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<https://shanghai-puxi.dulwich.org>

*The Importance of Sport for Students' Wellbeing*

运动对身心健康的重要性



Wellbeing encompasses all areas of College life. Physical wellbeing is a strong feature of Dulwich College Shanghai Puxi and Mr Leaver and Ms Stewart supported this by promoting a visible love of sport seen at all three sports days this week. They were highly successful events and I was pleased of the way in which our students participated with pride and obvious enjoyment. Emotional wellbeing is also a strong feature of our College. The tangible sense of belonging fostered by the House system and the strong personal relationships between teachers and students are recognised as exemplary by visitors to College.

Our environment also influences our wellbeing and we are blessed with green and spacious campus. Embedding this into our curriculum and the students' day-to-day learning experiences is a key priority. This week I was treated to freshly cooked bamboo shoots from the Nursery garden. Students harvested the bamboo and cooked them with herbs that are growing in the garden as well. We will continue to emphasise outdoor learning and interacting with nature.

At the same time, we recognise that we live in a digital age and the reality of modern life is that our community spends a lot of time online. I grew up in an era before the Internet, email or smartphones. Our students have known nothing else and their childhood and teenage years are very different as a result of this. Technology presents them with many opportunities and exciting options for communication, entertainment and education. It also presents them with challenges including concerns about screen time, online safety and a well-documented increase in mental illness. I am sure each and every one of us would recognise the same dynamic in our own use of technology. We take this issue very seriously and look forward to welcoming Jonathan Taylor, an online safety expert, to support the Dulwich College Shanghai Puxi community on addressing

this important aspect of student wellbeing and safety online. We are committed to empowering our students, staff and parents so that they can harness the opportunities but also face the challenges presented by our digital age. I do hope you can join us for the parent information session on Tuesday at 4PM.

身心健康全面涵盖在校园生活里面。 体能健康是上海德威浦西的身心健康教育的一大特色， Mr Leaver和 Ms Stewart通过促进对运动的热爱来支持这理念， 并在本周三天的运动会上充分体现。 这是非常成功的活动， 我很高兴学生们可以自信地参与并且享受这整个过程。

情绪健康也是本校身心健康教育的一大特点。 学院体系培养出切实的归属感以及师生之间强烈的个人关系一直被到校探访的来宾所认可。 身心健康也受到环境的影响， 我们很幸运有一个宽敞的绿色校园， 把它融入到课程里以及学生日常的学习体验是我们首要的任务。 本周， 我品尝到了来自幼儿园小班花园里的新鲜竹笋。 学生们收割竹笋并和花园里所种植的香料一起烹饪。 我们将继续加强户外学习和与大自然的互动。 与此同时， 我们生活在一个数字时代， 现代生活的现实是大家都花了很多时间在网络上。 我成长在还没有互联网， 电子邮件和智能手机时代。 我们的学生们对此一无所知， 因此他们的童年和青少年时期与当时非常不一样。 科技为他们提供了许多机会和在交流， 娱乐和教育里有多元化的选择。 但同时也衍生了不同挑战， 包括屏幕使用时间， 网络安全以及精神疾病有明显的上升纪录的担忧。 相信大家都会认识到自己使用这些技术时的动态。 我们非常重视这个问题， 并期待网络安全专家Jonathan Taylor专程来到上海德威浦西校区， 帮助社区去处理身心健康的这重要课题。 我们致力于为学生， 家长和员工提供支持， 使他们能够抓住机遇， 同时也能面对数字时代所带来的挑战。 希望你能参加我们周二下午4点的的家长信息分校会。

**David Ingram**  
**Head of College**





# E-safety Parent Workshop

Helping to keep your children safe online

**TUESDAY 7 MAY, 4 - 5PM**



Dulwich College Shanghai Puxi welcomes Mr Jonathan Taylor (UK) for student, teacher and parents e-safety training next week. Mr Taylor is globally recognised as a leading advisor of e-safety, and works with schools and organisations across the world.

**Join Mr Taylor next Tuesday @ 4pm in the theatre for this highly recommended practical workshop to learn how to work together with your child to ensure their online behaviour is smart and safe.**

## THE REASON WE LOVE OUR SPORTS DAYS

## 喜爱运动会的理由

The sun made an appearance this week for our spectacular sports days this week, and even the blistering heat could not put our children off participating to the best of their ability. I see a huge difference in our pupils in just a year – the running is much faster, the jumps are much higher, the skills far more developed, but their love and commitment to House and Team remains steadfast as always.

The reason that sports day is such an important day of the year, and a staple in the calendar, are the huge benefits it brings to pupils. Our students participate for themselves, and for the glory of their house. They have an opportunity to be successful. And when they aren't – they learn to lose graciously and congratulate the success of others. They learn to be excited for something, and to contain their emotions in the face of loss. They develop patience through dedication to improvement for the next time. They learn the value of a team, and what it means to belong to something.

It doesn't always work out perfectly – we get our fair share of tears, and the odd accusation of less-than-fair behaviour. But they learn to get over it and move on. We will keep sports day forever, because it is the opportunity to experience all of this in our formative years that prepare us to be well-balanced adults.

A huge thank you to teachers and parents for their support throughout the year with sports, and our utmost gratitude to Mr. Leaver and Miss Stewart for striving to provide these amazing and fun developmental opportunities for our children.

### 为什么运动会永久长传

本周，我们在阳光明媚的日子里迎来了精彩运动会，即使是炎热的高温也不能阻挡孩子们高涨的热情。我发现在短短一年的时间里学生们已经发生了巨大的变化——他们跑的更快，跳得更高，运动技能也大大提升；不变的是他们对学院及团队的那份热爱和承诺。

运动会是年度重要日子之一，也是校历中不可或缺的活动，这是因为它能给学生们带来巨大的好处。学生们不仅自己参与，更是为学院的荣耀而战。每个学生都有机会获得成功，就算没有获得奖牌，也学懂保持风度，大方祝贺他人的成功。他们学到为事情而激动，并在失败的时候学会控制自己的情绪。他们在努力不懈的训练中培养耐心，也明白到团队的价值，以及归属的意义。

运动会不总是皆大欢喜的——我们会落泪，也会对不公平的行为进行指责。但重要的是学会去克服它并继续前进。我们将永远推动运动会，因为它为我们在成长过程中提供了各方面均衡发展的好机会。

非常感谢老师和家长们对学校体育活动常年不断的支持，也衷心感谢Mr. Leaver及Miss. Stewart不断努力为学生们创造有趣而惊喜的发展机会。

**Christine Haslett**  
**Deputy Head of College**

## A WARM WELCOME TO OUR NEW TEACHERS!

## 欢迎来到德威浦西校区

Dulwich College Puxi is growing and we are delighted to welcome all the new teachers who will be joining our community in the next academic year. Each week in our College newsletter, we will be profiling some of our new teachers.

德威浦西正在日益壮大，我们很高兴地欢迎下一学年将加入我们学校的新老师。在每周的学校周报上，我们将逐一刊登新老师的信息。

### **Welcome to Dulwich College Puxi, Ms. Francine Hearn** **Teacher of Business Studies**

Hello Dulwich Puxi! My name is Francine and I started my teaching career in 2009. I have seven years of experience in teaching Business and Economics in an international school in China and have a strong track record for delivering excellent academic results, notably leading to five students being awarded the prestigious Outstanding Cambridge Learner Award for highest marks in China and for highest marks in the world. Outside of the classroom, I enjoy taking on physical challenges such as Spartan and other various competitions.

### **欢迎来到德威浦西校区 Ms. Francine Hearn** **商业研究教师**

你好德威浦西家庭们!

我的名字叫 Francine，我在 2009 年开始了我的教学生涯。在过去七年在中国的一所国际学校任教商业和经济科，并成功建立优秀的学术成绩纪录，特别是带领五名学生成功获得全球及全中国最高分数的杰出剑桥学习者奖项。在课堂之外，我喜欢接受体能上的挑战，比如斯巴达和其他各种各样的比赛。



## **Welcome to Dulwich College Puxi, Ms. Carly Mand. Teacher of EAL**

Hello Dulwich College Puxi! My name is Carly Mand and I began my teaching career in the United States after earning her BA in Elementary Education from Hofstra University in New York. After six years of teaching grade one, I became a demonstration teacher. This role required me to model best teaching practices for various educators and administrators looking to implement new practices in their respective schools. I then moved to Colombia, South America where I taught at a bilingual school and worked closely with a Reading Specialist to develop an oral language curriculum. I have been teaching grade one and EAL in Shanghai since 2015. Outside of teaching, I practice yoga and meditation, and enjoy all aspects of the arts.



## **欢迎 Ms. Carly Mand 加入浦西 EAL 老师**

德威浦西家庭你们好！我叫 Carly Mand，在纽约霍夫斯特拉大学获得小学教育学士学位后，开始了在美国的教学生涯。经过六年的一年级教学经验，卡莉成为一名专业示范教师。我主力与其他教育工作者和管理者提供学校最佳教学实践的分享。我之后搬到了南美洲的哥伦比亚，在当地一所双语学校任教。我与阅读专家密切合作，开发了口语课程。自 2015 年起，我在上海的一所国际学校教授 1 年级和 EAL 课程。我是一位树立高目标的从业者，也为学生树立了高且可实现的目标。她重视不同的方式去教学以找到适应孩子的最好的学习方式。在业余时间，我练习瑜伽和冥想，也喜欢各类艺术。

## **Welcome to Dulwich College Puxi, Ms. Abigail O'Brien Primary Teacher**

Hello Dulwich Puxi families!  
My name is Abigail O'Brien and I am from the UK. I graduated from Leeds Metropolitan University with a BA (Hons) in Primary Education and then spent several years teaching in the UK. As a middle leader in my previous school, I led the humanities team ensuring a broad and balanced curriculum. I believe all children deserve a creative, engaging and enriching educational environment to learn and grow. I am very passionate about education and seeing young children explore, develop and achieve. Outside of the classroom, I enjoy being active and keeping fit. I play netball for my local team and regularly compete in running competitions. I look forward to joining the Junior School team at Dulwich Puxi in August



## 欢迎 Ms. Abigail O'Brien 加入浦西 小学老师

德威浦西大家庭你们好！

我是 Abigail O'Brien 我来自英国。我毕业于利兹都会大学，获得了小学教育学士学位之后在英国有多年任教经验。我在之前的学校任职中层领导，我带领了人文学科团队并确保丰富而均衡的课程。我相信所有的孩子都应该在一个创造性的，有吸引力的，且丰富的教育环境里学习和成长。我对教育充满热情，喜欢看到学生们去探索，发展和实现自我。课外时间，我喜欢运动和健身。我是我们当地的无板篮球队的一员，并经常忙于各种比赛。我很期待加入德威浦西的小学团队。

### A WARM WELCOME TO OUR NEW TEACHERS!



Mrs. Kathryn Rowland  
Assistant Head - KS2



Mrs. Nicola Maruyama  
EAL



Mr. Tom Lee  
Computer Science



Mr. Callum Rowland  
Assistant Head - KS1



Mr. Ben Saunders  
Primary School



Ms. Jessica Ivey  
Drama Teacher



Ms. Madeline Barton  
Spanish Teacher



Ms. Francine Hearn  
Business Economics

11 MAY FOUNDER'S DAY

5月11日：德威浦西建校日

Founders Day is next Saturday 11 May. Everyone is welcome! Please ensure you arrive at school at 3:45pm for the start of the show on the sports field. DUCKS, Junior School and Senior Students involved in the show should arrive at 3:30pm and check in at the Main Stage with Mr. Haslett.

下周六5月11日的建校日，欢迎所有家长参加。请在下午3:45分到达足球场。DUCKS，小学部和中学部参与才艺演出的学生请于下午3:30到达并到舞台前与Mr. Haslett登记。



# 400 YEARS CELEBRATION

4:00pm - 5:00pm

**DUCKS Talent Show**

**Stage**

5:00pm - 6:30pm

**Play Time / Enjoy the Food**

**Pitch**

6:30pm - 8:00pm

**Junior & Senior Talent Show**

**Stage**

## Activity Zones 活动天地

Bouncy Castle 充气城堡  
Horse Riding 骑马场  
Dulwich Beach 沙坑  
Ball Pitt 海洋球池  
Pet Zoo 小动物乐园  
Rope Challenge 穿越火线  
London Street Photo Set 伦敦街景摄影

## Live on Stage 舞台演出

Orchestra 管弦乐队  
Taekwondo 跆拳道  
Latin Dance 拉丁舞  
Irish Band 爱尔兰乐队  
Ballet/Dance 芭蕾舞/舞蹈  
Chamber Choir 室内合唱团  
Choir 合唱团

## Food Court 各国美食

Malaysian 马来西亚  
Italian 意大利  
Chinese 中国  
Mexican 墨西哥  
Vietnamese 越南  
Indian 印度  
Singaporean 新加坡  
International BBQ 国际烧烤

## Sports & Activities 联课活动展示

Fencing 击剑  
Karate 空手道  
Aviation 模拟航空  
Golf 高尔夫球  
Muzika 音乐  
Skateboarding 滑板  
Mad Science 神奇科学家  
LFS 少星足球  
Art Attack 美术  
Chess 国际象棋

**DULWICH COLLEGE | SHANGHAI PUXI |**

上海德威外籍人员子女学校 (浦西)



Workshop Topic: 内容	Date: 时间	Facilitator: 主讲人	Location: 地点	Suitable For:
e-safety – what all parents absolutely must know to keep their child safe online 网络安全 - 所有父母都必须要知道该如何保护孩子在网络上的安全	7th May 5月7日 4-5pm	Jonathan Taylor	Theatre 2楼剧院	Primary and Senior Parents
Transition into Key Stage 1 过渡到学前阶段 (一年级至二年级)	17th May 5月17日 10 – 11 am	Gill Harrison Christine Haslett Rebecca Zhao	KS1 Assembly Room 2楼206室	Reception parents
Transition into the Junior School 过渡到小学阶段 (三年级至五年级)	上午10点—11点	Ellie Sellers Matthew Sellers	Theatre 2楼剧院	Y2 parents
Transition into the Senior School 过渡到初中阶段 (六年级至九年级)		Sarah Leonard Kelly King	Seminar Room 3楼303室	Y5 parents
From story tellers to story writers – the importance of play and re-enactment in developing literacy 从讲故事到写故事 - 扮演和重演在发展读写能力方面扮演的重要作用	31st May 5月31日 10 – 11 am 上午10点—11点	Adam Bushnell	Seminar Room 3楼303室	DUCKS and Primary parents

## WIN AN INTERNATIONAL TRIP FOR 2!

赢取2个国际旅游名额

**Get your cameras ready and start snapping!**

The Annual Dulwich Photography Competition is open to all Dulwich students, faculty and parents. This year, Dulwich International is offering an amazing prize to the winning photographer; a trip for 2 people to a selected Dulwich city (a city where we have a Dulwich school, including London) with flights and accommodation provided for 3 nights. There are 6 categories for image submission:

1. #Dulwich400
2. Living Plants
3. Active Animals
4. Cultural Heritage
5. Man and Environment
6. Science in Action

**The deadline is 13 May and all submissions must be uploaded to <http://dulwichphotos.com/>**

Good Luck!



拿起你的相机，开始拍照吧！

一年一度的德威摄影大赛现已拉开帷幕，所有德威学生、家长及教职人员皆可参加。今年，德威总部将为胜出的摄影师提供“德威学校所在城市双人游”，获奖者可携带一名同伴去任一德威学校所在城市（包括伦敦）游玩，德威总部将支付往返机票费用及3晚住宿费用。摄影主题分为6个组别：

1. #Dulwich400
2. 植物篇
3. 动物篇
4. 文化遗产篇
5. 人与环境篇
6. 科学行动篇

参赛截止日期为5月13日，所有摄影作品须上传至 <http://dulwichphotos.com/> 祝你好运！

THE DULWICH SCIENCE ART PHOTO COMPETITION

400 1819-2019

**WIN A TRIP FOR 2**  
TO ANY CITY IN THE DULWICH NETWORK, INCLUDING LONDON!

Submit your entries in any of the categories shown below by 13 May 2019.  
Terms and conditions at [www.dulwichphotos.com](http://www.dulwichphotos.com)

#DULWICH400

CULTURAL HERITAGE

LIVING PLANTS

MAN AND ENVIRONMENT

ACTIVE ANIMALS

SCIENCE IN ACTION

DULWICH COLLEGE | INTERNATIONAL |

**LAST CALL – SWISS SKI TRIP / REGISTER NOW!**

**瑞士滑雪之旅最后召集 / 马上报名**

Scan to register your child for our 2020 ski trip to Switzerland.







马上扫码为您的孩子登记2020年的瑞士滑雪之旅！



## LUNCH MENUS

## 午饭菜单

	MONDAY 6th	TUESDAY 7th	WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th
	番茄蔬菜鸡肉意面 Chicken & Veggie Pasta	蕃茄培根意面 Bacon & Tomato Pasta	柠檬烤春鸡 Lemon Roasted Spring Chicken	番茄蔬菜鱼丁意面 Fish & Veggie Pasta	萨拉米披萨 Salami Pizza
	花菜西兰花 Cauliflower & Broccoli	胡萝卜玉米粒 Carrot & Corn	胡萝卜西葫芦 Carrot & Zucchini	花菜西葫芦 Cauliflower & Zucchini	混合蔬菜 Mixed Veggie
	香酥鸡块 Crispy Chicken	萝卜焖鸭 Braised Duck with Radish	土豆炖牛腩 Stewed Beef with Potato	新疆大盘鸡 Xinjiang Style Chicken	糖醋鸡柳 Sweet & Sour Chicken
	杭白菜 Hang Cabbage	青菜 Bokchoy	油麦菜 Leaf Lettuce	青菜 Bokchoy	卷心菜 Chinese Cabbage
	白米饭 Steamed Rice	杂粮米饭 Multigrain Rice	白米饭 Steamed Rice	杂粮米饭 Multigrain Rice	白米饭 Steamed Rice
	三丝米粉 Stir-fried Vermicelli with Veggie	混合蔬菜炒饭 Stir-fried Rice with Veggie	小唐菜炒面 Stir-fried Noodles with Seasonal Veggie	时蔬年糕 Rice Cake with Veggie	咖喱蔬菜 Curry Veggie
	冬瓜番茄汤 Winter Melon & Tomato Soup	丝瓜蛋汤 Loofah & Egg Soup	番茄鸡蛋汤 Tomato & Egg Soup	鸡蛋豆腐羹 Egg & Tofu Soup	玉米浓汤 Corn Soup
Dessert & Salad	Daily Dessert, Daily Fruits & Salad Bar				
	金桔/牛奶方块面包 Kumquat/Square Milk Bread	苹果/迷你羊角 Apple / Mini Croissant	香蕉 / 黑米糕 Banana/Black Rice Cake	小番茄/香菇芥菜包 Cherry Tomato / Mushroom & Veggie Steamed Bun	香蕉/紫薯馒头 Banana/ Purple Potato Steamed Bun
Nutritional reading over the week 一周营养分析					
White Meat 白肉 14% Read Meat 红肉 12% Aquatics 鱼虾 8% Starch 淀粉 22% Vegetables 蔬菜 42% Deep Fried 油炸 2%					

	MONDAY 6th	TUESDAY 7th	WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th
	番茄蔬菜鸡肉意面 Chicken & Veggie Pasta	番茄培根意面 Bacon & Tomato Pasta	柠檬烤春鸡 Lemon Roasted Spring Chicken	番茄蔬菜鱼丁意面 Fish & Veggie Pasta	萨拉米披萨 Salami Pizza
	花菜西兰花 Cauliflower & Broccoli	胡萝卜玉米粒 Carrot & Corn	胡萝卜西葫芦 Carrot & Zucchini	花菜西葫芦 Cauliflower & Zucchini	混合蔬菜 Mixed Veggie
	香酥鸡块 Crispy Chicken	萝卜焖鸭 Braised Duck with Radish	土豆炖牛腩 Stewed Beef with Potato	新疆大盘鸡 Xinjiang Style Chicken	糖醋鸡柳 Sweet & Sour Chicken
	杭白菜 Hang Cabbage	青菜 Bokchoy	油麦菜 Leaf Lettuce	青菜 Bokchoy	卷心菜 Chinese Cabbage
	白米饭 Steamed Rice	杂粮米饭 Multigrain Rice	白米饭 Steamed Rice	杂粮米饭 Multigrain Rice	白米饭 Steamed Rice
	煎鱼排配蔬菜椰汁 Fish Steak with Coconut Sauce	香料烤鸡肉 Herb Roasted Chicken	风味鸭肉卷饼 Duck Wrap	孜然鸭腿 Cumin Roasted Duck Leg	炸鱼柳配塔塔汁 Fish with Tartar Sauce
	花菜西兰花 Cauliflower & Broccoli	胡萝卜玉米粒 Carrot & Corn	胡萝卜西葫芦 Carrot & Zucchini	花菜西葫芦 Cauliflower & Zucchini	混合蔬菜 Mixed Veggie
	土豆泥 Mashed Potatoes	洋葱土豆 Sautéed Potato with Onion	烤土豆 Roasted Potato	孜然土豆 Cumin Roasted Potato	自制薯角 Homemade Potato Wedges
	西芹鸭丝面 Duck & Celery Noodles	宫保鸡丁面 Kung Pao Chicken Noodles	水煮鱼面 Boiled Fish Noodles	牛腩汤河粉 Rice Noodles with Beef	水饺 Dumplings
	三丝米粉 Stir-fried Vermicelli with Veggie	混合蔬菜炒饭 Stir-fried Rice with Veggie	小唐菜炒面 Stir-fried Noodles with Seasonal Veggie	时蔬年糕 Rice Cake with Veggie	咖喱蔬菜 Curry Veggie
	冬瓜番茄汤 Winter Melon & Tomato Soup	丝瓜蛋汤 Loofah & Egg Soup	番茄鸡蛋汤 Tomato & Egg Soup	鸡蛋豆腐羹 Egg & Tofu Soup	玉米浓汤 Corn Soup

Nutritional reading over the week 一周营养分析

Red Meat 红肉 16% White Meat 白肉 13% Aquatics 鱼虾 8% Starch 淀粉 21% Vegetables 蔬菜 40% Deep Fried

**DULWICH COLLEGE | SHANGHAI PUXI |**  
上海德威外籍人员子女学校（浦西）

