

# SCIS-Hongqiao Upper School Daily Bulletin

Semester 2

Friday, 10<sup>th</sup> of January, 2020

The mission of SCIS is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities.

## Quote of the Day

“Never bend your head. Always hold it high. Look the world straight in the eye.”

– Helen Keller

## General

## Day 5

## Upper School

participate in ACAMIS should be willing to commit to 4-5x per week

- Swimmers should be willing to show SCIS pride and dedication by participating in all of our Shanghai based competitions (usually 1x per month)
- To participate in our try-outs please click the link below to sign up!

<https://forms.gle/px8n6gLrFLZE7VJZ7>

### Please bring:

- Bathing suit (females should wear a one piece suit)
- Cap
- Goggles
- Towel
- Flip-flops to be worn in locker rooms and pool deck
- Water bottle

## ❖ **KIT (Keeping it together) Zone**

**KIT (Keeping it together) Zone** is open to all grade 6 - 8 students!

**When and Where:** Tuesday from 3:15 pm – 4:15 pm in Mr. Gould’s room (A205). Thursday from 3:15 pm – 4:15 pm in Mr. Howey’s room (C326).

**Why:** Get help with your homework, projects, presentations, writing and reading skills, organizing your folders and papers.

## Lost & Found

“Lost and Found” is located at the basement of Bldg. A, unclaimed items will be donated to charity every month.

- ❖ Here is an Airpod, if anyone lost it, please claim it from Ms. Tina. Thanks!



- ❖ Here is a black down jacket which left in Mr. Read’s classroom before the holiday. If anyone lost it, please claim it from Ms. Tina. Thanks!

## ❖ Swim Team Try-Outs

**Date:** Tuesday 14<sup>th</sup> January 2020,

3:15PM – 4:30PM

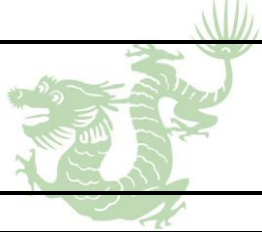
**Location:** SCIS Aquatics Centre

**On the day:** Check in at our spectators area of our pool after school dismissal

**Introduction:** Try-outs are for our competitive program, please see prerequisites below

### Prerequisites:

- Swimmers should be able to swim 3 of the 4 competitive strokes over 50m with legal competitive form throughout
- Swimmers should be able to perform a shallow dive from the deck or blocks
- Swimmers should be willing to commit to 2-3x per week, swimmers selected to



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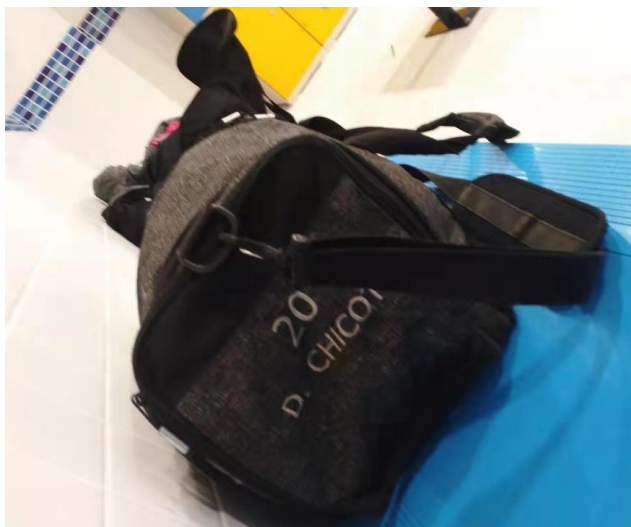
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❖ G9 student Diego CHICOT VINA has lost his bag before the holiday. If anyone found it, please return it to Ms. Tina. Please see the following picture. Thanks!



❖ Here are 1 wallet found in one classroom, if anyone lost it, please claim it from Ms. Tina on the 2<sup>nd</sup> floor. Thanks!

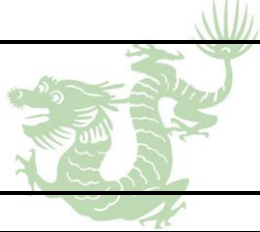


❖ Here is a key found in the Gym by Mr. Covers, if anyone lost it, please claim it from Ms. Tina. Thanks!



❖ Here is a bracelet found in the upper school gym, if anyone lost it, please claim it from Ms. Tina. Thanks!





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## Cafeteria Menu

<b>FRIDAY</b>
<b>JANUARY 10</b>
Mediterranean Chicken
Baked Macaroni with Cheese
G, D
Sauteed Mixed Vegetables
Vegetable & Beans Quesadilla
G, D, L
Tuna Salad
E, S
Mediterranean Vegetables
Salad Bar
Milk, Plain Yogurt, Apple Juice, Orange Juice, Grape Juice
Seasonal Fruits & Dessert