

# SCIS-Hongqiao Upper School Daily Bulletin

Semester 2

Tuesday, 7<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

“Some people look for a beautiful place, others make a place beautiful.”

- Inayat Khan

## General

## Day 2

## Upper School

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

❖ First rehearsal of the spring semester is Thursday, Jan 9 at 3:15pm in B501. We will start music to perform for Heart to Heart in March! Lots of fun music and a relaxed atmosphere! All are welcome!

If you have questions, ask Mr. Miller (bmiller@scis-china.org).



❖ Grade 6-8 CISSA Floor Hockey team:  
No Games today, Tuesday, January 7, 2020.  
Practice on Friday January 10th at 3:15pm in USG.

Grade 9-12 Cheerleading Squad:  
Game today in USG at 4:00pm.  
Practice on Thursday at 6:30 am in USG.

Grade 9-12 SISAC Basketball:

D1 Boys Game today in USG- game starts at 4:00pm  
D2 Boys Game today in LSG- game starts at 4:00pm

Wednesday January 8th:  
D1 Boys Practice in USG 4:30pm.

Thursday January 9th:

D2 Boys Basketball Practice -USG 3:15-5:00pm

### ❖ Swim Team Try-Outs

**Date:** Tuesday 14<sup>th</sup> January 2020,  
3:15PM – 4:30PM

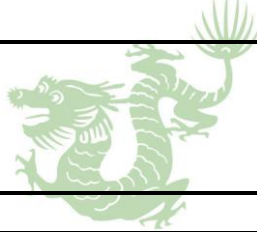
**Location:** SCIS Aquatics Centre

**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 participate in



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D1/2 Girls Basketball Practice-LSG 3:15-5:00pm

Grade 9-12 D1 Boys Basketball Game @ SAS Puxi (APAC Team) -Bus leaves SCIS at 2:40pm, students out of class at 2:30pm

Friday	January	10th:
D2 Boys Practice	LSG 3:15pm	
D1/2 Girls Practice	USG 4:30pm	

Saturday January 11th:

All D1 and D2 teams will be playing in the SISAC tournament. Locations and times for tournaments will be updated throughout the week and your coaches will provide those details on Thursday.

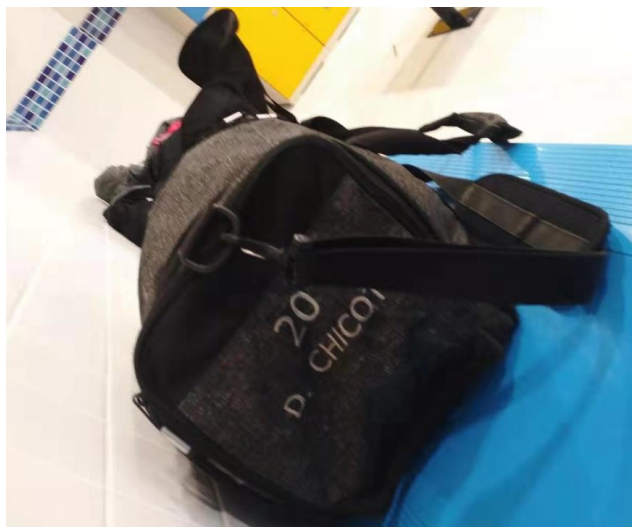
Grade 6-8 students if you are interested in playing CISSA Volleyball or being on the cheer squad please sign-up using the ASA link. Messages on how to do that are on ManageBac!

Grade 9-12 if you are interested in playing SISAC Soccer please sign-up using the ASA link. Messages on how to do that are on ManageBac!

### Lost & Found

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

- ❖ 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!

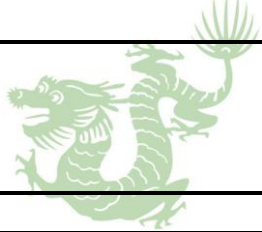


- ❖ Here is a key found in the Gym by Mr. Covers, if anyone lost it, please claim it from Ms. Tina. Thanks!



- ❖ 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>TUESDAY</b>
<b>JANUARY 7</b>
Beef Bolognese
G, D
Spaghetti with Olive Oil
G
Sauteed Broccoli & Carrot
Corn Fritters
G, L
Egg Salad
E
Chickpea Bolognese
G, L
Salad Bar
Milk, Fruit Yogurt, Apple Juice, Orange Juice, Grape Juice
Seasonal Fruits & Dessert