

# SCIS-Hongqiao Upper School Daily Bulletin

Semester 2

Thursday, 9<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

“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.”

– Jimmy Dean

## General

### Day 4

## Upper School

### ❖ 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 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

### ❖ Dragon Singers – Thursdays, 3:15-4:30, 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](mailto:bmiller@scis-china.org)).**



### ❖ KIT (Keeping it together) Zone

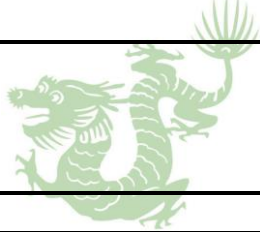
**KIT (Keeping it together) Zone** is open to all grade 6 - 8 students!

**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.

Grade 6-8 CISSA Floor Hockey team:  
Practice on Friday January 10th from 3:15-4:30 pm in USG!

Grade 9-12 SISAC Basketball:



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

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

Grade 9-12 D1 Boys Basketball Game today @ 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 this week.

The grade 6-8 cheer squad will start practices on Monday, January 13 at 4:00pm in C007.

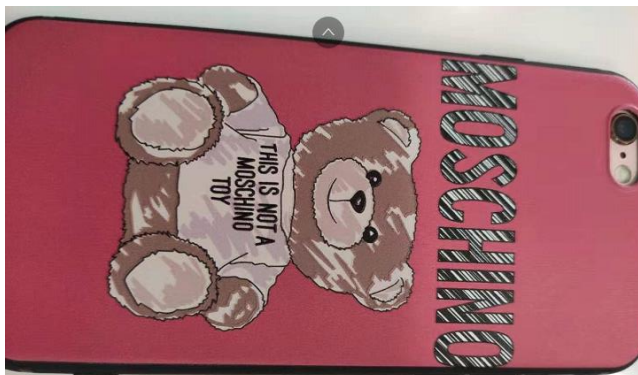
CISSA Volleyball practices for all teams will start on Thursday, January 16 at 3:15pm in the USG.

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.

- ❖ Here is an iPhone with a pink case found on the 3<sup>rd</sup> floor Café. If anyone lost it, please claim it from Ms. Tina. Thanks!



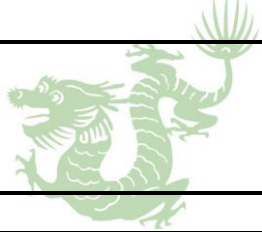
- ❖ Here is an Airpod, if anyone lost it, please claim it from Ms. Tina. Thanks!



- ❖ 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!



- ❖ 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!



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❖ 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!



## Cafeteria Menu

THURSDAY
JANUARY 9
Salmon Teriyaki
S, L
Egg Fried Rice
E
Sauteed Chinese Green Vegetables
Sushi Roll
S, E
Chicken Salad
E
Tofu Teriyaki
S, L
Salad Bar
Milk, Fruit Yogurt, Apple Juice, Orange Juice, Peach Juice
Seasonal Fruits & Dessert