



SUIS Pudong offers an opportunity for students to enter a continuum of education from Primary through to the end of Secondary to prepare them to become Global's citizens for the 21st century.

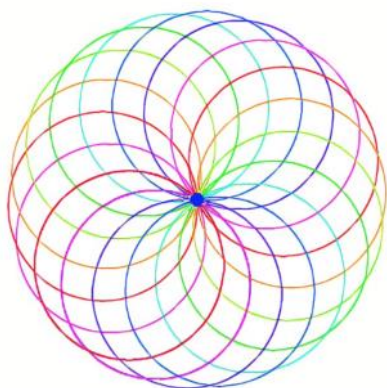
亲爱的家长：

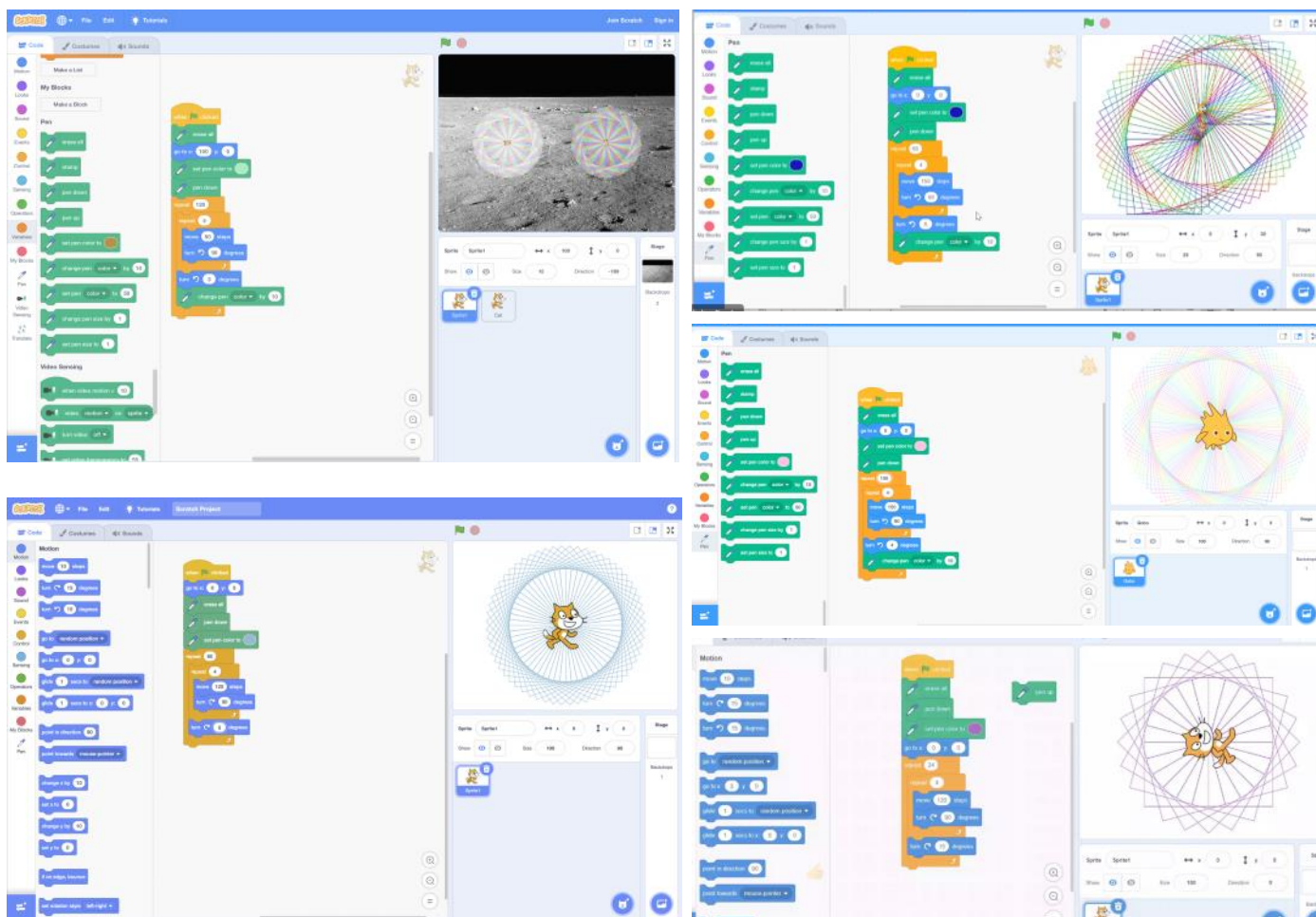
在过去的两个周末，协和教育中心在线举办了一系列的“未来创新者大会大师课”专题活动，希望这些课程对您和您的孩子有所帮助。协和学生有幸观看了在线演讲，演讲嘉宾是两位成功的年轻专家，他们主要从事新媒体和贸易投资领域工作。在任何行业，如要做出成绩和贡献，充满激情、持之以恒就必不可少。希望孩子们能从中获取能量，更加努力、进取。未来创新者大会大师课持续了2周。

信息科学与技术（ICT）在线教学

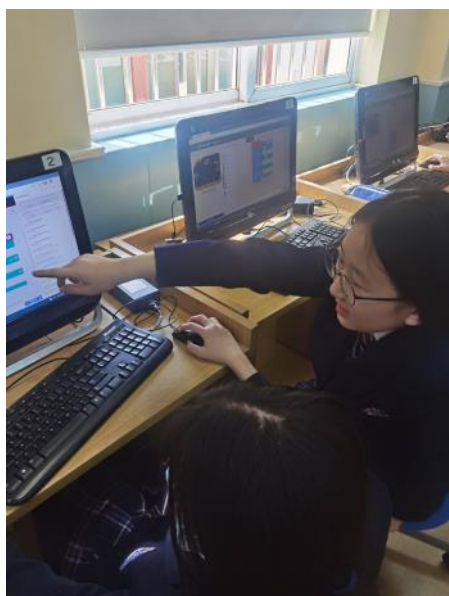
不管是之前在校上课，还是现在在线课程，信息科学与技术（ICT）教学，都非常令人兴奋且富有成效。

本学期开始，六年级学生已经开始学习使用BBC Micro Bit，这是一种信用卡大小的可编程计算机，内置几个传感器、各种数据交换组件和一个25-LED显示屏。学生们用它来创建他们自己的计步器，利用机载加速器，和一个变量来计算步数。每走一步，变量就增加1，然后显示在LED网络上。





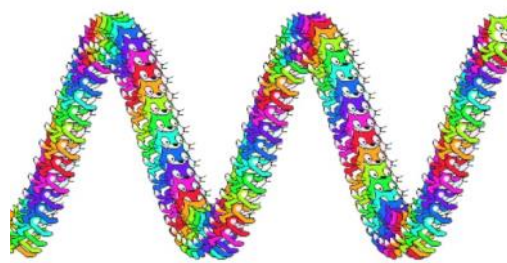
八年级学生还在继续研究Micro Bit，通过内置的Wi-Fi和蓝牙通信模块传输信息。希望这些实践经验能激励和启发学生，让他们在未来，能积极创建属于他们自己的新系统，同时，也能发现创造的神奇和快乐。



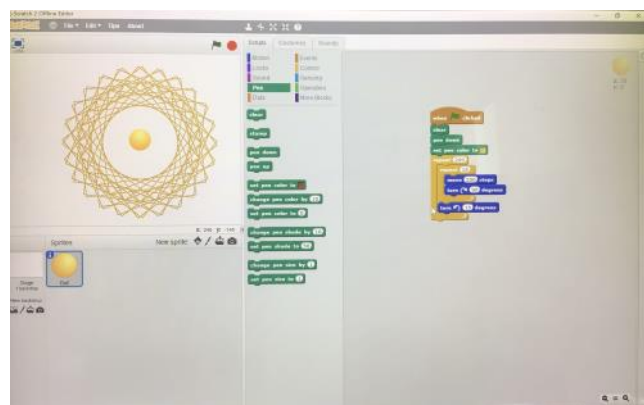
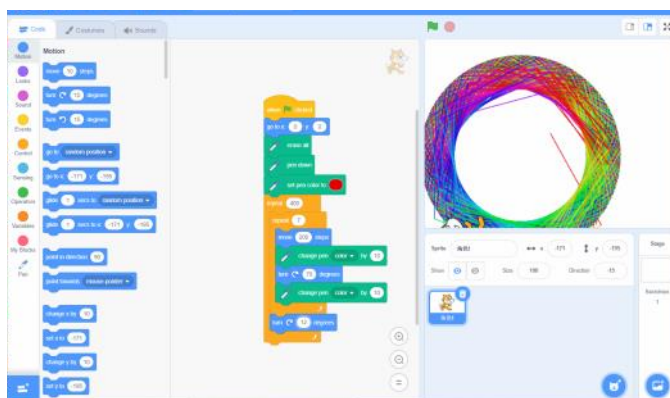
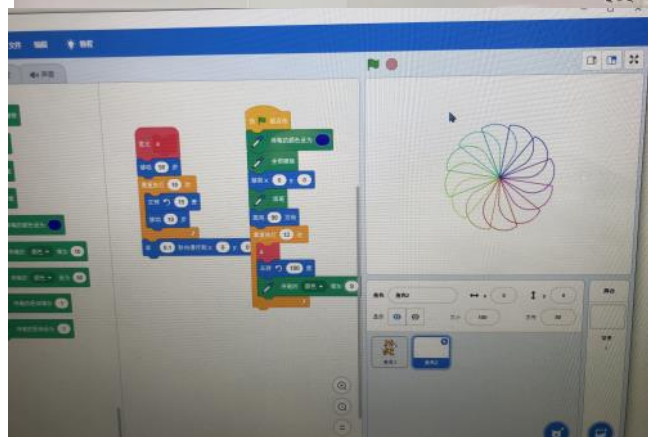
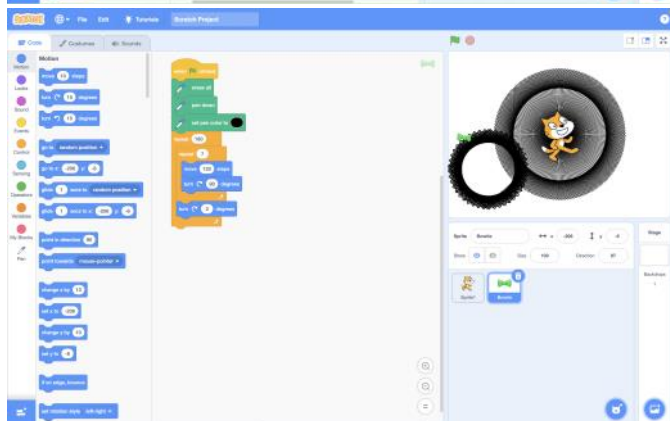
转至在线课程之后，K3学生继续研究学习

Scratch和Kitten4，创建他们自己的程序和项目。

最近的挑战是有关于使用嵌套循环(循环中的循环)，在屏幕上绘制有趣的几何图案和设计。该程序

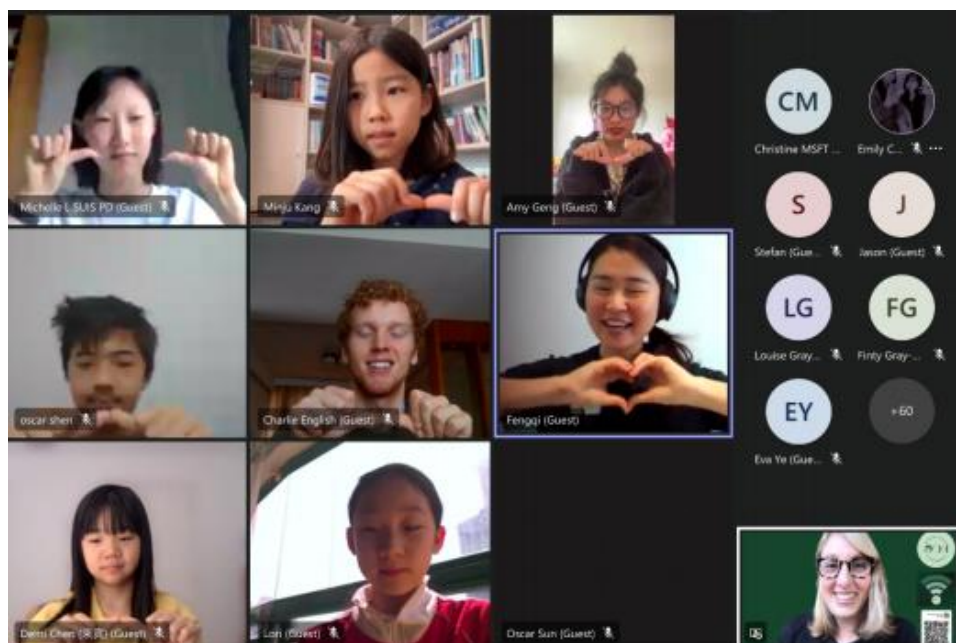


可计算出每个彩色线条和子画面的数学坐标，并根据学生设计的特定规则将它们绘制出来。这次挑战是一次很好的锻炼机会，培养他们分析、解决问题能力及创造力。



最后，信息科学与技术（ICT）组老师再次提醒学生和家长：在线课程期间，健康使用计算机至关重要，学生应适时远离屏幕，保持良好的坐姿，计算机设备应保持与视线持平的位置，经常走动和伸展双腿。线上线下都要注意用眼健康！

2022 “环保勇士”峰会

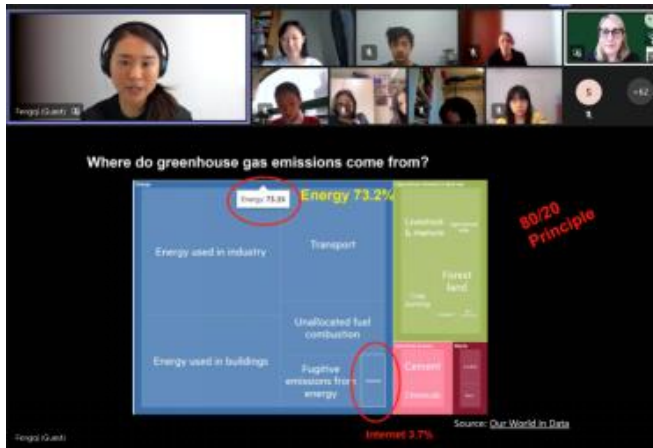


4月16日星期六，年度“环保勇士峰会”顺利在线召开。因疫情影响，历年现场召开的“环保勇士峰会”，今年转至线上举行。

“环保勇士峰会”的主旨是让年轻人了解气候变化以及有关可持续发展的环保知识。在历年会议中，环保勇士们，从不同视角，以不同的方式，在校内外积极倡导可持续性发展的环保行动。

今年大会的主题是“互联网的碳足迹”。这一主题与当下学生的生活相当吻合，所有参与的学生现在正居家参加在线课程。在会议期间，他们听取了一系列中国前沿技术专家的意见。

首先，第一位发言人是来自微软中国的Fengqi Zhang，她是微软GCR可持续发展组的负责人，也是微软中国可持续发展组的联合创始人，该组旨在组织和联络环保人士，共同关注环境变化，并利用技术解决气候变化等紧迫问题。Fengqi Zhang在不同国家生活和工作了9年，其中5年在智利，她目睹了由于气候变暖导致的南极洲冰川下降，也正是这一经历使她积极投入到这项工作中去。在演讲中，她讲述了互联网使用对全球排放的影响，并讨论了微软致力于改善这一问题的方式，主要是通过气候创新基金为各类项目提供资金资助。



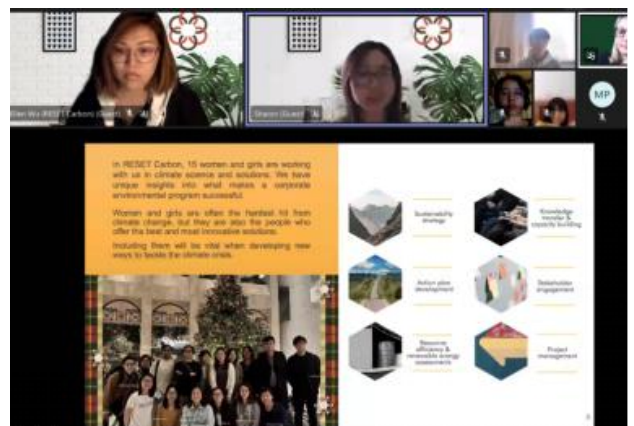
王亦非-G9: “我们的日常生活对环境产生了影响，了解这些让我感到高兴。我打算每天减少2小时的上网时间。”

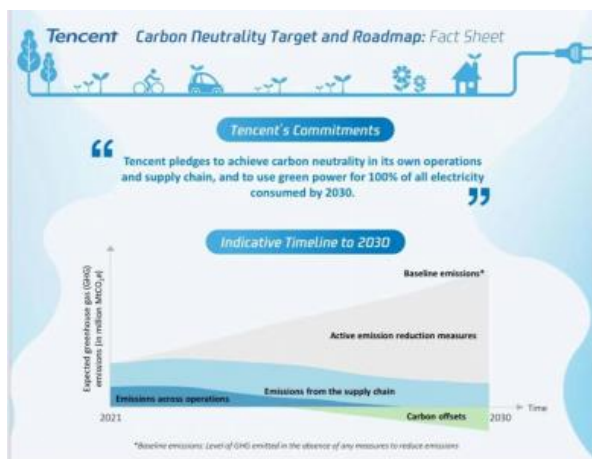
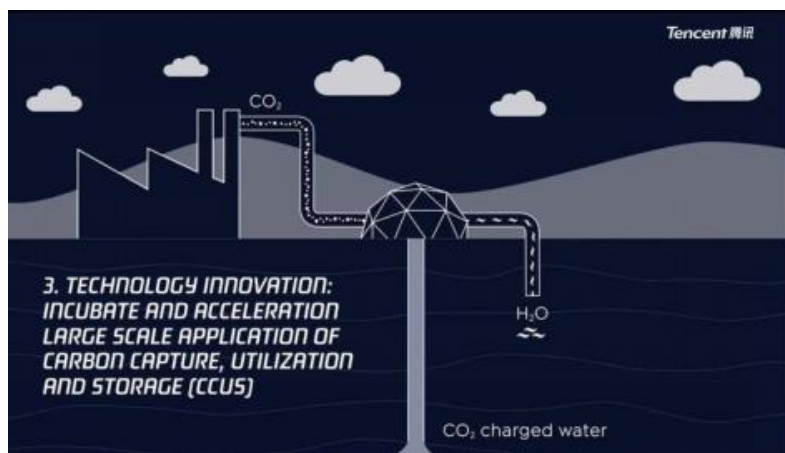
紧接着，学生们听取了Gams创始人Stefan Berder的意见与建议。Gams是一家关注环境监测和建筑可持续发展的初创公司。在发言中，Stefan Berder概述了“云”和数据中心的特点，向我们介绍了所面临的挑战和机遇，比如废热的再利用。



罗澜 - G6: “我很高兴了解到科技行业发展的速度，以及我们之前没有意识到的一些非常严重的问题。我还了解到冷却服务器时需要大量的二氧化碳和水。”

然后，由RESETcarbon公司总经理Ellen吴和高级工程师 Sharon孙主持会议，讨论了性别平等在科技创新领域对气候变化的影响。





另外，Dai Qing 也给出了她宝贵的意见与建议，Dai Qing是腾讯北京碳中和实验室高级项目主任。同时，她还服务于腾讯新成立的可持续社会价值组织。Dai Qing曾任英国驻华大使馆气候与环境政策顾问。在她的发言中，她概述了可持续发展的目标、在这一领域已经取得的巨大进展以及长期目标。

刘一萱 - G7: “了解到我们经常使用的网站为减少碳排放所做出的努力，我真的很高兴。”

最后，Max Song (SAS浦西校区第10届毕业生)做了演讲。Max Song是气候变化初创公司Carbonbase的创始人兼首席执行官，擅长数据科学、IoT和区块链技术。他们正与几家公司一起探索可持续的商业模式。让学生们很震惊的是，Metaverse和NFTs具有如此巨大社会影响力。

叶映彤 - G9: “我了解到Metaverse和NFT项目是如何激发减少碳排放需求(PPT设计也可以优化能源效率!)。这些致力于创造可持续解决方案的科技公司的产品，我将尝试使用。同时我也将减少使用电子设备。我还想学习和做更多的研究，这样我就可以向更多的人传递有用的信息，帮助解决我们生活中面临的环保问题。”

五一劳动节

今年我们度过了一个特别的“五一劳动节”假期，非常高兴看到学生们在假期期间展现出的责任及自信，用自己的所长帮助别人。在这个特殊且充满挑战的时刻，学生成为优秀的“社区”小帮手，让我们感到非常自豪，谢谢你们！

另外，让我和老师们一直引以为豪的还有，学生们一贯认真的学习态度。感谢家长——感谢你们在这段特殊时期给予的大力支持。



I'll paint you a rainbow to hang on the wall,
To brighten your heart when the gray shadows fall.





美国学术五项全能

祝贺由G6B 瞿子轩、翁之羽、张镇宇、袁嘉泽、潘奕帆和 6A米熠笛组成队伍，代表协和浦东校区，在2022年美国学术五项中国赛中取得佳绩。本次赛事历时五个月，于上周末圆满结束。

在学校和家长的大力支持下,参赛团队成员通力合作,战果累累。例如：获得“学术黑客马拉松最佳海报团队”奖第二名,“学术黑客马拉松最佳演讲团队”奖第四名,及“超级问答团队”奖第五名。

瞿子轩，作为协和浦东代表团队长，应主办方的邀请在闭幕式上发言。参赛学生们的出色表现令我们自豪，他们充分展现出了合作、卓越、坚韧、好奇及具有社区意识等品质。

以下是瞿子轩在比赛闭幕式上的部分发言：

“如果团队中有人对自己的分工感到不满意，不要惊慌，这很正常。试着去说服他们，或者如果有人能调换，也可以调整分工。这就是我们团队的运作方式。

当我们开始决定主题时，大家都有不同的想法。我也有自己想选的主题!当大家意见无法统一时，问题便出现了。考虑到如果在确认主题这件事上花太多的时间，可能会影响我们后面的进程，最后,我们同意投票决定。最终，选择了‘水污染’这一主题。我们的团队共六人，四人投票选‘水污染’，两人投票选‘生态系统’。很感谢团队成员的配合，少数服从多数地，一致同意选择“水污染”主题。最终，就是它了。”



Team Achievements

Scope	Name	Description
National	National Overall Team Award	In each grade category, the top 10 teams in team overall score receive the rankings and awards respectively.
	TOP Rookie Team Award	(Only for schools that first attend USAP) In each grade category, the top 30% of rookie teams in team overall score receive the awards.
	Super Quiz Team Award	In each grade category, the top 10 teams in Super Quiz team score receive the rankings and awards respectively.
	Academic Hackathon Best Poster Team Award	In each grade category, the top 10 teams in the work design of Academic Hackathon receive the rankings and awards respectively.
	Academic Hackathon Best Presentation Team Award	In each grade category, the top 10 teams in the team presentation of Academic Hackathon receive the rankings and awards respectively.
	Academic Hackathon People's Choice Award	All the USAP participants can vote for the works from the Academic Hackathon, and the most popular 10 teams receive the awards.
Regional	Regional Overall Team Award	(Only for teams without National Overall Team Award) In each region, in each grade category, the top 30% of teams in the team overall score receive First, Second, and Third Prize respectively.

Notice:

- Individuals and teams with same score receive same rankings and awards.
- The prizes and certifications for different awards are different. The prizes include: trophies, medals, badges, electric certificates, etc.
- The organizing committee reserves all the right of final interpretation of USAP China awards.

Water Pollution

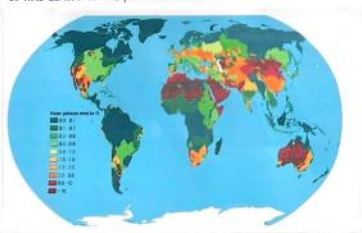
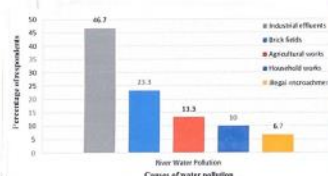
How serious is water pollution?

Analysis and Graphs

Introduction

Between 1950 and 2000, the scale of groundwater pollution doubled. By 2000, over 280 billion tons of groundwater was being polluted annually (the same as 280 square kilometers of 1000 tons a second). Unless water and sanitation are responsible for more lives over the past century, then any other cause. Dirty water causes the death of a human being every 10 seconds and 800 million people don't have access to clean drinking water. Our groundwater is being polluted with various pesticides and chemicals. In an average US city, top water contains over 500 different chemicals. So, what is water pollution? Water pollution is defined as the presence in groundwater of toxic chemicals and biological agents that exceed what is naturally found in the water and may pose a threat to human health and/or the environment. Water pollution occurs when harmful substances—often chemicals or microorganisms—contaminate a stream, river, lake, ocean, aquifer, or other body of water, degrading water quality and rendering it toxic to humans or the environment.

So how serious is the pollution of water?



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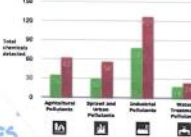
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The total amount of clean water available for direct use only accounts for less than a sixth of the total amount of water on Earth. Then, only 3 billion people drinking polluted water without treatment. Every year, 1 million people get sick because of the pollution of water is more than the ones who dies from wars and violence. Let's see how water pollution affects human life.

With drinking water and food, various elements in the water enter all parts of the human body through the digestive tract. When the water lacks some elements necessary for human life processes, it will affect human health. For example, iodine deficiency in water in some areas and long-term drinking of the water will lead to endemic goiter. The water pollution enriched the poisonous elements in the water which is then drunk by human and spread the poisonous elements into human's body.

Not only human beings would be affected, the animals and organisms would also be affected. Similar to human, the poisonous elements in water also spread to animals and organisms who consumed the polluted water. These organisms may also go into the mouths of humans, which then affects the health of human beings. Some harmful organisms may also die because of water pollution. The water pollution also affects the agriculture of nature. These polluted water that is used to water crops may contain the crops and ruin the agriculture. These polluted water that is absorbed by crops harm the health of the crops. Over the years, the quality of China's water resources has been declining and the water environment has been deteriorating. Water shortages and accidents caused by pollution have occurred continuously, which not only played a negative impact on agricultural production or even lost crops, but also caused adverse social impact and greater economic losses, seriously threatened the sustainable development of society and the survival of mankind.

Figure 6: Where drinking water contaminants come from



According to the above points, we may evaluate our main and initial question: How serious is water pollution and how does it affect mankind and humanity? After careful and in-depth concluding debating and comparing, our team had concluded that the continuing pollution of water resources is and will be a severe issue that would most certainly affect the world and become an increasing problem over the continuation and loss of time. This enormous problem will affect both the Homo Sapiens and every living object on the face of the Earth, and should not be ignored and tossed away as all creatures and human civilization depend on water resources. From realistic aspects, there is only a minute 1% of the remaining amount of water on Earth that will still be available and can be used for us to drink after complex purification. If any living object drank or used the contaminated water, the water will be passed down the food web and finally into the mouths of us. But then, one may ask themselves, what has caused all this to happen? We can see from the organization UNEP, agricultural industries contribute and contribute the most to the pollution of water in order to avoid pests by a noticeable amount, these pesticides become poisons that flow into the sea and water, thereby putting it use as drinking water. Humans should also try to reduce the contamination of water as it would have a lasting impact on the environment and on Earth's ecosystem and ourselves. It is crucial for us to change the path of the river and to be better off. Let's not let the goal of humanity capturing the world into a better world for survival, including animals, plants, and more importantly us, humans!

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Team Achievements	
National Overall Team Award	Ninth Place
TOP Rookie Team Award	✓
Super Quiz Team Award	Fifth Place
Academic Hackathon Best Poster Team Award	Second Place
Academic Hackathon Best Presentation Team Award	Fourth Place

Grade 6		
Team ID	School	Ranking
123	Shanghai Foreign Language School Affiliated to SISU	First Place
150	Shanghai United International School Pudong Campus	Second Place
244	Wuhan United Team-1	Third Place
041	Beijing International Bilingual Academy	Fourth Place
134	Shanghai SMIC Private School	Fifth Place
159	Shanghai United Team-9	Sixth Place
146	Shanghai Starriver Bilingual School	Seventh Place
200	The High School Affiliated to Renmin University of China	Seventh Place
097	Malvern College Chengdu (Primary)	Eighth Place
049	Beijing World Youth Academy	Ninth Place
114	Shanghai East Foreign Language School Affiliated To SISU	Tenth Place

Academic Hackathon Best Poster

Grade 6		
Team ID	School/Student Name	Ranking
198	The High School Affiliated to Renmin University of China	First Place
146	Shanghai Starriver Bilingual School	Second Place
123	Shanghai Foreign Language School Affiliated to SISU	Third Place
013	BASIS INTERNATIONAL SCHOOL Guangzhou	Fourth Place
150	Shanghai United International School Pudong Campus	Fifth Place
112	Shanghai Baoshan World Foreign Language School	Sixth Place
111	Shanghai Baoshan World Foreign Language School	Seventh Place
016	BASIS International School Hangzhou	Seventh Place
200	The High School Affiliated to Renmin University of China	Eighth Place
133	Shanghai SMIC Private School	Ninth Place
145	Shanghai Starriver Bilingual School	Ninth Place
021	Beijing Chaoyang KaiWen Academy	Tenth Place

Super Quiz Team Reward

Team ID	School	Ranking
145	Shanghai Starriver Bilingual School	First Place
149	Shanghai Starriver Bilingual School	Second Place
013	BASIS INTERNATIONAL SCHOOL Guangzhou	Third Place
146	Shanghai Starriver Bilingual School	Fourth Place
198	The High School Affiliated to Renmin University of China	Fifth Place
016	BASIS International School Hangzhou	Sixth Place
154	Shanghai United Team-2	Seventh Place
123	Shanghai Foreign Language School Affiliated to SISU	Eighth Place
150	Shanghai United International School Pudong Campus	Ninth Place
041	Beijing International Bilingual Academy	Tenth Place

National Overall Team Reward

Grade 6		
Team ID	School	Ranking
123	Shanghai Foreign Language School Affiliated to SISU	First Place
146	Shanghai Starriver Bilingual School	Second Place
024	Beijing City International School (BCIS)	Third Place
150	Shanghai United International School Pudong Campus	Fourth Place
149	Shanghai Starriver Bilingual School	Fifth Place
113	Shanghai East Foreign Language School Affiliated To SISU	Sixth Place
159	Shanghai United Team-9	Seventh Place
021	Beijing Chaoyang KaiWen Academy	Eighth Place
244	Wuhan United Team-1	Ninth Place
140	Shanghai Soong Ching Ling School International Division	Tenth Place

Academic Hackathon Best Presentation

宅家焦虑怎么破？

从容应对不慌张

同学们居家生活、学习已经持续两个月，目前还在继续。日常的节奏的打破，以及对控制感的缺失，会引发压力，对人们的注意力、情绪和整体幸福感产生负面影响。



压力和焦虑通常被认为是我们遇到的最不受欢迎的情绪状态之一，然而，认识和理解它在我们日常生活中所扮演的角色，对于健康至关重要。

理解压力和焦虑

焦虑是一种情绪状态，它可以影响我们的身体去采取积极的行动，也可以让我们处于完全绝望的状态。我们的性格、成长经历或当下的生活状况会影响我们对这些情绪的反应。



每个人在生活中的某个时刻都会经历某种程度的焦虑，无论是在观众面前讲话、思考他人对我们的看法，还是排队做核酸检测。这些情绪是我们人性的一部分，是我们作为一个物种天生具有的。我们通常将焦虑与精神状态的变化联系起来，这种变化可以表现为一种担心的情绪，以及心率和肾上腺素的增加。**焦虑是一种正常的人类反应**，它提醒我们潜在的危险或我们应该担心的事情，让我们的身体为行动做好准备。

5月份以来上海的疫情控制出现了好转的迹象，但居家不出的状态仍要持续一段时间。对学生来说，在线学习和不能出门仍然是很大的挑战和压力源。

在线学习。在线学习的过程中，同学们面临着网络不稳定，学习效率受影响，和老师及同学的互动感变弱，屏幕时间长等情况，会导致迷茫、沮丧和无助感。



居家不能出门。长期在室内空间不能外出，环境单一，能接触的外界刺激减少，运动受限，会让个体产生无名的烦躁感和沮丧，以及无法处理的孤独、悲伤、控制感和自由的缺失。



让我们一起来从容应对！

放松身体。焦虑的时候人的身体会变得紧张，放松身体有助于焦虑情绪的缓解。保持缓慢稳定的呼吸节奏，闭上眼睛，把注意力放在身体感到紧张的部位，在一吸一呼中感受其慢慢放松，直到全身都放松下来。

放松精神。通过冥想的方式，消除内心的焦虑感。保持缓慢稳定的呼吸，想象自己处于一个安全、温暖、舒适、平静的环境中，保持几分钟让自己的内心充分得到放松。

改变思维方式。停止对当下受限的外界环境感到不满，而是发现当下环境中可以利用的积极资源，并充分利用。不放大环境限制产生的消极影响，而是积极地思考可以做些什么来减少消极影响。对解除封锁之后的生活保持期待。

呵护自己。照顾好自己的身体和情绪。保持规律的生活、学习、饮食、运动、睡眠，并留出娱乐放松的时间。情绪难过的时候及时寻求家人的支持。

如果你深受压力和焦虑困扰，可以寻求校内外的心理支持的资源来获得支持。学校已随时做好准备。

以下是上海的一些心理支持的资源。

Community Centre Shanghai (CCS) 连接、支持和赋能上海的国际化社群。众心目前在为社群中需要帮助的人提供1小时免费辅导或咨询课程。



Code for Counseling session



Code for Coaching session



诚挚祝愿！

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