书育人, 回馈母校。

翻译: Gabby Ho

大约是下午四点一刻,我第一次走进Theresa的教室。可能是看到她的微笑或是她张贴在门上的欢迎标语,瞬间让我放松了下来。Theresa坐在我身旁,面带微笑,声音中带着一丝眷念,娓娓述说着她在SSIS度过的12年学习时光。Theresa是SSIS创校以来第一位回校当老师的校友。她说:“这个校园给我留下了很多美好的记忆”。闵行校区是Theresa就读过的四个校区中最喜欢的一个。她说遗憾的是,除了太阳岛(SSIS的第一个校区),她都不太记得小学阶段去过的校区了。她开玩笑说:“记得太阳岛是因为那里(离我家)太远了”。

意外的是,Theresa清楚记得上学第一天的情形。她笑着说:“当时我太害怕了。我在班上哭了,以为妈妈不要我了。”尽管如此,她还是记得自己在放学的时候是如何兴奋地坐在妈妈的车里,和她分享在学校里学到的东西。

毕业六年,再次踏足校园的Theresa发现学校有了很大的变化,当然她自己 also 变了不少。Theresa留意到学校的教学设施更先进了,学生和老师的文化背景也更加多元化了。当我问及学校里有什么东西是不变的,她笑着说她看到了以前的同学和她现在教的学生之间有很多相似之处。“我能从你们身上看到当年的我们!” Theresa喜欢去了解学生,她认为自己与这里的学生有一种微妙的联系,因为“我曾经是这里的学生,我经历过他们正在经历的事情,不是每一位老师都有这样的体验。”

让我有点惊讶的是,Theresa当初立志要成为一名律师,后来却决定从事教育工作。中学毕业后,Theresa参加了一个志愿活动,在一所移民学校教英语。Theresa很享受那次的教学经历,教学对她而言是很自然的一件事。她认为自己是一个有创造力的人,而一位优秀的老师应该具备创造力。

后来，越来越多的人告诉Theresa，她会成为一名好老师，她的性格适合这个职业。这些鼓励的话让她决心要当一名老师。在与Theresa的谈话中，我也渐渐感受到，和她聊天有一种莫名的愉悦感，她能够让谈话变得轻松、有趣，以至于你不必刻意去想该怎么接话。

不是每个人都能够有机会和以前教过自己的老师成为同事。“这太有趣了！”Theresa认为能够回母校任教是一种荣誉。“我从没想过我会和以前的老师一起工作。不过，现在我对他们的看法不同了，他们是我的老师也是我的同事。”

在Theresa的言谈中可以看出她对老师们的尊重之情。事实上，这些老师能够在SSIS工作这么多年，直至她以同事的身份返校，足以说明很多事情。Theresa认为，SSIS相比其他国际学校的一个不同之处是，它有一个更强大的社区。在Theresa以老师的身份第一次重返校园时，她看到在后勤部的教务人员，甚至是校车司机中有很多熟悉的面孔。“我想大家都在这里工作很多年了，某种程度上，这里就像是我的一个家。”

老师这个角色在我们成长的过程中起着很重要的作用。我很好奇Theresa在SSIS读书期间，哪位老师对她的影响最深。她仔细考虑了一下我的问题，随即微笑着说道是一位叫Elain TAN的老师。于Theresa，Elain老师亦师亦友。甚至在某种程度上，犹如她的第二位母亲。她说Elain老师常常从新加坡带零食回来给我们尝尝，她也总会记得所有同学的生日。“Elain老师是以独立的个体看待我们，而不仅仅是学生。”

关于Theresa从SSIS毕业后的生活，当她跟我分享大学生活对她而言不算轻松的时候，我有点惊讶。她说：“读大学的时候我离家很远。”但是在学术方面，她很感谢SSIS的教育，让她掌握了扎实的英语基础，学会以开放的心态对待不同文化背景的人。

作为一个在读IB课程的中学生，我对Theresa读IB课程的经历特别感兴趣。她告诉我在SSIS的最后两年里，IB课程让她掌握了不少写作技巧，这很大程度上帮助她顺利通过了第一年在曼彻斯特大学的论文写作必修课。

谈及Theresa的另一个母校，她回答道，曼彻斯特是一个美丽的城市，曼彻斯特大学是英国最大的一间大学。她还笑道：“我也喜欢足球，那里还有曼联”（Theresa不仅仅是一个球迷，她会踢足球，还当任学校女足队的教练）。

然而重返校园有一点让Theresa感到失落，那就是以前要好的朋友都没有返回学校工作。“我很想念我的朋友们！”说罢，她掏出手机给我看她和好友们的群聊，页面上满满是以前学校运动会上拍的照片。

在我们的采访结束时，Theresa再次露出了灿烂的笑容，她还给了我一块巧克力。

这个下午让我收获最大的是Theresa的一个忠告——“好好享受在这里读书的时光，好好享受同窗的友谊，因为美好的时光是一去不复返的。”

在Theresa身上我学到了很多宝贵的经验，毕竟她是SSIS第一位返校任教的校友。

三个学校生存技巧

学生时代的记忆还历历在目，Theresa给同学们提出了一些建议，供大家学习参考。

1) 深呼吸

没错，你在读IB课程，你觉得快要被作业和考试压垮了。我知道这很不容易，但请你记住，深呼吸，然后一次完成一项任务！

2) 诚实是上策

如果你不理解一个概念或者需要更多时间去完成一个任务，请如实告诉老师你需要什么帮助，让他们理解你的需求。

3) 享受每一刻

享受学校里的每一个时刻，珍惜在学校和老师、同学相处的时光。校园时光终究会一去不复返。



Theresa says she's still learning as a teacher; she wants to keep reading and to ask questions.

CULTURE + ART

THE CHINESE CULTURE ACTIVITY BOOKS ARE A UNIQUE SERIES CREATED BY THE TEACHERS IN SSIS WITH COVER ART BY THE STUDENTS

Writer: Amy Shi, Grade 10 Amber

A few years ago, Ms Chen Yue Lin, Director of Chinese Language and Culture at SSIS, collaborated with her teachers to create a new series of books that'd better serve their Primary School students. They felt that existing Chinese culture textbooks were inadequate, and there was far more content—songs, festivals, poems—they wanted to include. The result was Chinese Culture G1-6, which they had been using for the past two years. This year, though, the textbooks are updated and refreshed with cover art designed by Primary School students. She takes us through the highlights of these textbooks.

How did these books come about?

In SSIS, Chinese Culture education is vital, and it's also something that students love—they adore the classes and activities. You cannot study the Chinese language without studying its culture. You need to know its development and heritage and understand China. But there were no textbooks that helped one develop an affinity for Chinese culture, so we set out to create our own.

Five years ago, I created one for Grade 1 and the year after another for Grade 2. We found that it had a tremendous impact on their learning. So, in the third year, we combined the strength of all the Primary School Chinese teachers to make the culture textbooks for all six grades. This year we are updating and relaunching all six books.

And the students are involved as well?

Yes. The students were asked to design something related to Chinese culture during Art lessons; both the Art and Chinese teachers selected some of their work to be used as cover art. When the students finally get to see their paintings on the textbooks, we hope they will be excited and motivated to learn about Chinese Culture. We seek to give them a sense of ownership through their contribution.

What makes these textbooks unique?

We think that one book is not enough to teach the students, and we want to provide them with various ways to experience what they are learning—so they will remember it better. For instance, in class, the students are taught the art of making Chinese tea, and the school has a Chinese Culture room, which provides the students with experiential learning as well. The books also have multiple-choice questions for the students to complete after classes. The exercises range from easy to difficult, and the teacher can assign specific work according to a particular topic. With these textbooks, we can hopefully help turn them into global citizens with a deep understanding of their host country.

At SSIS, we emphasise the importance of bilingual education. Through classical poetry recitals, riddle solving, debates, Chinese drama and other initiatives, students can improve their Chinese language and learn more about Chinese culture.



I believe that through immersing in and experiencing Chinese culture, SSIS students will be able to become global citizens with cross-cultural perspectives who respect their cultural heritage.



"To compile the textbooks, we gathered its content from various external sources, but the activity and the experiential portion of the textbooks were prepared by the teachers in our school."

"There are six grades in Primary School; each grade has a teacher who is responsible for compiling the book. After that, all the Chinese teachers proofread the textbooks before its final production."

"Each grade has only one textbook; it includes definitions and Pinyin, which can help children who are keen to improve their Chinese to read and appreciate Chinese culture."



Vice-Mayor Chen Jian believes in talented people who have international perspectives.

VICE-MAYOR CHEN JIAN

THE VICE-MAYOR OF HUA CAO, MS CHEN JIAN GIVES US VALUABLE INSIGHTS INTO LIFE, EARNED THROUGH A CAREER IN EDUCATION, TOURISM AND ADMINISTRATION.

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

I went to interview the Vice-Mayor of Hua Cao together with two other schoolmates. We knew from research that she had previously been a school principal for three years, and was still keen to relate to students (she was also a Chinese teacher at a local school in Shanghai for 10 years), even though she's now busy running a whole town.

Ms Chen has been our Vice-Mayor for four years now, and she's responsible for social undertakings, including education, civil affairs, pension and medical care. I also learnt that after she left the Bureau of Education, she worked in the Tourism Office in Minhang District. One of her main tasks was to look out for fun places to go!

My first impression of her is that she's friendly and she's elegant, and during our interview, she was chatty and made us feel at ease. In our hour together, I was impressed by her extensive knowledge and experience, and learnt about how she sees the development of Hua Cao—from its past to its future.

It was definitely time well spent, as over the hour I managed to learn more about her background, personal habits and glean some important life lessons from her:

- **Learning to say no is a useful skill.** I have to learn to say no to things and requests. When you have a lot of things to do, it is challenging to manage your time. Therefore, you have to find yourself and find what you like or want to do instead.

- **Two perspectives can directly distinguish the difference being a principal and a mayor:** one requires more in-depth management, and another one requires a broader outlook. Every field is a new challenge; you must continue to learn in order to be competent.

- **A good leader needs to be someone mature and can make things happen.** A mature leader can inspire others to be successful.

- **The definition of a successful leader is someone who pays attention to their subordinates.** It's important to find out if they are satisfied with their achievements.

- **I have a bad habit that I need to get rid of; I'm too precious with my time, so I am always late.** Just like today, I was five minutes late for my interview with you. I must learn to set up some buffer time between my meetings; I'm working on it.

• **To succeed, there must first be a plan. Second, there must be standards set. And third, there must be talent.**

• **No matter what field you are in or what job you had, when you look back, hopefully, many people will remember you fondly.** Though I haven't been a teacher for more than 10 years, I still receive many WeChat messages from my ex-students and colleagues, wishing me "Happy Teacher's Day". Maybe in their hearts, I did once help them, and they are thriving today. This is what I consider the greatest accomplishment.

People are like water, it can carry a boat, but it can overturn a boat as well.

• **The medical centre can drive the whole ecosystem of the town; it is the engine of economic development.** With the data we have and the number of specialised centres, in the future, people will see us as a medical epicentre.

• **Do not waste the time you have.** When I was a student on the way to school, I memorised English words on the bus to kill time. Later on, I listened to some English audio on the subway on the way to work. With time management, it's essential to first have methods, the second is to have goals, the third is to have perseverance, and the fourth is not to waste every second of your time.

• **My favourite phrase is, "If you want to know more about what's going on, you should surround yourself with younger people."** One can keep a young mind forever by being with younger people. I like to chat with my son at home because I think the only way to know how fast the world is changing

is by being with children. A few weeks ago, when I received an invitation to a Marvel movie, I did not have a clue of what it was, and when I asked my son, he told me: "Mum! You are out of touch; this movie is very popular now!"

• **I cultivated good habits when I was in high school.** For instance, I would list all the things I would do after I got home, such as my homework and what I needed to bring to school the next day. Then, I would set a time for each assignment and stuck with it. For example, math assignment to be finished between 8 and 8.50 pm. If I didn't finish it by then, I would not continue. Instead, I would go straight to the next assignment.

• **I miss the time I spent in school.** I tutored an SSIS student for six to seven months, and I learned from him the present situation in education and schools. When you're in school, you can cultivate a lot of things such as your will and the strength of your character. I miss that.

• **People are like water, it can carry a boat, but it can overturn a boat as well.** Hua Cao needs talented people who have international perspectives, who are open and inclusive, and have the determination to keep forging ahead.

• **Students in SSIS and the local schools should seize the day and enjoy the best time of their lives.** There are many things you can't control when you go to society. However, the one thing you can control now is learning. You want to read more, or you want to read less, you want to learn more, or you want to learn less—it's all in your own hands. There is no reason to say that learning is all to do with parents.

副镇长陈健

从事过教育、旅游及行政管理的地
——华漕镇副镇长陈健女士，与我们分享了一些宝贵的人生见解。

翻译: Gabby Ho

- 学会拒绝是一种能力。当你感觉有很多事情需要去做，很难去平衡时间的时候你要学会找到自我，找到自己喜欢的东西或者真正想去做的事情。
- 校长和镇长的职位区别在于：一个需要更深入的专业管理知识，另一个则需要更宽阔的行业管理视野。
- 一个好的领导就要在“成事中成人”。所谓的“成事”，就是做成事情；“成人”，就是把人培养成功。
- 一个成功的领导需要关心下属，要去了解下属对自己的工作是否有成就感。
- 要成功，首先需要有规划，第二需要制定标准，第三就是人才。
- 无论走到哪个领域，或是从事哪个工作，当你回首往事，希望有很多人会记住你。虽然我已经离开三尺讲台有十多年了，在教师节我还是会收到很多以前的学生和同事给我发的节日祝福。可能在他们心中，我曾经帮助过他们，或者让别人成功过。这就是我最大的成就感。
- 华漕的医学中心就像是一个带动经济发展的引擎，它可以带动整个华漕镇的生态圈。医学中心里面有各种类型的医院，丰富的临床资源及数据。未来将会有很多病人在这里治疗和消费。
- 不要浪费时间。当我还是学生的时候，我会在公交车上背英语单词。后来工作了，我就在上班路上的地铁里做英语听力。我觉得时间管理，第一是要有方法，第二是有目标，第三是要有毅力，第四是不要浪费碎片化的时间。
- 我非常喜欢的一句话是：“假如你想更好地了解未来，你就应该跟孩子们在一起。”我觉得和孩子们在一起，可以永远保持年轻的心态。在家里我喜欢跟我儿子聊天，因为我觉得只有跟孩子在一起，你才知道世界变得有多快。
- 在高中时我养成了一个良好的习惯。比如，我每天回到家里，会先把所有需要做的事情列一个清单，如作业和第二天要带去学校的东西。然后每项作业我会设置一个时间段，例如在8点到8点50分做数学作业。如果超过时间我没完成这项作业，那么我会直接去做下一个作业。
- 我有个习惯需要改掉，就是，我太吝啬时间了，所以我老迟到。今天也是迟到了5分钟。这是因为我每个时间段都卡得很紧。我必须学会在会议之间留出更多缓冲时间。
- 我怀念上学的时光。我曾教过SSIS的一名学生6、7个月，向他了解到现今的学校和教育情况。当你还在学校的时候，你可以培养很多东西，比如你的意志和个人品质。
- 人，就和水一样。水能载舟亦能覆舟。华漕需要的人才是要具备国际的视野、开放包容的心态以及不断进取的决心。
- 无论是SSIS的学生还是本地学校的学生，都应该抓住上学这段人生中最令人开心的时候。在社会上有很多事情你是无法控制的，但现在有一件事情是你们可以控制的，那就是学习。你想读的多一点、少一点、差一点、好一点，全在你自己。没有任何理由说学习这件事情跟爸爸妈妈有关系的。

LIVE FOREVER

WE GOT A RESIDENT MUSIC EXPERT TO REVEAL THE NINE BEST VENUES FOR LIVE MUSIC IN SHANGHAI

Writer: Bridget Tan, Grade 10 Pearl

Edward (E.J.) Swider, the HOD of SSIS' Senior School Performing Arts, has been teaching music in Shanghai for seven years. He specialises in brass and woodwind instruments and plays the classical trombone professionally as well; he has even played in some rock bands and orchestras including Civic Orchestra of Chicago, The Shanghai Baroque Ensemble and The Shanghai City Symphony. EJ started playing the trombone in Grade 5, even though he originally wanted to play the flute. But because of his long arms, his teacher recommended he take up the trombone instead. At around 14 years old, he started playing electric bass as well, and he went to university for his music education.

Now of course, EJ is very active in the music scene in Shanghai, where he admits he spends many a night watching bands play or performing with his pals. This makes him our savviest guide to the best live music venues* in the city.

YuYinTang Park (YYT Park)

A second, slightly bigger and more laidback version of the famous YuYinTang livehouse, Yuyintang Park has the same eclectic music policy of its elder sibling and it has a cosy, homey feel.

BI 1398 Yuyuan Lu, near Dingxi Lu, Changning District
WeChat: gh_f60lcca39fd5

JZ Club Found 158

If you're into all that cool and hip style, JZ (not the rapper) Club Found 158 is the right one for you. The music there is absolutely fantastic; the band is terrific, and if you're thinking about going, EJ recommends that you go on one of the nights where their swing band – aka the good band – is playing. In addition to the smooth music, it's really cheap to get in, unless they have a guest performer.



JZ Club Found 158, BI/F, 158 Julu Road, Jingan District
WeChat: jzmusicsh

Heyday

However, if you prefer a formal and stylish bar, then you should definitely give Heyday a try. Sit back, relax and watch as the talented performers in this cosy atmosphere transport you back in time to the golden age of Shanghai nightlife.



Heyday, 50 Tai'an Road, Changning District
WeChat: HeydayJazz

* Some of these venues are teen-friendly, but do serve alcohol.

Jazz at Lincoln Center

Jazz at Lincoln Center is at East Nanjing, and there you can soak in the dark, mysterious, yet calming ambience. According to EJ, it is a pretty nice place with good food, but cost-wise you just have to be prepared to pay top dollar.



No.139 Nanjing East Road I 4/F, Meilun Mansion, Huangpu District
WeChat: JALCSH

Fairmont Peace Hotel

The Jazz Bar in the hotel is a well-known and historic institution that has been hosting performances by local jazz musicians since the 1930s and 40s. Similar to Heyday, the bar has a vintage theme, and the nostalgic interior makes you feel as if you've been transported back in time.



Fairmont Peace Hotel, 20 East Nanjing Road, Huangpu District
WeChat: fairmontpeacehotel

Lofas

The strangely-named Lofas, which stands for Life of Fun and Sustainability, is a small livehouse in a mall in the West Bund area. This single-room industrial space has a slightly raised stage and a good sound system, and its late night vibe and dim lights give it a darkroom feel.

BI-09 230 Ruiping Lu, near Wanping Nan Lu, Xuhui District
WeChat: LofasOfficial

Chair Club

Chair club provides a wide range of music, but it focuses mostly on blues and jazz. It is also a place where musicians compete to perform. It has a friendly and comfortable environment, and the

performing area lets you feel closer to the music.

555 Haifang rd (close to Yuyao Road), Building 12, Jingan District
WeChat: chairclub

House of Blues and Jazz

For a fun, casual and unpretentious night, rock up to the House of Blues and Jazz. It is a spacious venue with live blues and jazz music by talented musicians. You'll definitely find what you like there, as there's a rotating cast of performers on stage singing for the younger crowd and a selection of blues and jazz music to appeal to the older group of locals and expats.

House of Blues and Jazz, 60 Fuzhou Road, Huangpu District
WeChat: blues_jazz01

Shake

Shake is like the laid-back and chill cousin of Heyday. Both are opened by the same owners, but Shake is well-known for its unique fusion dishes, like honey cheese tofu, Thai beef carpaccio and smoked teriyaki beef-tongue poutine. Of course, they've also got live funk, blues and soul music.







46 Maoming Nan Lu (Jinxian Lu), Huangpu District
WeChat: shakeclubsh

Fresh! Blue Note Jazz Club

The famous jazz institution from New York has opened. Expect far out performances from both local artists and imported acts.

3-5/F, 867 Sichuan Bei Lu, near Haining Lu, Hongkou District
WeChat: BlueNoteBeijing

TEACHERS' Q&A

	What's your favourite place to hang out in Shanghai?	Which book have you read more than once?	What new skill do you want to learn this year?
<div>BRADLEY VEZINA</div> 	I really enjoy Stone Brewery; we bike there quite often from Minhang – they have great food and atmosphere. I love their outdoor patio section, it makes me feel like I am back in Colorado!	The Stranger by Albert Camus	I would love to try my hand at bettering my Chinese. Just knowing how to order dumplings in Chinese, after four years here, is pretty pathetic.
<div>LUO DONG RONG</div> 	I like to go see the natural landscapes and cultural attractions around Shanghai, like Sheshan State Resort, Guangfulin Archaeological Site, and Thames Town, for instance.	I have read 《繁花》 by Jin Yu Cheng a few times; the book has won the Mao Dun Literature Prize. I enjoy its depiction of Shanghai's lifestyle very much.	There are too many things I want to learn... Maybe knitting or playing the guzheng.
<div>BRENNAN ENGLISH</div> 	Any coffee shop in the French concession, or any park around dusk in the summertime. Aunty dancing is always a good show.	I've read many more than once, but Wild Swans by Jung Chang stands out for how much it taught me about 20th century China.	I would like to push myself to get out of my comfort zone in some way. Perhaps trying out something artistic (not my forte) or improving my spoken Mandarin (very bad!)
<div>WU SONG</div> 	My favourites are places which are quiet and where I can relax, such as ancient towns, ecological parks and libraries. I like one particular road, it's called Wu Song Road – like my name. It's located in the Bund area, just after the Baidu Bridge.	I realise that at different ages, the experience of reading the same book seems to change. For instance, I am reading The Little Prince for the third time. It is a very special book for me .	This year I want to learn how to bake better. The idea came from the baking ASP I attended last year, which I enjoyed. I feel good when I realise I can make the same kind of toast, cookies and egg tarts that's sold in bakeries.

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

Writer: Gabby Ho

What's your favourite Chinese phrase?	Who'd win in a fight: a dragon or a phoenix?	What's the best thing about the subject you teach?
我要水饺. Wo yao shui jiao.	A dragon. No contest.	The unintentional jokes students make without trying to be funny – those are the best.
喜欢孟子说的: “爱人者人恒爱之, 敬人者人恒敬之” I like what Chinese philosopher Mengzi said: “What goes around, comes around.”	I don't want them to fight. But if they had to, I would like the phoenix to win.	I'm fond of Chinese culture. The best thing about teaching Chinese is that I can experience the joy of learning all aspects of Chinese while teaching it.
“我累死了! 太热了! 走吧快点!” Are all fun phrases to use daily. “不好意思” is my most common phrase. Also, just exclaiming “aiyooooo” at random intervals – the locals seem impressed.	A phoenix would win as it would continuously be reborn – it can wear the dragon down!	In psychology, getting to discuss, and sometimes even try out for ourselves, the most famous experiments in psychology in class makes for such stimulating classes and heated conversations about ethics, science and human nature.
“天行健, 君子以自强不息; 地势坤, 君子以厚德载物” Strive to have self-discipline, be noble and show more care and commitment to society.	Well, in Chinese culture the dragon and phoenix are symbols of good luck and happiness. I wish they could live in harmony instead of fighting with each other.	In PE, students can learn sports, skills, game strategies and also get to build a healthy personality and cultivate sportsmanship. The joy and friendships gained from playing sports and collaborating will benefit children throughout their lives.

EXPRESS YOURSELF

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

MY BROTHER'S TOYS BY KIM DO YEOB G11 PEARL

This still life painting is based on my brother's toys; I used poster colours to paint it. This painting aims to remind viewers of their own childhood.



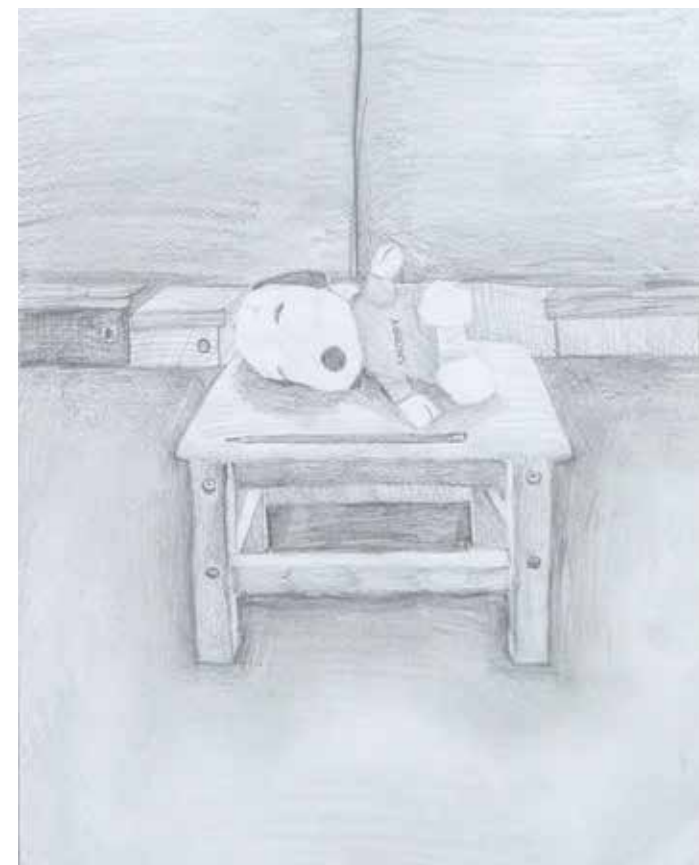
BALLOONS BY KIM DO YEOB G11

This is made of balloons and plaster. I filled the balloons with plaster, waited until they dried and then I broke the balloons apart. This art piece focuses on childhood and juxtaposition.



KAI SHENG'S CHAIR BY TAN KAI SHENG G8 RUBY

Van Gogh inspired me to do this drawing. The objects on this stool speak about the things I like. Snoopy shows how I like dogs and soft toys, and the pencil represents my love of art.



COLLAGE BY HSU CHE WEI G11 SAPPHIRE

The collage is inspired by a recent event – the wildfires in the Amazon Forest. It is aimed at criticising the mass media and its audience. The media has essential functions and outsized influences. The message this artwork is trying to express is that often times, one only sees the surface of problems; people are paying too much attention to celebrities and sports, instead of real events around the world.



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

Jenny Wang Chen, Grade 2D



Chou Ken Chen, Grade 1P



Jonathan Chen Zi Yao, Grade 3E



Shen Chao, Grade 3J



Chung Yuk Sun, Grade 1R



Yu Ziqing, Grade 1D



Yin Bao Le, Grade 3D



Angelina An So Yun, Grade 5A

PRESCHOOLERS CREATED A SET OF PAPER PEOPLE AND REIMAGINED WHAT OWLS REALLY LOOKED LIKE.



For Autumn Excursion, Senior School students went to Yunnan, Xiamen, Sanya, Longsheng and NambeiHu for a week of challenges and experiential learning.



TERM OF ENDEARMENT

IT'S BEEN AN EVENTFUL FEW MONTHS IN THE SSIS CALENDAR.

Our term was filled with fields trips, excursions, Book Week, PUXIMUN, Sabres Sports Day and much more—every day was an opportunity to learn and grow.



Orientation camps help students get out of their comfort zones, try new things, and work on skills such as communication and collaboration.



From 11-13 October, SSIS hosted PUXIMUN for the first time. The Model United Nations (MUN) serves to simulate the United Nations, where student delegates can represent an assigned country and thus speak for the country's views and policies—and try to find solutions to issues. It took eight months to plan the event, and it involved 150 delegates from schools in and around Shanghai. Our VVIPs Mr Loh Tuck Wai, the distinguished Consul-General of Singapore and Ms Chen Jian, the honourable Vice-Mayor of Hua Cao town kicked off the ceremony with speeches.



For our Preschoolers, a field trip to Minhang Sports Park allowed them to play outdoors and to learn about insects and their habitats.



The theme for International Family Bazaar this year was 'The More We Get Together', and it allowed us to celebrate as a community and also chip in to help with charitable causes. There were over 100 booths of games, shopping and international cuisines, and it was a full day of music performances, dances and entertainment.



Thanks to the Parent Support Group, IFB organising committee, vendors and sponsors who made this event possible!





OUR SSIS GOLFERS WENT TO A GOLF CLINIC, AND EVERYONE HAD FUN DRESSING UP DURING BOOK WEEK AND PARTICIPATING IN SABRES SPORTS DAYS

(Above) We used Book Week to celebrate literacy and reading, and it gave our students and faculty the chance to dress up as book characters and heroes.

(Below) Sabres Sports Day for Primary School was held over two days. Students competed over a range of games and activities, and learnt about sportsmanship and collaboration.



Our SSIS junior golfers had the rare opportunity to take part in a golf clinic at the HSBC World Golf Championships in Sheshan International Golf Club, Shanghai.

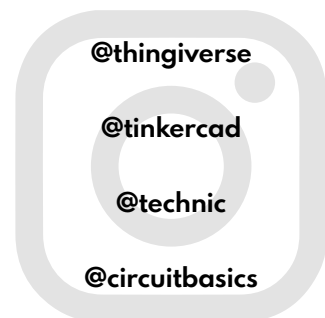
For our young golfers, this was a firsthand chance to witness the pros at work. Bright and early, our students watched many of their favourite top golfers practising their putting and working their swings. The students were also able to watch a few top players play Hole #2, a long par 5. Here our fanboys watched Patrick Reed (world #15) score an eagle (two shots under par), which got them excited.

“Watching the pros has inspired me to work on my game more to reach my full potential.” Arnold Chao, Grade 6.

During their clinic, our students got to practise at the driving range, which made them feel just like the pros. “Hitting at the practice range was a most memorable experience ever, I will never forget it!” Said Forbes Hsieh, Grade 6. Two international coaches were on hand to offer useful tips to each individual SSIS student, and the coaches were impressed by our players’ signature swings.

We hope our golfers use this as a springboard to learn more about the sport and to be inspired to become world-beating sportsmen. At SSIS, we provide multiple learning platforms for our students: academics, sports, activities, aesthetics and service work.

Useful Grams



"It's useful for most grade levels, I go through these Instagram accounts for inspiration and ideas," Justin Kilgore, Acting Head of STEAM

Become an Artist

The Japanese art collective teamLab has just opened teamLab Borderless Shanghai, a 6,600 sqm space near the Power Station of Art (Huangpu District). It houses 50 of their dazzling art installations (interactive works of light, architecture and movement). Want to get started on your art journey? These are the latest art apps to help you:

Autodesk Sketchbook: Customise art on the fly, pinch to zoom, has a gallery organiser and support for storing your works to Dropbox.

MediBang Paint: This Japanese multi-platform app is built with manga and comics art styles in mind, and is useful for collaborations.

Useful Apps

Use **otter.ai** to record interviews and conversations. It transcribes in real time and you can then email the text as a word doc.

Use an app like **Noise Killer** to control childrens' noise levels in the classroom. Set the app to a required decibel level. When the class gets too loud, an alarm goes off!

Hack

Cut a straw in half and duct tape it to the desk to hold pencils. Voila! Pencils don't roll off anymore.

Useful Website

<http://you.regettingold.com/>

A fun site that puts your age in perspective. Key in your birthdate, and it lets you learn how many times your heart has beaten since birth; when you'll be 10,000 days old; and other interesting factoids.

Travel Tip

See Shanghai... On a jeep! Shanghai Insiders' Modern Architecture Ride has paired up with American architect Ben Wood (the man who designed Xintiandi) to create a jeep tour to help you learn more about Shanghai's modern architecture.

It's on till 31 Dec. Find out more at 247tickets.com

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

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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.



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。

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