

Hao Xiao Xi

Our “Good News” Bi-Monthly Newsletter
October 9, 2009

Week Without Walls Secondary Class Trip

By MR. HOKE

The Secondary students recently returned from an exciting trip to Lijiang, Yunnan Province. Students spent five days traveling, studying, conducting experiments, hiking, reading maps, and chasing one another through the labyrinthine alleyways of Lijiang’s Old Town.



Cultural and physical geography were a focus, as students sketched Naxi men and women in traditional dress and uncovered the impact of

the natural landscape on the lifestyles of the people. Additionally, students performed a number of navigation exercises, from GPS scavenger hunts to leading the way on sightseeing ventures. Students gathered and tested water samples for contaminants and found that Lijiang is in the clear.

An excursion by bicycle led the group to a number of small villages around Lijiang, where students



ate local foods and heard about the annals of traditional Chinese medicine from the venerable Dr. Ho. It’s unclear who was more excited about the visit of our multinational group to Dr. Ho’s clinic, the students or the good Doctor himself, but a good time was surely enjoyed by all.

Students warmed up their legs on a hike over Elephant Hill, and then charged Tiger Leaping Gorge in a two day, overnight trip that left everyone breathless and some literally panting. The hike through Tiger Leaping Gorge was a great way to end the trip, surrounded by natural beauty and stunning physical geography.

Our second “Week Without Walls” trip was a success and we look forward to next year’s trip already!

First Quintile ASAs

By MRS. NOLL

Almost every student at QSI Chengdu stays for ASA’s at least once during the week. This is not only a great time to try some new things but it becomes a wonderful social time for students to interact with friends who are not necessarily in their class. Our

We have been able to offer many more ASA’s



this year because of the specialists we brought to school on Tuesday and Thursday afternoons. Our teachers are still doing a great job

offering fun and helpful ASA’s, but it is also nice for students to have exposure to other experts!

Mr. Miles is offering Kung Fu to our elementary students. He began with the 9/10 YO’s and as the year goes on he will take younger students as well. Ms Yang is offering dance to our elementary and secondary students. She is exposing them to a variety of dance. Painting is being offered by Mr. Wang. His focus is on traditional Chinese painting techniques. Mrs. Yeoh is working with Mrs. Cheung in our arts and crafts class. Mrs. Yeoh is a trained artist and the students have made some fun projects. Nate Townsend took the 5-6 YO no-bake cooking class this quintile and the students had a great time. Nate says he is NOT an expert cook.

The secondary students have their own list of ASA’s which will include music, drama and painting next quintile.

Our ASA’s for Quintile 1 end on October 16. Teachers will be busy writing comments and getting grades in before conferences on October 29-30. ASA’s for Quintile 2 will begin on November 2nd and will run through December 3rd.

Middle School Festival

By MR. LAMBERT

If I could describe the middle school festival in three words... fun, fun and fun. But then of course this article would be too short. So let's go day by day.

Wednesday

Shekou was the first school to arrive just before lunch time. While waiting for more schools to arrive, they kept themselves busy playing sports. In the early afternoon most of the other schools



found their way to Chengdu so that students got a chance to get to know each other. Later that day, more sports were played and our students found out that we are lucky in

Chengdu since we have enough students to play dodge ball! In between sports, students were amazed when Ms. Vogler played 'Simon Says' as she was rattling the commands faster than anyone and fooled most of us.. The day ended with a delicious plate of spaghetti and a contest to get a middle-school-festival-panda-shirt.

Thursday

You have not really been to Chengdu if you have not visited the Giant Panda Breeding and Research Center. We took all the QSI students to the Center to meet the cuddly Sichuan friends. Students also saw the red pandas but the coolest part about going was trying to catch fish in Swan Lake and bargaining afterward with smelly hands to get the cheapest panda bear! After having lunch we all went swimming.

It was a little chilly but everyone had fun and survived! In



the evening, the Sichuan opera was opening their doors a little early for us so we could see how the performers get ready to hit the stage and show some excellent face changing and fire breathing. Some students even got their own face painted.

Friday

Have you heard about the moon bears? Many of people haven't so this was the perfect place to go

to with the visiting schools. Once we arrived, we were split into two groups to get educated about bear farms

and why the rescue center was established. Students made treats for the moon



bears and guess what... they love stinky tofu! In the afternoon, students created presentations about the moon bears to take back to the other schools to educate fellow students and parents. Posters, books, skits and a song were created and shared. The very last activity of the middle school festival was the dance. After having hamburgers the students went to the basketball court or "ballroom" where they first had to show their singing talents. Later on the beats started pumping and the students danced the evening away. And when Michael Jackson's voice appeared through the speakers nearly every student was boogying...

Fall Festival!



It is time to start brainstorming, rummaging around your closet, or going to costume street to find that perfect costume for the

Fall Festival. It will be here before you know it! Come and find out the secret costume theme the elementary teachers have planned.

All 3- 10 YO families are invited to come to QSI in costume on October 23, from 6-8 pm to enjoy many delicious home made treats (Roots and Shoots will be selling in the cafeteria), games, a family picture, prizes and Trick or Treat Lane (Chengdu's version of going door to door and getting candy!)

11 YO-Secondary Roots and Shoots students will be helping out and then will have an activity after the Festival just for them!

We look forward to seeing you there incognito!

Please see the notice at the end of this newsletter and sign up to bring your most delicious treat!

Middle School Festival Thanks!

From MRS. NOLL

Many, many thanks to the parents who volunteered to house during the Middle School Festival. Our students had a wonderful time with their host families and those students from other schools who couldn't come at the last minute are certainly sorry they couldn't attend.

2008 was the first Middle School Festival in Suzhou for QSI China Middle School students. Some of our middle school students attended with Mrs. Noll and Ms Gao, and had a wonderful time. Before they left the Festival, Chengdu offered to host for the 2009 school year.

Planning began last April when Mrs. van Oort and Mr. Lambert said that they would be in charge of organization.



They spent hours looking at options for the students that would include learning about Chengdu as well as doing something

for others – community service. Mrs. van Oort worked on the schedule of events, who was going to chaperone each event, what the days would cost and what groupings the students could be in so each student from each school would have the opportunity to meet many others. Mrs. Schiller worked on evening activities that would provide entertainment and fun! Mrs. Ely helped to organize activities for the students during the day when they would not be on fieldtrips. Mr. Lambert organized the sporting activities and created the T-shirts. Mr. Noll arranged for housing, sent lists to the schools, made sure each family was matched with allergies, language and anything else that may make the student more comfortable. Housing was also arranged for all the visiting teachers and QSI Chengdu teachers stepped up and provided housing for them. Mr. Noll, Mrs. van Oort and the office made lists and lists for busing to ensure students were picked up, dropped off and delivered in a timely manner after each day.

During the four days the QSI Middle School Festival was in session everything went like clockwork. Students had fun, learned, met new

friends, and were able to bring something valuable away from the experience. So, thank you again to all the teachers and parents who made this a memorable experience for the middle school students!

PSG Weighs and Measures



On September 22 our Parent Support Group came to school to weigh and measure each child. Your child should have brought home a piece of paper stating how tall they are and how much they weigh. In the spring we will do this again so you will have a record of

your child's growth over the year to share with your family doctor. Thank you to Nurse Amber and our crew of moms: Lan Ping, Ping Yang, Hui Hui Cheong, Jaye Pruet, Selina Liu, and June Lee!

Parent Teacher Conferences

Parent teacher conferences will be held on the afternoons of October 29 and 30. Dismissal will be at 11:30 on these two days. Parents will receive a notice from school with a specific time and date for your child's conference. In the case of siblings, the office will coordinate schedules so that conferences are on the same afternoon. Secondary teachers will have open conference times, and you may stop in at your convenience. See you then!

Flu Informational Meeting

On October 14 from 3:15 to 4:00, Global Doctor will be visiting QSI to provide information and answers questions

about the flu and H1N1. In the following weeks, Global Doctor will return to provide flu shots. A sign-up will be available at the informational meeting,



and notices will be sent home prior to the shot day. A parent MUST be present with his or her

child in order for the child to receive a shot.

The Counselor's Corner

By RON NOLL



Responsibility was the success orientation emphasized during the month of September. But I would like to carry this thought for just a few more days. What does it mean to be responsible? How does one see another acting responsibly? And how can parents help their children be more responsible?

Most of us know what it means to be responsible. We care for our children, make sure they are safe, fed, get enough sleep, etc. On the job, we are punctual, act with the best interest of the group or company in mind, and fulfill our obligations as a member of society or workforce. We generally try to be safe, wearing seatbelts in the car,

usually try to eat good wholesome meals, make sure that our kids take their vitamins. All of these things and much more are indications of

Dates to remember:

Oct 14: PSAT for Secondary students
Oct 14: Informational Meeting with Global Doctor, 3:15-4
Oct 16: 1st Quintile (Q1) ASA ends
Oct 22: Q1 ends
Oct 23: Fall Festival; 6-8 pm at QSI
Oct 28: Q1 status reports issued
Oct 29/30: Parent-Teacher conferences; 12:15- 4 pm (students dismissed at 11:30)
Nov 2: Q2 ASA begin
Nov 4: Parent Support Group meeting, 9:00
Nov 9-10: No School, Professional Development for Staff

“responsible” behavior.

What about our children? What does it mean for them to act “responsibly”? We at QSI believe that responsibility takes on many forms. Below are a few ways that we see your children acting responsibly:

- Being an active participant in the learning process
- Consistently completing assigned work in a timely manner
- Being prepared for class by bringing all appropriate materials
- Taking care of books and other materials

- Staying safe, following directions from all staff at school including bus monitors
- Cleaning up after eating, art, and other times when necessary
- Washing hands before snack and lunch

How can you help? Preparation and organization are two key components of becoming a good student. Here are a few ways that you can assist your child:

- Each night help get ready for the next day by making sure that your child's backpack has all their books (including library books on library day), papers & notebooks, completed homework and other essentials in or near their pack so that they don't forget anything in the morning rush.
- Make sure that your child gets enough sleep each night and eats a good breakfast in the morning.
- Sit down with your child to read or ask about school. Take some time to find out how their day was, read the bimonthly newsletter, ask about any events that are coming up at school, help with homework if needed, get involved at school events.

Modeling by adults is the best way to achieve a positive change in responsible behavior! Often times if a child sees a parent showing interest in what they do, then their own interest level & motivation increase, resulting in academic success. Responsibility, pass it on!



QSI's Fall Festival October 23 from 6 - 8 PM

Dear Parents:

We will have our annual Fall Festival this year on October 23 at school. This is an evening of costumes, games, family fun and treats. This year we will have many games, and of course, Trick or Treat Lane! Teachers, parents and students are encouraged to dress up for the event.

There will be a picture taking area, where you can have your 'Family in Costume' picture taken. So remember costumes are for parents too! Your picture will be emailed to you!

Parents we need your help:

First, we would like to ask each student in levels 3-10 to bring 10 rmb so that we can buy the candy for our Trick or Treat lane.

Second, we would like each family to bring a home baked or home made treat for Roots and Shoots to sell. The food can be sweet or savory. Here are a few examples of things from previous years; curry puffs, pumpkin bars, cupcakes and other snacks. Please indicate on the tear off slip at the bottom of the page what you will be bringing. These should be sent to school by the morning of the 23rd. (please send these treats in throwaway bags or trays). All money will be going to the Roots and Shoots charity!!

Please send the following form in if you are able to volunteer or bring in food for Roots and Shoots.

For the Roots and Shoots sale:

I would be happy to bring: _____

Volunteer:

____Be a greeter at a Trick or Treat Lane door (you MUST have a costume for this one!)

Parent Name: _____

Student Name: _____

Information on H1N1

How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and death has occurred as a result of illness associated with this virus.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. [Alcohol-based hand cleaners*](#) are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

Keep away from others as much as possible. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze.

What should I do if I get sick?

If you live in areas where people have been identified with 2009 H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

For more information please go to the CDC website.