

# LS WEEKLY BULLETIN

Weekly Bulletin 1 | August 19, 2016 | Elizabeth Gale

## Important Dates

- **August 29 & 30:** Student Photo Days
- **August 31:** Back to School Night
- **September 5:** Lower School ASA's begin
- **September 6:** PAFA General Meeting
- **September 10:** Welcome back BBQ
- **September 15:** Mid-Autumn Festival – No School
- **September 30:** United Nations International Day of Peace

## Important Contacts

LS Principal: [Elizabeth Gale](#)

LS Secretary: [Vicky Xu](#)

PAFA Rep: [Trish Castillo](#)



## Principal's Message

*Welcome SCIS Lower School Families to the beginning of a what is certain to be a fantastic year of learning at SCIS-Pudong. During the course of the past three days students have experienced a variety of fun learning experiences where they have had an opportunity to get to know their teachers and classmates. We have had a wonderful start to the new school year!*



Dear Families,

If you haven't received an email from the school providing information on [your new scis-parent.org](#) email address, please let us know immediately as after September 1 school staff will only be able to communicate with parents through their scis-parent email account.

**Student photos** will be taken on August 29 and 30. Please send

your child to school in their regular school uniform (blue collared shirt and navy shorts, pants or skirt). If they have PE, they can bring their blue shirt to change into or simply wear their blue shirt that day.

All parents are invited to attend **Back to School Night on August 31** beginning at 6:30pm. This is a wonderful opportunity for you to learn more about our program and the fantastic learning experiences our students are provided with each day.

In the event that your child has a scheduled **play-date with another student** and will be riding the bus with their friend, please inform the office through a phone call or email by 12:00pm on the day of the play-date. This is to ensure that all students are safe and accounted for at the end of the school day.

Once again, it's been a wonderful first week and I look forward to a fantastic year of **working together** with students, parents and teachers to ensure that all students are safe, happy and learning!

## Tips for Kicking off a Stress-Free School Year

For many Lower School students, the first day of school doesn't only mean new teachers and new friends; it may also be a source of anxiety, particularly for those who have not had a structured schedule during the course of the summer. Below are a few Back-to-School tips to help ease your child back into their school routines.



- **Get back in the routine.** Switching from a summer to a school schedule can be stressful for everyone in the household. Therefore, it is important to re-establish bedtime, mealtime, reading and homework routines. Discuss the importance of routines and how they help ensure a healthy and balanced life.
- **Set education goals.** Review material sent home from the school and help your child set goals at the very beginning of the year. This will get them excited about school and learning and help start the year on a positive note.
- **Develop a relationship with your child's teacher.** Take the time to meet your child's teachers at the beginning of the school year. Teachers are a great source of information and developing a relationship early in the year will benefit both you and your child tremendously.
- **Homework routine and place.** Designate a specific time and place for homework. Help your child discover a regular, quiet place where he or she can study. Ensure the area is free from potential distractions and that study tools (pencils, paper, etc.) are at your child's fingertips to keep them focused. Make it clear that education is a top priority in your family: show interest and praise your child's work.
- **Emphasize organization.** All children benefit from being organized. Work with your child to determine the best method for them to use.
- **Encourage learning at home.** Promoting learning outside of the classroom helps children perform better in school. To nurture reading skills, spend at least one hour per week – 10 to 15 minutes a day – reading with your child. To enhance math proficiency, allow your child to help plan the next family trip and encourage them to compute miles, cost of gas, expenses for food, hotel and entertainment.

By following these tips you will help inspire a love of learning as you transition back into the new school year and minimize academic and social-emotional stress for your child. Throughout the school year, if you have questions or concerns, please do not hesitate to contact me at [egale@scis-china.org](mailto:egale@scis-china.org) I look forward to a wonderful year ahead!



*The first Lower School Assembly took place on Friday, August 19 in the Black Box. What a fun event it was for PK – Grade 5 students, teachers and parents!*