



HARROW  
INNOVATION LEADERSHIP  
ACADEMY  
哈罗礼德学校  
ZHUHAI 珠海



AI SL Harrow Zhuhai Newsletter 

哈罗学子

哈罗珠海周报

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Upon our return to school after the Golden Week break, we commemorated and participated in creating greater awareness of Mental Health. Indeed, a core tenant of our Harrow Zhuhai education underpinning our unique holistic education approach is our laser focus on the development of our children's social-emotional and pastoral health.

This year, we responded to and enacted actions around this theme and utilized Mental Health Day, an initiative of the World Health Organisation, as a catalyst.

在黄金周假期结束后回到学校，学校举办了关注提高心理健康意识的活动。事实上，哈罗礼德学校教育的一个核心原则是对孩子们社会情感和人文关怀方面的发展给予高度关注，这也是我们独特的全人教育模式的基础。

今年，我们响应并围绕这一主题开展了活动，并利用世界卫生组织发起的“世界心理健康日”作为催化剂。



Ms Kirsty Lowery, Head of Boarding and Pastoral Care with Ms Selene Zheng, School Counselor with their teams organized an outstanding Mental Health, Wellbeing focused assembly as well as a mental health focused wellbeing day where our students participated in learning experiences that highlighted mental health as well as mental health supporting activities... learning through doing, learning through experiences.

人文关怀兼寄宿部主任Kirsty Lowry女士、学校心理老师张老师及其团队组织了一次出色的以心理健康和福祉为主题的集会，以及以心理健康为主题的活动日，我们的学生参与了强调心理健康的学习体验以及支持心理健康的活动..... 在实践中学习，在体验中学习。

These experiences, augmented by lectures and lessons allow us all, our children in particular, to ponder and focus on this concept of mental health ... with the experiences providing a reference point by which positive thinking through experience may be formulated ... aiding in the ongoing development of our mental health ...

这些实践，加上讲座和课程，使我们所有人，特别是我们的孩子，能够思考和关注心理健康这一概念..... 这些经历也提供了一个关注点，即通过积极的实践可以形成积极的思考方式..... 有助于我们心理健康的持续发展。

Positive experiences breed positive thoughts ... which may lead to a more contented and thus, perhaps, happier life. The Roman Emperor and Philosopher, Marcus Aurelius, mused in his philosophical works, *Meditations*, the following thought:

*Dwell on the beauty of life... and ... the quality of your life depends on the quality of your thoughts...*

Positive actions and experiences, positive thoughts, understanding the beauty that is our life, even though we face many challenges ...

积极的实践可以孕育积极的思想，从而带来更满足、更幸福的生活。罗马皇帝、哲学家马可·奥勒在他的哲学著作《沉思》中作出了以下思考：

生活在美好之中..... 而..... 你的思想决定了你的生活品质.....。

积极的去行动和实践，积极的去思考，去理解我们的生活之美，即使我们面临许多挑战.....

This initiative, this aspect of our developing positive education, is important ... positive mental wellbeing, coupled with a positive school culture and environment, leads to conditions where children thrive and therefore are able to, as the research in positive psychology clearly informs us... access higher academic achievement.

这一举措，我们发展积极教育的这一方面很重要.....积极的心理健康，加上积极的学校文化和环境，是促使儿童茁壮成长的条件。因此，我们的孩子，正如积极心理学的研究清楚地告诉我们，能够获得更高的学术成就。

We also celebrated the commissioning of and appointment of our Harrow Zhuhai *first ever* Student Wellbeing Ambassadors. I had the pleasure of inducting these fine outstanding students into their roles, I also had the pleasure of hosting our ambassadors in my office, with Ms Lowery and Ms Zheng ... here, we had conversation, with my question simply being in reference as to why these fine young people were so eager to take on this role... without hesitation... each spoke to their desire to help others, to know their friends and peers and to simple .... Help and serve our Harrow Community.

我们还庆祝了哈罗珠海首个学生幸福大使的委任。我很欣喜的看到了这些优秀的学生拥有了一个新的角色。同时，我也很高兴在办公室接待了我们的大使们，他们与Lowery女士和张老师在这里进行了会谈。我也简单询问了，为什么这些优秀的年轻人如此渴望担任这个角色。毫不犹豫，每个人都表达了他们想帮助别人的愿望，了解他们的朋友和同龄人，以及单纯的....帮助和服务我们的哈罗社区。

What better example of our Core Values lived ... each of Ambassadors are exemplars in Courage... accepting the mantle of leadership. Honour, in the integrity that each brings to the position. Humility in accepting and enacting leadership through service and sacrifice. Fellowship, in their commitment to their friends, their peers and to the school community.

还有什么比这更能体现我们的核心价值观的呢？每位幸福大使都是勇气的典范.....进入领导者的角色。荣誉，因为每一位幸福大使都为这个角色带来了正直的精神。谦逊，通过服务他人和奉献自己并发挥领导作用。互助，在他们对朋友、同龄人和学校社区的承诺中履行。

Confucius, whose life and works we recently celebrated, wrote the following:

*Do not worry about the fact that others may not know you, but you should worry about the fact that you do not know others ...*

My Dear Wellbeing Ambassadors ... **thank you...** thank you, in your desire to know more about others, in order that your service in leadership has great meaning and great affect.

我们最近在纪念孔子的生平和著作。

子曰：“不患人之不己知，患不知人也。”

我亲爱的幸福大使们.....感谢你们.....感谢你们，因为你们渴望更多地了解他人，以使你们在领导力与服务方面具有重大意义和发挥你们的影响力。



Dr. Max Caruso  
Max Caruso 博士

## Announcements and Developments 公告与近期进展

### Breakfast with the head master 与校长的早餐

In order to provide the pupils more opportunities to communicate with the head master face to face, the school will hold a monthly “Breakfast with the Head Master” for LS and US separately, starting from Oct, CW 17<sup>th</sup> Oct. Traditional British breakfast will be provided. We will select pupils through lucky draw, 2 pupils from each class each time. Whoever gets selected once, will not join the future lucky draw again in this semester. The Breakfast will start for LS first, on this Wednesday from 8.10 to 8.40am, in the reception hall. Then US, on next Tuesday at the same time.

为了给学生们提供更多机会与校长进行面对面的沟通与交流，学校将从本月开始，分别安排高低年级的学生，一月一次，与校长共进早餐。学校将为学生们提供传统的英式早餐，并以抽签的形式，每月从每班随机抽出两名学生来参加。被抽中的学生将不再参加接下来的抽签。本周三，我们将从低年级开始，于8:10到8:40在学校前台处休息室举行“与校长的早餐”。高年级的学生将在下周二同一时间与校长共进早餐。

### 1<sup>st</sup> FoH committee elected! 第一届“哈罗之友”委员会

We are so thrilled to announce that the first FoH committee has been established. A big Thank You to all our parents who have either participated in the election or voted for the candidates. And congratulations to the committee members! We hope that in the future, with the efforts and support of all parents and with the assistance of the FoH Committee, home-school communication and cooperation can be taken to the next level.

我们非常激动的向各位宣布，哈罗珠海的第一届“哈罗之友”委员会成立啦！我们想由衷的对所有家长道一声感谢。谢谢大家踊跃的报名参加选举，亦或是积极的为参选家长投票。在此，我们要祝贺以下当选的家长们，恭喜你们！学校希望，将来在所有家长的努力与支持下，在我们“哈罗之友”委员会的协助下，与各位一起让我们的家校沟通与合作更上一层楼。



## Announcements and Developments 公告与近期进展

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### New staff on board 新员工

We are happy to inform you that we have two new bilingual music teachers Mr. Warren Wen and Ms. Kedi Sun on board since last week. Mr. Wen is teaching G1&2 Violin Programme G5&G8 IGCSE and also the instrument lessons. Ms. Sun who specializes in piano is teaching Music G3&4, G6&7 and IGCSE, as well as the instrument lessons. Our new bilingual maths teacher Mr. Lambert Wang is teaching G7, G8 and G9 maths, and delivers IGCSE Economics. Mr. Wang is also the co-tutor for G5.

我们很高兴地告诉大家，从上周开始，我们有两位新的双语音乐教师Warren Wen先生和Kedi Sun女士加入。温老师负责教授1、2年级小提琴课程，5、8年级的 IGCSE课程以及乐器课。擅长钢琴的孙老师教授3、4年级以及6、7年级音乐课程和IGCSE课程，以及乐器课程。我们新来的双语数学老师Lambert Wang教授7至9年级的数学，并提供IGCSE经济学课程。王老师也是G5年级的副班主任。

## The Week That Was 过去这一周里

### Lower School

It feels like a long time ago since we celebrated World Mental Health Day 2022 at Harrow Zhuhai but what a fantastic start to the week it was! It was a delight to see all of the children getting involved and speaking so openly about wellbeing; An increasingly important topic in today's world.

Our most recent assembly was one of pure celebration. From Tea with the Head Master nominations, to World Mental Health Day Send-ups, celebrating our younger pupils' successes is always the best part of the job as an educator. I look forward to the many, many more over the coming year.

Last week, our librarian, Ms. Cheng, and Mr. Benstead spent two mornings interviewing for our Lower School student librarian positions. This is one of our first new leadership positions this academic year and the pupils' interviewed brilliantly! Alongside explaining why they would like this responsibility, Ms. Cheng asked some challenging questions and Mr. Benstead challenged the pupils to find a book which matched his interests and 'reading level'! They did a superb job. Congratulations to: George Zhao – G3N, Martin Dai – G3N, Michelle Li – G3N, Lawrence Ma – G3N, Stephanie Feng – G3N, Sonia Sheng – G3M, Bella Zhang – G4K.

**Upcoming event: English and language acquisition parent workshop! Details to follow shortly.**



### 低年级

我们在哈罗珠海共同庆祝了2022年世界心理健康日，虽然感觉像是很久以前的事，但这是一个多么美妙的开始！我很高兴看到所有的孩子都参与进来，并且如此开放地谈论健康问题；在当今世界，心理健康是一个越来越重要的话题。

我们本周的集会是一个比较集中的庆祝活动。从与校长茶叙的提名，到世界心理健康日的Send-ups“表彰”（突出学术表现奖），作为教育工作者，庆祝我们低年级学生的成就总是工作中的最美好的部分。我期待着在未来的一年里有更多的精彩。

上周，我校的图书管理员程老师和Benstead先生利用了两个上午的时间为低年级的学生图书管理员职位进行面试。这是我们本学年第一个新的领导职位，学生们的面试非常出色！除了解释他们为什么想担任这个职位外，程老师还提出了一些具有挑战性的问题，而Benstead先生则给面试的学生布置任务，要求学生们找到一本符合他兴趣和“阅读水平”的书。他们表现得非常出色。祝贺以下低年级学生图书管理员：George Zhao – G3N, Martin Dai – G3N, Michelle Li – G3N, Lawrence Ma – G3N, Stephanie Feng – G3N, Sonia Sheng – G3M, Bella Zhang – G4K

**即将举行的活动：英语和语言习得家长研讨会！详情即将公布。**



# The Week That Was 过去这一周

## Upper School

This week we have focused on our G6 students and special thanks to Erica and Ecco who gave us a wonderful speech during Monday's assembly.

Grade 6A have been focusing on living in the moment, interacting with each other and actively reducing their device use. They have done this by sharing stories from Golden Week with each other, reading, and practicing self-discipline.

This week 6B have been thinking about their mental health. They were filling in gratitude journals, which encourage them to think about what they are thankful for, and how they would like their day to be positive. They were also making 'pledges' to help them improve their well-being, some want to engage in more sports, and some would like to take time to read and think.

What fantastic work! Well done G6.

## 高年级

本周我们一起来关注六年级的学生们，特别为Erica和Ecco同学在周一集会中的表现点赞。

六年级A班的同学们通过分享黄金周的所见所闻，一同阅读以及对行为自律的不断练习，来关注在当下，增强同学间的互动，也极大的减少了电子设备的使用。

六年级B班的同学们增强了在心理健康方面的关注。同学们填写了感恩日志，这激发了大家去回顾值得感谢的人事物，以及如何让自己的一天充满正念。学生们还对增强身心健康做出了承诺，有的同学表达要多参加体育锻炼，有的同学说要多花些时间安静下来阅读和思考。

太棒了，六年级！



## The Week That Was 过去这一周

### Boarding

This week, our boarding department opened EAL, science and math tutoring courses during the evening Prep time. The teachers of each subject show their magical powers, so that the boarders can swim in the ocean of knowledge in their spare time and improve the basic knowledge of the subject. This week's boarding star for boys is Steven Guo. He has shown a strong interest in learning at the beginning of this semester. He constantly discusses issues with teachers and classmates in his spare time and acquires knowledge. The star of the girls' boarding house was Yuki Cai, who was elected as the campus's happiness ambassador and also showed everyone a video she made on how to improve happiness. Congrats to them!



### 寄宿部

本周我们寄宿部晚自习时间开设了EAL（额外英语支持），科学以及数学的辅导课程。各学科老师各显神通，让寄宿生们在课余时间可以遨游在知识的海洋，提高各学科基础知识。本周男生的寄宿之星是Steven Guo,他在本学期开学之际展现了浓厚的学习兴趣，在闲暇时间不断和老师、同学讨论学术问题，汲取知识。女生的寄宿之星是Yuki Cai,她当选了校园的幸福大使，并且还向大家展示了她制作的如何提高幸福感的视频。恭喜他们！



## House Competitions 院舍比赛

After a successful House Singing event last Friday, students now focus their attention on the House Captains elections. This is the perfect opportunity for our students to showcase their leadership skills, promote change in ideas and new energy into their houses.

To apply for the vice-captain role, students must be between grades 4-7. To apply for the house captain role, students must be in grade 8-9. Also, it is mandatory that students make a video highlighting their personal information, leadership characteristics and why they would make a great captain.

These videos should be innovative, and information filled to ensure students move on to the next round of selections. Good luck!

Dates to remember:  
House Captain elections launch- 14<sup>th</sup> October 2022

在上周五成功举办了院舍唱歌活动后，学生们现在把注意力集中在院舍长的选举上。这是一个完美的机会，让我们的学生展示他们的领导力，促进观念改变和为他们的院舍注入新的活力绝佳机会。

要申请副院舍长职位，要求从4-7年级产生，申请院舍长职位，要求在8-9年级之间产生。此外，学生需要制作一个视频，突出他们的个人信息、领导力特征以及为什么他们会成为一个优秀的院舍长，视频内容要求创新，有足够的信息来确保学生进入下一轮的选拔。祝你好运！

重要日期：  
院长选举启动--2022年10月14日



## Leadership and Service Curriculum 领导力与服务课程

This week saw the school celebrate World Mental Health Day. The students were given the opportunity to experience activities such as aerobics, yoga and meditation in a bid to introduce the students to activities that improve their mental state. Ms. Li and Mr. Young have also been working hard with the LS Swim team, students have been focusing on their leg kick for the front crawl and ensuring that they kick from the hips. The next focus for the students will be to improve their arm stroke technique in the front crawl.



本周，学校庆祝了世界精神卫生日。学生们有机会体验有氧运动、瑜伽和冥想等活动，旨在向学生介绍改善他们精神状态的活动。李老师和杨老师也一直在和LS游泳队一起努力，学生们一直在专注于前爬泳的踢腿，并确保他们从臀部开始踢腿。学生的下一个重点将是提高他们的手臂划水技术在前爬。



## Tea with the Head Master 与校长的茶叙

They are the students nominated by the class, they are helpful, some ranked high in the house point. They are the embodiment of Harrow's values.

这些本周被班级提名的孩子们，有的孩子乐于助人，有的孩子在院舍得分中排名靠前。总之，他们是哈罗价值观的体现。

G1H Aruto Li  
G2S Samuel Sun  
G3M Bella Lu  
G3N Michelle Li  
G4K Alfred Xie

G5A Coco Xue  
G7A Tian Tian Fu  
G8B Selena Zhong  
G9B Nina Liu



## Assembly 每周集会



10<sup>th</sup> Oct is World Mental Health Day. After reviewing the students' applications and interviewing all the candidates, 6 Wellbeing Ambassadors for Harrow Zhuhai have been selected. Congratulations to Nina, Thea, Yuki, Jason, Quentin and Vera for taking the new student leadership roles.

13<sup>th</sup> Oct is the Founding Day of Young Pioneer of China, this glorious organization has always followed the Communist Party of China. Ecco and Erica from G6A shared with us What Does It Mean to be A Young Pioneer Member. In their speech, they reminded all the Young Pioneer members that "As a Young Pioneer, we must always be prepared to honor the rules of Young Pioneer. We must love our country, starting with the little things around us; we must be polite, starting with the language; we must be honest and trustworthy, starting with the fulfillment of every promise."

10月10日是世界心理健康日。在经过严格的申请程序和面试后，校长马千里博士在全校集会上任命了6位幸福大使。祝贺Nina、Thea、Yuki、Jason、Quentin和Vera，成为我们的健康大使。

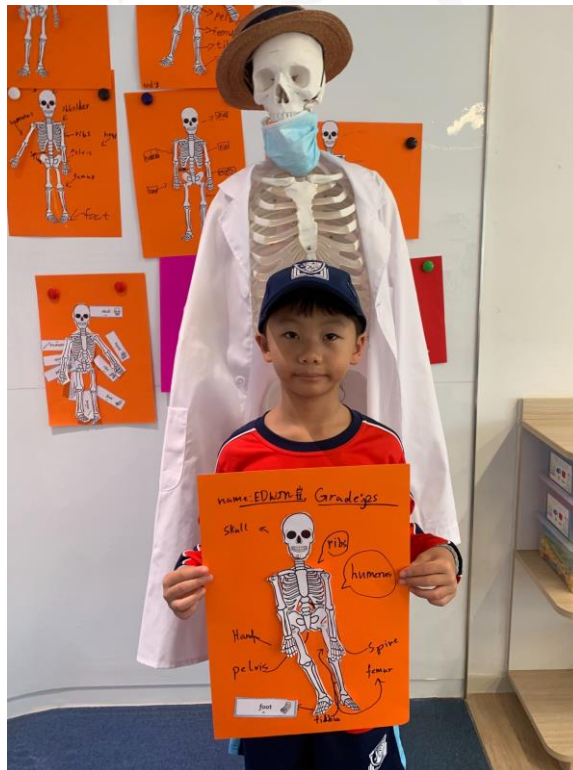
10月13日，是中国少年先锋队建队节。少先队员们，当你们戴上鲜艳的红领巾的那一刻，你们就是一名光荣的中国少年先锋队队员了。来自G6A的Ecco和Erica与我们分享了成为一名少先队员意味着什么。在他们的演讲中，他们提醒所有的少先队员："作为一名少先队员，我们要时刻准备着，以一名少先队员的行为准则要求自己。热爱祖国，从身边的小事做起；文明礼貌，从一言一行做起；诚实守信，从认真履行每一个承诺做起。"



## My Week at School 我的一周校园生活

Hello everyone, I am Edwin from G2S. I had a great week at school after National Day holiday. First of all, It was very interesting to study human skeletons in science class and Ms Stewart taught us how to make a healthy sandwich. Secondly, I really enjoyed the PE games with Mr. Wen, and swimming with Ms. Li. And I must say the soups of this week are very tasty. I also wish I can meet my friends of G4 and G9 next week.

大家好，我是二年级的Edwin。国庆节假期之后，我在学校度过了愉快的一周。首先，在科学课上学习人类骨骼真的非常有趣。Ms. Stewart 还教了我们如何做健康的三明治。其次，我在Mr. Wen的体育课，Ms. Li的游泳课上都很开心。不得不提的是，学校这周的汤很好喝。我也希望下周能有机会见到我在四年级和九年级的朋友们。



## Looking Forward 近期安排

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### Dates and Invites

#### 日期与邀请

- 2022.10.17-19 Parent Consultations 家长会
- 2022.10.19 House Dodgeball 院舍躲避球比赛
- 2022.10.19 FoHC Meet “哈罗之友”委员会会议
- 2022.10.19 Head Master’s Breakfast with Lower students 低年级学生与校长的早餐会
- 2022.10.20 Twilight Concert 1 暮光音乐会
- 2022.10.25 Head Master’s Breakfast with Upper students 高年级学生与校长的早餐会



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