



## Newsletter 8 2021-22

Friday 8th October 2021

Dear Parents and JIS community

**Week 8 around school – a busy week with some great activities going on.**

### **World Animal Day – Monday 4<sup>th</sup> October**

On Monday this week the students all got dressed up for a good cause as they celebrated World Animal Day. The students were allowed to dress in an outfit to show their care for the wonders of the animal kingdom. The money donated by the students will be sent to a local HK charity who do lots of great work in protecting the Chinese white (pink) dolphins off the coast of Lantau.

Thank you to everyone who got involved – we have raised: \$3, 500 to donate.



### **P4 Camp at Pak Tam Chung and Hoi Ha Wan (Sai Kung Country Park)**

The P4 camp got a bit wet today but the students were able to do a variety of activities safely at the campsite. On the previous days the students had a great time challenging themselves with some new activities and skills. For many, camp is an excellent opportunity to try something new – exploring (and sitting in!) rivers and waterfalls, kayaking, snorkeling, orienteering and some team building challenges. It is such a valuable experience and one which we as a school believe has tremendous value, which we can build upon in our own outdoor education activities all year round.

Many thanks to Anouchka Chatelier and Jason Chan who have given 24hr support, care and energy to the group and also to the Dragonfly staff who have planned and implemented some great activities.





Well done to the students in P4 who were willing to try new things and go out of their normal comfort zone. Sleeping away from home for the first time and learning to be more personally independent.

Whilst sitting in a stream observing wildlife, algae, water currents and playing 'Poo sticks game' one P4 student was heard to say.... "This is the most awesome day of my life, I never did this before".

Perhaps this is why school camp is so important!

## Donate your unwanted clothes during October!

This year as part of the new P4 unit of inquiry related to charities and NGO's we are taking part in the Get Redressed Clothing Drive, Hong Kong's largest clothing drive hosted by local environmental charity, **Redress**. The clothing drive is part of **Get Redressed Month**, a city-wide campaign that tackles the issue of clothing waste.

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**Did you know?** Hong Kong sends around 170 tonnes of unwanted clothing to landfill daily, equivalent in weight to around 1.2 million t-shirts a day! But many of these clothes that are condemned to trash could actually be reused or recycled.

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### Give clothes a new life!

Redress' clothing drives makes it easy and transparent for you to give your unwanted clothes a new life. The clothes collected by Redress will be carefully sorted and redistributed locally for REUSE by a network of 20+ local charities including Impact HK, Pathfinders, Crossroads and Refugee Union, RESALE by Redress to promote secondhand fashion in HK and raise funds to support Redress' work, or RECYCLING by Redress' partners.

Please take some time to sort through your wardrobes and drop off your unwanted mens, womens and childrens clothes between now and 25th October in the boxes located on the first floor at JIS.

Items accepted: all clothing and fashion accessories for men, women and children. Items not accepted: shoes, school uniforms, work uniforms, any mouldy items, and home textiles. ***Please remember to wash the clothes before donating!***



The redress charity staff will be in JIS on Tuesday 19<sup>th</sup> October for a series of workshops with the students.

### P1 and P2 at HKAPA – The Gruffalo

The P1 and P2 classes had a trip out to the Hong Kong Academy of Performing Arts this week to see a performance of the famous children's story – The Gruffalo. The show was very good and everyone really enjoyed the style of performance in bringing the book to life!

### Recycling at JIS – community bins up and running!

Please keep up with the efforts – bins in the car park area are open to our school community members. We filled the bin for plastics again this week. Thank you for those who are supporting us.

### The Mini and Junior Duke awards – certificate ceremony on Wednesday 6th

On Wednesday morning Fiona Merrill and I hosted an award ceremony for the students who had completed their booklets and challenges, in P2 and P4. This year we have a round 50 students who have signed up to get involved.



### Hong Kong Government Student Grants 2021-22

Student Grant forms have been given to all classes (except P5 who were on camp) this week. Please send the completed forms to the school office for processing. Deadline for returning is Monday 18<sup>th</sup> October. Orange forms have been completed with data from previous years' submissions. White forms are for new students. Please check all information very carefully before you return the form to school.



## Learning at JIS – from Cath Wan, Deputy Principal/ PYP Coordinator

Today we get to celebrate a whole half term in school - congratulations to our healthy school! With half-term break next week, I thought I'd share a few top-tips which will hopefully help your family to have a well-deserved break, ready for our return to school and hopefully another half-term of a school full of healthy, happy children. I know how challenging it can be to drag our children away from electronic devices during school holidays, so here are my top tips for a 'screen reduced' mid-term break!

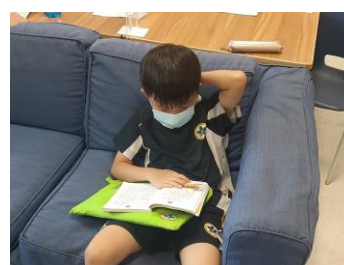
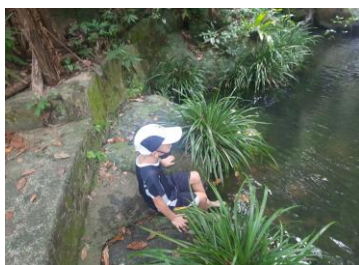
### **1. It's fine for your children to be bored**

There is a lot of pressure nowadays for carers to be constantly entertaining their children and in desperate times, when choruses of "I'm bored" start to mount, handing them an ipad or mobile phone to keep them entertained is highly tempting.

This can actually be counter-productive. Children who are in the habit of being entertained all the time can develop reliant behaviour and end up with reduced patience, self-regulation and resilience... all habits of mind that are needed for independent learning.

It can be hard to ignore the "I'm bored" chorus - I've crumbled under my own children's complaints on many occasions! However if you can ignore it, (or as some parents react, say "you're bored - how wonderful!") marvelous creative things often start to happen. Your child might:

- Daydream - this can enhance children's creativity. You may have childhood memories yourself of laying on your back and 'seeing' different objects in the clouds. This sort of imaginative daydreaming, which is very natural in children and is very beneficial for their creative thinking.
- Pick up a book - no need to explain the benefits of this one!
- Use their imagination to create something of recycled materials (I'm a big fan of having a box of junk in a storage box, somewhere that your child knows how to access it independently). The wonderful story book "Not a Box" is a lovely example of how creative children can be, when left to their own devices. There is a reading of the story here:  
[https://www.youtube.com/watch?v=PMCKXaFsmCA&ab\\_channel=StorytimeNow](https://www.youtube.com/watch?v=PMCKXaFsmCA&ab_channel=StorytimeNow)
- Play pretend games
- Explore, climb, play with nature. One of my favourite things to do when my own children were smaller was take a nice book and flask of tea to one of our Tai Po Kau forest clearings and have 'me time'. Yes, my children knew I was there "in case of blood, breakages or vomit," as I used to tell them and they did have defined boundaries and safety instructions, "don't go past the pavilion and stay away from monkeys," but otherwise it was up to them to make up their own fun.



Balancing the 'it's ok for your child to be bored', is 'quality together time', which brings me to my second tip

### **2. "Together time" doesn't have to be fancy or expensive**

A few of my favourites that help your child's learning and family bonding include:

- Reading, reading, reading - I can never say this enough! This can be you reading to your child or your child reading to you. This is not a time for you to force your child to struggle over complicated words or for you to become frustrated at their reading speed - just enjoy sharing the same 'story space' with your child.



- Simple games. You all have the ‘Mathematics Games’ list on Toddle (Under Policies). These games are fun, easy and require no preparation. Board games are also a wonderful way to bond with your family, while developing thinking skills.
- Cook together
- Do chores together- yes chores can be fun. On camp, the children LOVE doing the mopping up!



### 3. Embrace the mess

- Boxes of junk, art supplies inside and muddy puddles, sticks and stones outside are a source of endless creative fun. You'll also have an excellent opportunity to have your children practice clearing up afterwards!

### 4. Model time away from your screens.

Children are the best mimics. If they see that you are capable of entertaining yourself without your mobile phone in front of you, they will copy. Unfortunately the reverse is also true - if you constantly need a phone in your hand, this message will also be communicated. If you can leave your devices at home and head out into nature this holiday to recharge, that would be wonderful! Let's hope we have some lovely weather to help us.



Have a wonderful holiday and, as always, if you have any questions about learning, feel free to contact me on Toddle or at [cwan@es.jis.edu.hk](mailto:cwan@es.jis.edu.hk)

## Student Support Department – Jenny Procter

### PSPE (Personal, Social, Physical Education)

So far this term we have learned about digital literacy with the main focus being screen time balance and safety online. For the last four weeks P1-P6 have been following Second Step with a focus on empathy. Reception have been working on basic skills for learning and getting used to the phrases we use throughout the school:

Ears Listening  
Eyes Watching  
Voices Quiet

## Bodies Still

After the break Mrs. Procter & Mrs. Rixon will be teaching a unit of self esteem and mindfulness. The focus will be building our own and others' self esteem, mindfulness for calm and mindfulness for focus. The week of November 15th we will celebrate anti bullying week as a school with the theme of 'One kind word' and then before the winter holiday we will introduce Body Awareness and Safety.

Ms Cheryl (Occupational Therapist), Ms Abi (Speech and Language Therapist) and Ms Ashima (Counsellor) continue to work with JIS students weekly on a Monday, Thursday and Friday. If you feel your child(ren) would benefit from working with any of these professionals please get in touch with Jenny Procter.

## And Finally!

### Art Competition (as mentioned in school assembly)

With the guidance of Ms Ashima we have recently upgraded our counselling room to create a calmer and more welcoming environment that is conducive to opening up and sharing. Sadly, it has bare white walls and so we have launched an art competition so the students can be fully engaged in helping to build this lovely space.

By Wednesday 20th October all students are invited to submit an A4 piece of art that promotes calm and happiness. Ms Ashima will then choose one piece from each class to frame and hang on the wall. The students may print something from the internet and colour it but are encouraged to try something of their own,



During assembly on Wednesday Mr. Walton discussed this with them and shared ideas and suggestions.

## Coming up on Monday 18<sup>th</sup> October:

### School Photos day:

Forms have been sent home to order the prints. All students will have their photo taken and sibling groups may be ordered on the form. Please return the forms and appropriate money to the school office as soon as possible during the week of Monday 18<sup>th</sup> October.

***Cheques should made out to 'Techni Photo' not JIS, thank you.***

Students will be photographed in school uniform or PE kit, as it is a Monday at JIS. If you prefer to have your child photographed in a school uniform polo shirt – just add one to the school bag and we can arrange for students to have a quick change.

## HK Shark Foundation – Monday 18<sup>th</sup> October:

On Monday 18<sup>th</sup> October we shall welcome the return of the HK Shark Foundation staff to present their information to the students about ocean conservation and its relationship to sharks. It was an excellent workshop last time we were able to host them.

## Temperature checks at home – each morning please

Can we please remind everyone that it is still currently a HK EDB and CHPO requirement that all school students complete a temperature check and form each day before they come to school. Many thanks for your help in doing this each day.

## ICHK Newsletter for this week

Each week we share the newsletter from ICHK – (International College Hong Kong) to keep our community informed of the news from our partner secondary school.

To access this week's newsletter click: [here](#)



International College Hong Kong

Have a great weekend and mid term break everyone. School will reopen on Monday 18<sup>th</sup> October – school photos day, so remember to look good!

Simon Walton  
Principal