

The Hurston Post

Newsletter Winter 2021 - Issue 7



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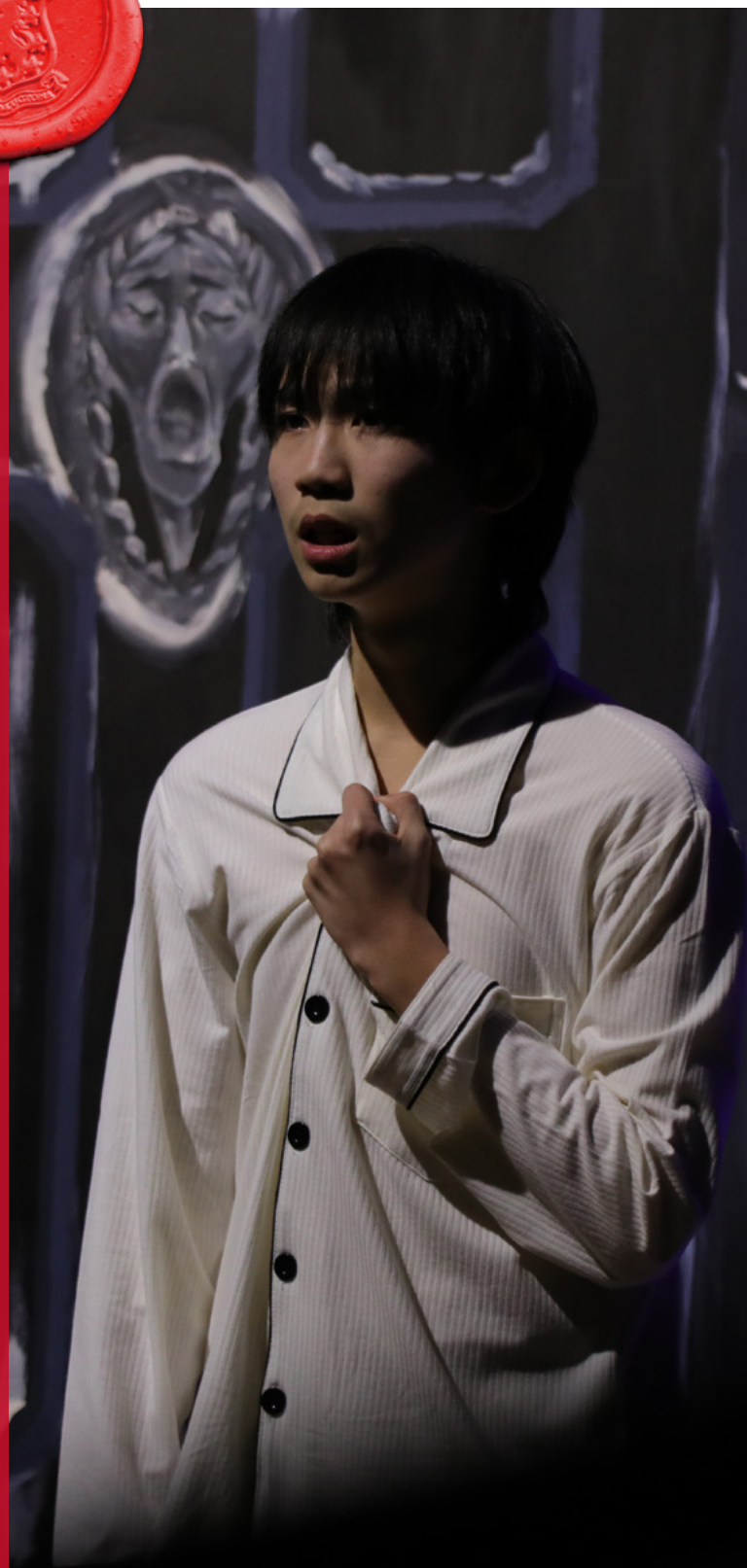
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LUCTON
SCHOOL SHANGHAI

Lucton School Shanghai

90 West Puhong Road, Pudong New Area, Shanghai, China 201324

中国上海市浦东新区浦红西路90号 201324

+86 021 5809 3060

www.luctonshanghai.com

Branding and Culture Department

+86 021 5809 3060 ext. 8020

branding@luctonshanghai.com

From the Headmaster's Desk

一封来自校长的信

As we welcome the year of the Ox, I hope you all had a wonderful Spring Festival vacation and are rested and full of enthusiasm for the year ahead. For humanity in all parts of the world, spring is the season of hope when the dark nights and cold days of winter pass and the sounds and sights of nature renewing and refreshing greet us. It is a time of reinvigoration when we look to the year ahead with optimism, cheerfulness and anticipation. While we remain firmly focused on the present we also look forward to new seasons, sunshine and success.

"Spring is the time of plans and projects." —
Leo Tolstoy

I feel extremely privileged and proud to

be leading Lucton School Shanghai into the new year and to be working with the board of governors and leadership team at the school who are focused on continual improvement. We have great expectations for the school and are looking forward to seeing many of our plans come to fruition. In the new term, we will see the first implementation of our Character Development programme. Based on the best aspects of PSHE, personal, social, health and economic education from the UK, an American Character Development programme and Chinese Moral education. The syllabus is designed to guide and teach students how to be responsible in their interpersonal relationships, how to make wise and positive moral choices for their own wellbeing and the wellbeing of others, as well as to develop an understanding of financial and economic independence and responsibility.

Holistic, whole student development is at the heart of everything we do at the school and we firmly believe in the importance of teaching students the essential morals, values and knowledge which they will need to be healthy and successful adults in an increasingly complex world. We believe that to be successful in further education at university and in adult life, students must develop a sense of personal motivation and understand their own individual aspirations as well as the methods by which they can achieve their personal goals. The Character Development programme is one part of the way that



we foster a spirit of determination and dedication to academic and holistic success in our students.

A year's harvest counts on spring; a man's success counts on his diligence.

一年之计在于春，一生之计在于勤

While we make plans for the future of Lucton, we also remain firmly focused on the present and we are determined and single minded in our pursuit of academic success. Summer is the season of examinations and our students and teachers are concentrated on preparing to achieve their best. Driven by personal motivation, unwavering and resolute they will prepare thoroughly and rigorously for their examinations. During the winter we received our first examination results of this academic year, with all of our Year 13 students achieving the maximum grade in their A Level Mandarin courses, this is an amazing achievement and we expect similar successes from all of our students in their summer exams.

Looking forward, as we once again return to school from a period of online learning, a transition which, thanks to the experience of our teachers and students, we were able to make with minimal disruption to learning, we are very happy to be back on campus. All educators agree on one thing: there is nothing more beneficial to a child's learning and wellbeing than being back at school with their teachers, peers and friends and we look forward to an exceptional new term for every Lucton student. I hope you enjoy reading this edition of the Lucton Post, and all of our reflections on the achievements of the term that has just passed.





在我们即将迎来牛年之际，我在这里祝福大家都能度过一个美好的春节假期，并希望你们好好休息，带着满满的热情，迎接新的一年。对于世界各地的人们来说，春天是充满希望的季节，熬过冬季的长夜和严寒，万物更新，大自然以令人耳目一新的景象迎接我们。这正是充满活力的时刻，我们要以乐观、愉悦和期待的心情去展望未来的一年。在我们坚定的专注于当下的同时，我们也期待着新的季节、阳光和成就。

“春天是做计划和安排的时候。”——
列夫托尔斯泰

我非常荣幸并自豪能够带领上海莱克顿学校走向新的一年，与学校的理事会和领导团队一同致力于持续的全面进步。我们对学校的未来充满希望，也期待看到我们的计划都一一实现。

在接下来的新学期里，我们的品格发展项目将正式实施，其课程内容将基于来自英国的PSHE课程（个性、社会、健康与经济），美国的品格发展课程和中国的道德教育课程。教学大纲旨在指导和教导学生如何在人际关系中负责任，如何为自己和他人的福祉做出明智、积极、符合道德的选择，以及培养学生对于经济和财政独立性和责任的理解。

全人教育是我们的教学宗旨，我们坚信教育学生核心的道德观、价值观和知识是非常重要的，这样他们才能在日益更新的世界中，不断成长为一个健康且成功的成年人。我们相信，想要在大学继续深造和成人的生活中取得成功，学生必须培养对自身动力的感知、了解自己的个人抱负和实现个人目标的方法。品格发展项目是我们培养学生对学术和全面发展的决心和不懈追求的方法之一。

一年之计在于春，一生之计在于勤。

当我们规划莱克顿未来的同时，我们也关注当下，一心一意的追求学术上的成功。夏天是考试的季节，我们的学生和老师们都集中精力，准备取得最好的成绩。在个人追求的驱动下，他们将坚定的为考试做好充分且严格的准备。近期，我们收到了本学年第一批考试的成绩，13年级的学生们全部取得了A Level中文科目的最高分，这是一个惊人的成就，我们期待着所有的学生在夏季考试中也能取得傲人的成绩。

不久后，我们会高兴的回到学校，而目前的线上课程，得益于老师和学生们已有的经验，这一转变对学习的影响非常小。所有的教育家都有一个共识：回到校园中和老师、同学、朋友们在一起，是对学生们的学

习、身心健康最有意义的。我们期待着每一个莱克顿学子都能有一个卓越的新学期。我希望你们会喜欢阅读这一期《莱克顿简报》，并对我们刚刚过去的这一学期的成就有所感想。

Mr Clem Parrish

Headmaster

校长



Photo by Mike Cao, Year 12

Academic Life

学术生活

Lucton is a school where our teachers have always gone the extra mile to provide world-class experiences for our students and they continue to do it with painstaking and diligent attention, spirited enthusiasm and genuine concern for the students in their care.

Thanks to the head-start we got in the summer with 4 weeks of summer learning, we began the academic year in August 2020 humble from the realities of the pandemic, grateful for our safe positions in the world, and resilient and tough to take on whatever challenges may come our way.

Our exam results reflected the hard work and grit shown by our teachers and students to deal with unexpected and crucial changes in terms of the cancelled IGCSE and A-Levels, but the fact that our exams were conducted strictly and ethically gave us a conscientious confidence in the centre-assessed grades that were accepted for our students.





Nurturing Values and Excellence

The addition of Ms Zhang's role as Character Development Coordinator has complemented the overall discipline standards of the school on a variety of school areas ranging from uniform to homework and from being organised with time and equipment to punctuality- all features we insist on our students having to prepare for the real world. Ms Zhang helps students to track recurring patterns and work on raising standards. Thanks to Mr Williams, our new PE teacher, Lucton debuted its House System with much fanfare and excitement. The students themselves designed the Houses in a competition and Lucton for all of its future legacies will have its founding House System students imprinted on the every-day functioning of the school. Everyone is divided into the four houses to compete in a variety of fun academic, extra-curricular, sporting and boarding activities throughout the school year, whilst they are motivated by their House teachers to achieve more, participate more, and build more collegiate relationships with juniors and seniors they share the campus with. The introduction of house points for good attitudes and behaviours seems to be a great spur to our students to take pride in themselves and their contributions to self and the community at large.





Academic and Holistic Development

The offers in place for our current Year 13s fill us with great pride in our talented students, who along with our University Guidance team, have worked tirelessly to ensure they are receiving places in prestigious universities of their choice across the world and in a variety of disciplines. Our Year 10s and new joiners have gotten off to a tremendous start, and while they have each had different adjusting periods to Lucton and the standards we expect here, we are pleased with the way they have embraced our ethos and are making it their own. Our tutors play a big role in motivating and encouraging our students to rise above challenges and to improve themselves in ways big and small by reflecting on their actions and being accountable for their choices.

The rest of our year groups continue to make us proud with the Year 12s showing great flair and a sublime strength of character in accepting the mantle of academic rigour that the A-Levels require notwithstanding their other contributions to the school community like the omnipresent School Leadership Team for example, while the Year 11s realise their IGCSEs are fast-approaching and this calls for an adjustment of attitude preparing for the final hurdles, for their postures to straighten and for their senses to stay awakened until the end of the summer where the next few months will be some of the most important ones in their academic life.

We are achieving greatness on a daily basis through our dedicated USAD team which is a prestigious annual event for us, through awards in national and international English, math and science competitions, through our slow but substantial reading attainment thanks to our school reading program, through our regular baseline and academic tests tracking progress and achievement in a scientific and data-driven and the weekly assemblies where every single student has taken to the stage for some sort of performance, and myriad and countless other examples of success, of growth and of excellence. 2020 was not a year anyone dreamed of, but together in our small community, we have achieved big things and we are thankful to each and every stakeholder for their participation and perseverance in making this year successful for us. I wish you a prosperous new year planting new seeds for growth and expansion, nourishing older ties and looking ahead with fortitude and vigour.



莱克顿是一所怎样的学校呢？这里的老师一直不遗余力的为学生们提供世界一流的教学体验，他们坚持将艰苦而勤奋的专注、精神饱满的热情以及真挚的关心倾注在他们关注的学生身上。

得益于暑假期间四周的预习工作，我们有条不紊地在2020年8月开启了崭新的一学期。面对疫情的现实，我们保持谦卑谨慎，感恩国家所处的安全局势，坚韧顽强

的时刻准备迎接一切有可能出现的挑战。

即使IGCSE和A Level考试临时取消，而我们的师生在此不可预期的重大变化下，依旧展现了非凡的努力和毅力。在疫情政策下，我们严格、标准地对待此次考试形式的运作和最终取得的成绩，让我们对此次评估形式产生了信心，学生们也能够接受这些成绩。



培养价值和卓越

本学期得益于张女士以品格发展主管的角色加入，加强了学校在从制服到作业，从时间和设备安排到守时等各个方面的整体纪律标准——我们坚持让学生为将来的独立生活做好准备。张女士会帮助学生追踪重复发生的问题，并逐渐提高标准。

感谢我们新任的体育老师兼学院协调员Williams先生，本学期学校正式且高兴地推出了学院制系统。通过比赛的形式，学生们自己提出创意，构思了四所学院，这些学院制的创始学生也将从此传递莱克顿的学院精神，并将其烙印在学校的日常生活中。学生们被分配进四个不同的学院，在一整个学年中参加各种有趣的学术、拓展、运动和寄宿活动。同时，他们会在学院老师的激励下，争取更多的成就，参与更多的活动，并且让低年级和高年级的同学们建立良好的人际关系。同时，采用积分制为学生们好的态度和举止计分，这似乎对我们的学生们是一个极大的激励，让他们为自己和为团队做出的贡献而感到自豪。

学术与全人发展

当前的13年级取得的录取通知书，让我们对这些才华横溢的孩子们感到非常自豪。他们与我们的升学指导团队一起，不懈地努力，以确保他们能获得自己所选择的世界著名大学的专业录取名额。

我们的10年级学生和秋季新生们已经有了一个良好的开端，尽管他们每个人都有不同的调整期，以适应莱克顿并达到在莱克顿我们期望的标准。但我们很高兴他们欣然接纳了我们的学校精神，并将其充分吸收。我们的导师一直积极地激励和鼓励他们，教会他们克服挑战，并从大小各方面提升自己，同时为自己的选择负责。

其他年级的表现也让我们十分骄傲，12年级的同学们展现出了出色的天赋和崇高的品格力量，他



们一直在为学校做出各种贡献,例如:无处不在的学生会团队,与此同时,他们仍能接受A Level学术课程的严格要求。11年级的学生们已经意识到他们的IGCSE考试即将到来,这需要他们调整学习状态,为最后的难关做好准备,保持端正的姿态和清醒的意识,直到夏季结束,未来几个月将是他们学术生涯最重要的几个月。

我们每一天都在取得成就,这得益于学校方方面面的活动开展。USAD是一项享有盛誉的年度活动,我们的USAD团队一直不遗余力为最后的胜利努力着;各年级的学生通过参与国内及国际范围的英语、数学、科学竞赛而屡次获奖;学生们在校园阅读项目中不紧不慢却不断持

续地收获;各年级学生在学校定期的学术测试中获得了系统性的提高;在每周周晨会上,学生们在台上各式各样的出色表现;还有其他无数的关于成功、成长的例子。

2020年不是如梦般完美的一年,但是在我们这个小社区里,已经取得了很大的成就,我们感谢每一个人的参与和坚持。祝你们在新的一年里,繁荣昌盛,播下新的种子,发展壮大,秉承传统,展望未来。

Ms Sarah Ezdani
Assistant Head - Teaching and Learning
教学助理校长

Warm Christmas

温暖圣诞节

With the arrival of winter, it is not hard to see that students have big smiles on their face, all of which indicate that Christmas is arrived.

随着冬日的来临, 所有人脸上洋溢的笑容无不暗示着, 圣诞节, 到了。





Christmas lunch have been well prepared in the school canteen, including grilled lamb chops, spaghetti, prawns in tomato sauce, steak with black pepper, vegetable salad and so on. Lucton Christmas kicked off from the Christmas lunch. The very first thing that should highlighted is our Christmas drama, A Christmas Carol, which was prepared by our students for four months. Let's see how our students performed the classical story by Dickens.

For the past four months, from the front to the backstage, including the script, actors, props, costumes, everything was carefully prepared. These students have made incredible efforts with full support from school and teachers. In this special year of 2020, many daily activities have

become extravagant, but unfortunately, parents could not come to school. Despite all this, it is the growing courage of the Luctonians that shows up against all odds. This completely self-made drama, which students can only practice in their spare time, also takes up a lot of rest days, and they rehearsed until midnight several times just until the day before the showcase. The young actors not only have to recite a large number of lines, but also to experience the emotions of the characters, with expressions, actions, and cooperate with each other to achieve a perfect performance.

As the Director of Lucton Luvvies, Mr Warburton, our Drama Teacher, worked with the students to polish the script for four months, passing on his

love for drama to the students. Everything from the tone of one word to the layout of the whole stage was the effort of his careful guidance. Mr Beardsley, the Art and Design Teacher, led the students to draw a huge background board for A Christmas Carol to allow the stage more vivid. Ms Clarke, the Design and Technology Teacher, provided props and costumes for the cast and staff backstage. Ms Renee, the Music Teacher, is in charge of the music part, while Ms Louise, the Admissions Officer, is in charge of backstage management and Ms Kirsty is in charge of costume purchases. Of course, there are many other teachers and students who fully support behind the stage.

When the music sounded, the audience was immersed in the drama, feeling the happiness and sorrows of the characters. The lively performances of the actors and actresses have brought the audience to that magical Christmas. The sad Ebenezer Scrooge regretted his actions, his painful roar, accompanied by the dimming of the lights, this is when the plot reached its climax. No wonder why there were thunderous applause in the audience for a long time. Those elegant girls dressed in white dresses, holding candlelight in their hands, who sang carols, could almost heal all the pains. This is how Christmas should look like, be warm and happy. After the Drama, the traditional concert, the Melody of Lucton, was also performed on stage. This year is organized by the Student Leadership Team again. Under their leadership, each class rehearsed a Christmas song in turn. There are elegant choruses, as well as special solo singing, and some classes have also designed a naughty "Christmas tree" to decorate the stage. The singing of Christmas is always full of joy and audiences were moved by these songs, which warmed this winter.

When the last song ended and the night fell, all Luctonians came to the football field together. In front of the Christmas tree, our Headmaster led everyone to count down. When the countdown reached "one", the tree was lit up, and the light bars behind it formed a cascade of lights, shining in the darkness. The red light with logo of "LUCTON" on the tree warmed everyone's heart. Merry Christmas!





LUCTON

A Christmas Carol

By Charles Dickens
Adapted by Christopher Warburton

TIME: 12.16 WEDNESDAY 14:00
VENUE: PIERREPONT THEATRE

DRAMA SHOWCASE

Act One
第一幕

Interval
中场

Act Two
第二幕

Luclon Families wish you all a very merry Christmas and a prosperous new year!

祝大家聖誕快樂，
有紅紫紫只帆的萬年！

A Christmas Carol

聖誕歌

LUCTON

A Word from the Director
來自編導的話

Synopsis
簡短介紹

Crew
製作班

Cast
演員名單






莱克顿的圣诞节是从餐厅拉开了序幕的，烤羊排、肉酱焗面、茄汁大虾、黑椒牛排、蔬菜色拉等等，各色西式、中式美食是餐厅早早预备好的惊喜。

首个登场的重头大戏就是学生们准备了四个月的圣诞戏剧《圣诞颂歌》，这部出自狄更斯笔下的经典作品，莱克顿人会怎样演绎呢？

整整四个月，从剧本到演员，从台前到幕后，从道具到服饰，无不是精心准备的。这其中学生付出了难以想象的努力，也得到了学校、老师们的全力支持。在2020这特殊的一年，许多原本轻而易举的日常活动都变得奢侈，家长们也不能到场观看。尽管如此，困难重重下，显现的是莱克顿人越挫越勇的精神。这部全

自制的戏剧，学生仅能在课余时间完成，还占用了大量的休息日的时间，临近圣诞节前夕，数次排练至深夜。小演员们不仅要背下大段的台词，更要体会角色的情感，配以表情、动作，相互配合，才能达到完美的效果。

戏剧老师Mr Warburton作为本场戏剧导演，在四个月的时间里，与学生们一起打磨剧本，将自身对戏剧的热爱传递给学生们，小到一句台词的语气，大到整个舞台的布置，无不是他悉心指导的成果。艺术与设计老师Mr Beardsley带领学生们为《圣诞颂歌》绘制了巨幅的背景板，使舞台环境更加生动。设计工艺老师Ms Clarke为剧组提供道具和服装，在后台忙碌，细致入微。音乐老师Ms Renee负



负责音乐部分，招生部老师Ms Louise负责后台管理，Ms Kirsty负责戏服采购……当然，还有许多老师、学生们在幕后全力支持，幕布拉开的同时，牵动的是所有莱克顿人的心。

音乐响起，观众专注的看向舞台，感受角色的悲欢、剧情的起伏。演员们生动的演绎已然将观众们带到了那个神奇的圣诞节中。当剧情推向高潮，悲伤的埃比尼泽·斯克鲁奇对自己的行为悔恨不已，他痛苦的嘶吼，伴随着灯光黯淡，观众席里是如雷鸣般的掌声，久久不停。优雅的女孩子们身着白裙，手捧烛光，唱起了颂歌，婉转悠扬的歌声，似乎能将一切伤痛抚平。圣诞节本该如此温暖幸福。

戏剧结束后，莱克顿传统的音乐

会——“莱克顿之声”也登台了。今年依旧由学生会全权负责，在他们的带领下，每一个班级都排练了一首圣诞歌曲，依次上台合唱。有优雅的合唱，还有特别的独唱，有的班级还设计了调皮的“圣诞树”点缀舞台，一首首歌曲直唱到夜幕降临。

最后一首歌曲结束，夜幕降临，莱克顿人默契的一同来到足球场上，圣诞树前，夜色中，大家都在期待着同一件事。校长带领大家倒数：十、九、八、七、六、五、四、三、二、一！圣诞树瞬间点亮，树后的灯条连成“瀑布”，一同闪耀在夜幕下；火红的LUCTON，亮的人心里暖暖的，圣诞节快乐！







CCA

拓展课程集锦

Lucton offers a wide range of CCAs, including music, sports, technology, science, drama and so on. This term has come to an end; we believe the students have gained a lot in CCAs this term.

无论你是热爱艺术还是运动，无论你是痴迷科技还是享受文艺，都能在莱克顿的拓展课程中找到属于自己的一片天地。本学期已到尾声，拓展课程也都圆满结束，经过一学期的课程，学生们在拓展课程中也收获良多。



Jewellery

This term has great fun during the jewellery making CCA. We have been looking at different mediums for creating jewellery and have enjoyed trying different kinds of craft. We began the term by making polymer clay jewellery - this is a type of clay that is shaped while soft and then baked to harden it. This was a great opportunity for the students to get creative as they were able to produce many different shapes and original designs with the clay. We learned how to make multicoloured clay slabs to create marbled effects and overall had a good time exploring the possibilities that polymer clay jewellery brings.

Students also spent the beginning of term learning how to produce earring hooks out of wire. They practiced this with copper wire until they were confident enough to make them out of silver wire. This allowed the students to learn about basic wire bending & cutting techniques as they used different types of pliers to achieve this.

Later in the term we began using the laser cutter together. Students had to think carefully about the shapes and thickness of their designs to make sure that they would function properly after being laser cut out of plywood sheets. Many different necklaces were made which allowed the students to further develop their confidence using different types of pliers. The jewellery that the students produced over this time was particularly creative and beautiful and you could tell that a lot of effort had been put into their work.

We also all had lots of fun when carving pumpkins & making Christmas decorations as special festive one-off CCA lessons.



饰品设计

本学期在饰品制作拓展课上的时光非常有趣。我们一直在寻找制造饰品的不同媒介，并乐于尝试不同种类的工艺。我们从制作聚合物粘土首饰开始——这是一种粘土，在柔软时可以塑型，然后烘烤使其变硬。这是一个让学生们发挥创意的好机会，他们可以用黏土做出许多不同的形状和原创的设计。我们学习了如何制作多色粘土板来创造大理石效果，总体来说，我们度过了很美好的时光，来探索聚合物粘土首饰带来的可能性。

学期初，学生们还学习了如何用金属丝制作耳环钩。他们用铜线来练习，直到他们有足够的信心用银线来做。这让学生能够学习基本的线材弯曲和切割技术，他们可以使用不同类型的钳子来实现这一点。

后来，我们开始一起使用激光切割机。学生们必须仔细考虑他们设计的形状和厚度，以确保它们在被激光从胶合板上切割出来后能够正常工作。我们制作了许多不同的项链，让学生们使用不同类型的钳子进一步增强自信心。学生们在这段时间里制作的饰品特别有创意，而且很漂亮，你可以看出他们在工作上付出了很多努力。

此外，迎合本学期的两个特别节日，我们从雕刻南瓜和制作圣诞装饰品中也获得了很多乐趣。



Ms Lucy Clarke
Design & Technology Teacher
设计工艺老师



Flower Arrangement

Flower arrangement is an important part of the ambience on any occasion, birthdays, parties, festivals or any other events in our daily life. The art of flower arrangement is to enhance the beauty of flowers with artistic arrangement. In this flower arrangement CCA this term, there are about 18 creative girls and boys who love (or are interested in) flowers. They have shown their creativity, imagination and sense of beauty in this class.

At the beginning of the term, the students were given a brief introduction of flower arrangement, including its origin (it's China!), the most popular flowers used and principles of flower arrangement. (As a math teacher, I have to say there is mathematics in it as well). Hence, they have developed a general idea about what they would do and how to do. In the past four months, the students have done eleven work in all with different

themes and different materials, mainly were dried flowers and fresh cut flowers.

The themes for each week's work were always chosen based on the season. In autumn, the students have made flower bouquets in paper bags with dried flowers and bouquets with the main flower fresh chrysanthemum (which are very common in autumn). During the special occasions, like Halloween, the students made flower bouquets with pumpkins (and they carved the pumpkin on their own!). For Christmas, they got a chance to make mini-Christmas trees with lovely decorations. In addition, I kept trying to introduce some unusual lovely flowers to the students so that the course could be attractive and the students could feel the beauty of flowers.



插画艺术

在日常生活中的任何场合：生日、聚会、节日或任何活动，插花都是气氛的重要组成部分。插花艺术是通过艺术的编排来增强花卉的美感。在本学期的插花拓展课中，有18个富有创造力的、喜爱花（或者对花感兴趣）的男生和女生。在这门课上，他们展示了自己的创造力、想象力和审美。

本学期一开始，学生们简单了解了花的知识，包括插花的起源（是在中国哦!），在插花中最常用的花材以及插花的基本原则（作为一名数学老师，我不得不说插花艺术中也有数学的体现）。因此，学生已经对需要做什么和如何做，有了一个大致的想法。在过去的四个月里，学生们一共完成了11件不同主题的作品，用到了不同材料，主要是干花和鲜切花。

每周作品的主题主要是根据季节来选择。在秋天，学生们会用干花制作纸袋花篮，也会用秋天常见的菊科花材为主花制作花束。在特殊的场合，如万圣节，学生们制作南瓜插花（南瓜也是自己雕刻的）。在圣诞节，他们会制作迷你圣诞树。除此之外，我还不断尝试着向学生介绍一些不同寻常的花材，使这门课保持新鲜有趣，也让学生感受到鲜花世界的美。

Ms Yiqing Chen
Maths Teacher
数学老师



Badminton

Last term, I started leading Lucton's badminton CCA with the aim of improving students' fitness, coordination, precision and reflexes; as well as having fun! I hope to eventually get to a place where we have our own competitive team to show off our talent. For now, students have enjoyed competing against their classmates each week in a mixture of singles and doubles games as I coach them. I've also had help with this from the student leader, Oscar Yip - a very talented player who often gives me a challenge on the court!

I have played badminton for many years and offer the students advice on improving their stance, shots and game strategy. As well as coaching their performance, an integral part of this CCA is teaching the value of good sportsmanship, fairness and respect. In the future, when we compete against other schools, I have no doubt our students will demonstrate these good qualities when representing the school.

羽毛球

本学期，我开始带领莱克顿的羽毛球拓展课，旨在提高学生的身体素质、协调性、准确性和反应能力；除了玩得开心，我希望最终我们能拥有自己竞争力的羽毛球队来展示出我们在这项运动上的才能。

目前，在我的指导下，学生们每周都乐于和同学们进行单打和双打的混合比赛。我也得到了学生领队Oscar Yip的帮助，他是一个非常有天赋的球员，经常在球场上给我带来挑战！

我凭借自己打羽毛球多年的经验，为学生们提供提高站位、击球和比赛策略的建议。除了指导他们的表现，这个拓展课的一个组成部分是教导良好的体育精神，公平竞争和尊重对手。在未来，当我们与其他学校竞争的时候，我相信我们的学生将会在代表学校的时候展示出这些优秀品质。

Mr Tom Bailey
Humanities Teacher
人文老师



Sports

体育运动

From the hot summer to the cold winter, we have spent another extraordinary semester together. I am very glad to see that the students have improved from zero to the mastery of a sport, which is inseparable from everyone's efforts.

In terms of elite sports, Equestrian is a compulsory sport for every student in their first term in Lucton. Nearly 70 people have participated in equestrian courses from last autumn, including some outstanding students, such as Linda Zhao, who has been awarded the Equestrian Scholarship. She has won the top three in the dressage competition in Beijing. Mark He, Shelley Yin, Eurus Li, Amelia Qian and Yisa Ye have been training for one or two years and have reached a good level. As for those freshmen who have only been practicing equestrian in Lucton for a semester, they went from needing the coach to hold the reins to riding the horses on their own and performing some simple trots, runs, and so on. Although there are occasional incidents in which students fall from their horses during training, students can overcome their fears and get back on the horse again. At the end of each

semester, new equestrian students face a final exam. If the exam is passed, it marks the end of their required equestrian courses and they will be free to choose other elite sports. Of course, students can also stick with equestrian.

This year is the third year that Lucton students have come into contact with rowing. This is a sport that requires student to pay great attention to teamwork. At present, our school has formed three excellent teams of men's four-person boat, women's four-person boat and mixed eight-person boat. In the 2019 competition, our women's four-man boat has achieved very good results, and have had the opportunity to perform excellently again competing with many other international schools. It is undoubtedly a pity that we can not participate for the competition this year because of the epidemic. In the future, there will be new Luctonians joining the rowing team, carrying our team spirit and maintaining our standards. I believe that under the leadership of the senior students, the Lucton rowing team will continue their excellence.

About 30 students take sailing this semester. Students should not only learn practical skills, but also learn enough theoretical knowledge to compete with nature on the lake or the sea. At present, we already have a mature sailboat team. In November, I planned to take them to Zhoushan for a race, but this has to be cancelled because of the epidemic. From next semester, if it permits, I will take them to more beautiful coastal cities for competition, improving their skills in practice.

Golf has been set up for more than half a year. As a new one added into the elite programme, it has also been loved by many students. Students need to practice for at least 100 balls in each course, and some of them who are strict with themselves were asking to practice more. Students with intermediate skills have the opportunity to enter the green for training. Starting from next semester, students will be ranked and trained. I am happy to see that they do more than hone their skills, but also enjoy the course and have more fun.

In terms of elective sports, nearly 20 sports have been set up for students to choose from, and each student has access to at least 3 or more sports training each semester. What impressed me was that in mid-December, when we have encountered some of the coldest days here in Shanghai, the students still insisted on playing football in my football training class in the weather of minus 9 degrees, showing a good will. Students in taekwondo and karate have also improved to a great extent both in terms

of etiquette and technology since their first contact. Yoga and fitness are always popular in the school. Students who have high motivation do sports not only in class time, but also work out in the school gym every night to improve themselves and develop good habits. The Frisbee is also a good option that many students have never touched before, and they have had a wonderful time this semester with Mr Williams who is super handsome and amiable.

As it is the second year of joining the Shanghai International School Sports Federation, we have participated in many inter-school competitions. We have experienced victories, as well as many setbacks and obstacles, and we believe that both are equally important. Tom Ge, who is in our football team, was competitive and used to show himself and did never pass the ball to other teammates, and became a better team player now. Frank Lin, as the Sports Representative in Student Leadership Team, has developed a decent sense leadership after many basketball games. Lucton girls' basketball team came to me after a big defeat and said they wanted more training and opportunities..... These are what we truly cherish and hope to see. There will be more arranged events for every student to participate in the coming future.

Finally, I would like to take this opportunity to wish you all a happy New year and look forward to seeing you again after the holiday!







从炎炎夏日到三九寒冬，我们又一同度过了非同寻常的一学期。非常高兴能够看到学生们在体育方面的成长，从不会到会，再从会到卓越，这背后都离不开每一个人为此付出的努力。

精英运动方面，马术作为我们每一个莱克顿学生的必修课程，本学期有近70人参加了马术运动。其中不乏一些很优秀的学生，比如拿到我们马术奖学金的Linda Zhao同学，她曾在北京的盛装舞步竞赛中获得过前三名的好成绩。Mark He、Shelley Yin、Eurus Li、Amelia Qian、Yisa Ye这些学生已经经过了一年或者两年的训练，目前已经达到了较高的水平，个别的学生可以跳跃有难度的障碍。至于那些才接触了一个学期的新生们也有很大的进步，从一开始需要教练牵着缰绳行走到现在完全可以靠自己来驾驭马匹进行一些简单的快步、奔跑等动作。尽

管在训练过程中，偶尔也会有学生坠马的事件，学生们仍能克服恐惧，再次上马。在每个学期末的时候，学习马术的新生都要面临一次期末考试，如果能够通过考试，学生就可以结束必修课程，选择其他精英运动项目，当然，他们也可以选择继续学习马术。

今年是莱克顿学子接触赛艇项目的第三个年头了，这是一项非常讲究团队协作的运动，目前我校已经组成了男子4人艇、女子4人艇以及混合8人艇三支优秀的队伍，在19年的比赛中我们的女子4人艇取得过很好的成绩，本学期原本有机会在诸多国际学校之间再次展现他们的实力，却因为疫情的原因无法前往参加比赛，无疑是一种遗憾。未来也会有一批又一批新莱克顿人加入赛艇运动，一次次的新老交替，相信在这些学姐学长的带领下，莱克顿赛艇队也将延续他们的优秀。



本学期有30名左右的学生选修帆船运动，学生们不仅要联系实操技巧，也要学习足够的理论知识，才能在湖面或海面上与大自然抗衡。目前我们已经有了—支成熟的帆船队。去年11月，我曾计划带他们去到舟山参加比赛，也因疫情不得不搁浅。从下个学期开始，在条件允许的情况下，我会带着他们去到更多美丽的沿海城市进行比赛，在实战中总结，提升他们的能力。

高尔夫课程开设至今已经有大半年了，作为学校新增加的精英项目，同样受到了很多学生的喜爱。每节课程，学生们至少需要打出100球，其中一些对自己要求严格的学生会要求加练。有一定基础的学生，有机会进入果岭进行训练。从下个学期开始，将对学生进行排名，做有针对性的训练。我很高兴的看到这些孩子们不仅在课上学习了技能，还真正享受了这项运动。

选修运动方面，目前已经开设近20个体育项目供学生们选择，每个学生每个学期至少都可以接触到3门以上的运动项目。让我印象深刻的是12月中旬，上海遇到本世纪





最为寒冷的几天，零下9度的天气，学生们依旧坚持上我的足球课，表现出了很好的意志力。跆拳道和空手道的学生也在初次接触后，经过这一学期的学习，在礼仪和技术方面有了很大的提升。瑜伽和健身也是我们学校很受欢迎的两个项目，积极性高的学生不仅会在课上认真的学习，每天晚上他们也会自主的前往健身房提升自己，养成了良好的运动习惯。飞盘项目是很多学生原来没有接触过的，这个学期在我们帅气且有亲和力的Mr Williams的带领下，训练传球、进行对抗比赛等等，他们也对这个项目有了更多的兴趣。

今年是加入到上海国际学校体育联盟的第二年，我们参加了多次校际比赛，胜利和失利的同时我们也看到，通过体育竞赛的启发，学生们都有所成长。足球队Tom Ge同学，原本是个好胜心很强、只想着展现自己，不会传球给其他队友的人，现在他成为了一个更懂

得团队意识的队员。学生会成员，体育代表Frank Lin同学，同时也是篮球队的一员，在多次比赛后，已经形成了一种良好的领导意识。再比如，我们的女子篮球队在一场大比分失利后，找到我说想要更多的训练机会等等……这些都是我们希望看到的。未来，体育部也会安排更多的赛事，尽量让每一个学生都能参与其中。

最后借此机会祝大家新年快乐，期待能在新年后再一次见到大家。

Mr Allen Zhang
Head of Sports
体育总监





Boarding Life

寄宿生活

Full boarding life: listening the voices from our boarders.

The reason why I chose Lucton is the idea of a 'second home'. Although the campus is small, the very obvious British atmosphere immediately makes me feel like I am returning to the school back in the UK. As a new intake student, the first day at Lucton, I received a warm welcome from my teachers and they introduced my buddy to me. Everyone cares about each other and helps each other. Life is so beautiful here at Lucton.'

-- Y11 S.H

'I am from outside of Shanghai, unless when the school is on holiday, otherwise I am on site all the time. I am used to talk to the house parent that I trust the most if there are any problems which bother me.'

-- Y10 C.F

"Our teachers are all enlightened mentors. I live in a place full of love. I have never been this grateful that I have the opportunity to live and study with such a group of teachers. They taught me valuable characters like respect and bravery. They taught me to be kind and real people."

- Y12 N.D



Listening to the voice of every student has always been the footing of the work of the Boarding and Pastoral Care Department here at Lucton. It is because Lucton is the second home of the every Luctonian, we value the opinion and needs of each boarder. Every student will inevitably have bumps, gastrointestinal discomfort, oral ulcers, colds and other cacophonies of physical health in life and study, which directly affect their studies and life. In order to ensure the safety and health of our boarders, the School Clinic makes inventory and purchases medical supplies on a monthly basis to adequately reserve medicine for external use and some over-the-counter medications, such as Xiaochaihu granule, 999 Ganmaoling or Banlangen, to relieve colds Symptoms: Yunnan Baiyao spray is used to help students who encounter mild sprains during exercise to relax muscles and muscles, relieve pain and swelling. So that the students' physical discomforts during their school life can be dealt with in time. At the same time, in order for the students to get the response in time to some discomforts that occur during the quiet time at night and after going to bed, the School Clinic has prepared a



small medicine box on each floor of both boarding houses, and all teachers were trained on the specific notice concerning the instructions of medications and registered every time when a student took use medication at night for follow-up treatment and observations.

Listening service is an important part of the Boarding and Pastoral Care Department to support the mental health and character development of every boarder. Since the official launch of the listening service at Lucton in August 2020, we have carried out a series of consulting work and thematic workshops for topics like how to release pressure from academic studies, emotional balance and interpersonal communication as well as self-esteem and confidence building. By the end of January, the listening service has received 78 consultation visits, providing an average of 13 consultation services per month. We also planned and organized a series of workshops on how to identify and cultivate good qualities, how to establish and maintain a good emotional environment, how to know oneself, estimate oneself, and how to build confidence for students in Year 10 and Year 11. As time goes, various psychological tools for listening services are also constantly being prepared. A full set of psychological sandboxes and their tools, Oka, OH cards, and ripple cards are all in place. The reason why we purchase these tools is to utilize these tools to connect the consciousness with the unconscious, so that we can

have a dialogue with the consciousness of our students. Lucton is an all-boarding school, and our boarders are adolescents. Due to the individual differences of each boarder, quite a few students tend to show defensive psychological mechanism. This is a challenge for individual analysis in our listening services. Moreover, the most directly reflected problem among students is the perplexity of peer relationships and communication. In essence, these two problems are actually unconscious confusion for students for most of the time. They don't know the source of their negative emotions or how to solve them. To make unconscious information more complete and comprehensive, the best way is to present it in an intentional form, and then let the students release their unconscious emotions. Psychological sandbox is one of the most comprehensive tools for showing students' consciousness. It is a form of psychoanalysis that can achieve the three purposes: let unconsciousness speak, dialogue with unconsciousness, and let unconsciousness speak between them.

And here at Lucton, we focus very much on providing a comfortable place for our boarders when he or she comes to the listening service. The room is officially named as Xinyu Xiaowu with its representative figure: Martin Seligman. Looking at the entire history of the development of psychology, since the psychology laboratory was founded by Wundt, psychology



has officially separated from philosophy and has become an independent science subject. With the efforts of subsequent generations, from Freud's psychoanalysis to many therapeutic schools of postmodernism, psychology officially broke away from the laboratory and entered the public's vision. It is no longer just about human beings, but also a subject which explains phenomenon in people's daily life.

In the entire development process of psychology, the sources of many precious research materials are cases who come to ask for help. Therefore, most of the methods put forward by psychologists treat the profound proposition of 'what is a person' from the perspective of treatment and improvement, which is also the so-called 'negative psychology'. Under this wave, Martin Seligman (Martin. Seligman) launched a trend of positive psychology in 2000 based on the concept of humanistic thought in the 1960s. The difference from the traditional school for disease or problem solving is that it advocates that happiness is a lifelong goal and pursuit. Everyone has the motivation and nature to pursue happiness.

During Seligman's tenure as president of the American Psychological Association (APA), positive psychology was also widely used. Because of its cultivable and easy-to-operate principles, it has been widely accepted by elementary and middle schools and has become an important part of schools' mental health education. It can be said that the concepts of modern mental health education are derived from the theories in positive psychology.

Therefore, when we choose the representative of Xinyu Xiaowu, we also hope that Seligman's influence in the psychology field can be used here and to make it become a place full of educational significance and can bring positive energy. At the same time, it is also a place where happiness can be found through voice from the bottom of the heart.



全寄宿生活，倾听来自于他们的声音。

“我之所以选择莱克顿，最吸引我的便是‘第二个家’这样的理念。校园虽然不大，浓厚的英式氛围立刻让我感觉回到了我熟悉的英国校园。作为新生来到学校时，会有生活部的老师来迎接我，介绍Buddy给我认识。大家彼此照顾，互相帮助，在莱克顿的生活很美好。”

-- Y11 S.H

“我家在外地，除非学校放假，不然我都一直住在学校。不管在生活上还是学习上，有令我困扰的问题我都会习惯第一时间找我信任的生活老师沟通。”

-- Y10 L.C

“咱们的老师都是开明的导师，我生活在一个充满爱的地方，我没有一天不感恩自己拥有和这样一群老师一起生活学习的机会。他们教会我尊重，教会我勇敢，教会我做一个善良且真实的人。”

-- Y12 N.D

倾听每一个同学的声音一直以来都是生活与学生关爱部工作的立足点，正因为莱克顿是同学们的第二个家，我们重视每一位莱克顿人的声音。

每一位同学在生活及学习中难免会有磕碰、胃肠道不适、口腔溃疡或感冒等身体健康不和谐的小音符，直接影响到他们的学习和生活。校医务室为了保障同学们的安全健康，会以月为单位做物品盘点及采购，以充足储备常用外用药物以及一些非处方类药物，如小柴胡颗粒、999感冒灵或者板蓝根，来缓解感冒的症状；云南白药喷雾用以帮助在运动中遇到轻度扭伤的同学们舒筋活络，解痛消肿。使同学们在校生活期间发生的一些身体上的不适能够得到及时的处理。同时为了让学生们在晚间安静时间以及就寝后发生的一些不适状况能得到第一时间的应对，校医务室为同学们在每层宿舍楼内准备了一个小药箱，并且对全体老师进行了药物具体使用方法的培训并在每次同学们夜间用药后做好登记以备后续跟踪。

倾听服务是生活与学生关爱部支持每一位学生心理健康和性格发展的重要环节。自倾听服务2020年8月正式在莱克顿启动以来，我们在学业压力疏导、情绪疏导、人际沟通和自我肯定及自信建立方面开展了一系列的咨询工作和针对不同年级的主题讲座。截止到1月为止，倾听服务共计接待咨询来访78次，平均每月提供13次咨询服务。而我们也为10年级和11年级的同学组织策划了关于如何辨别和培养良好品质、如何建立和维护良好的情绪环境、如何认识自我，肯定自我和树立信心等系列讲座。随着时间的不断前进，配合倾听服务的各项辅助心理用具也在不断完善，全套心理沙盘及其用具、欧卡、OH卡和连漪卡等用具已全部到位。我们之所以采购这些用具，目的是在于利用心理用具把意识和无意识连接起来，让我们与同学们的意识对话。莱克顿是一所全寄宿制学校，我们的同学们都处于青春期意识旺盛萌发的阶段。由于学生的个体差异性，不小的一部分同学是具有防御心理的。这对于我们的倾听咨询服务中做个体分析是不小的挑战。其二，同学们之间最直接反映出来的问题是同伴关系及同伴相处模式的困扰。就本质而言，这两个问题，其实对于同学们来说，很多的时候都是无意识的困惑，他们不知道自己负性情绪的来源，也不知道如何解决。要想让无意识的信息更加完整全面地呈现出

来，最好的方法就是通过一种意向的形式呈现，然后让同学们把无意识的情绪释放出来。心理沙盘是其中最全面展现同学们意识的一种工具，它是心理分析的一种形式，可以达到让意象说话，与意象对话和让意象之间说话这三个目的。

而我们的倾听服务固定服务的场所也被正式命名为心语小屋，代表人物：塞利格曼。综观整个心理学的发展史，从冯特 (Wundt) 创建的心理学实验室开始，心理学正式脱离了哲学，独立的成为了一门科学。而在后续几代人的努力下，从佛洛伊德 (Freud) 的精神分析到后现代主义的许多治疗学派，心理学正式的从实验室脱离出来，走入了大众的视野之中。不再只单纯是对于人类本身的也就，同时也成为了解释和说明人们日常生活的一门学科。

在整个心理学领域发展的过程之中，因许多珍贵研究资料的来源都是前来求助的个案们。因此，大多数的心理学家所提出的方式大多数都会站在以治疗和改善的角度去看‘人是什么’这样一个深刻命题，也是所谓的‘消极的心理学’。在这股浪潮之下，马丁·塞利格曼 (Martin. Seligman) 根据60年代人本主义思潮的理念，在2000年发起了积极心理学的思潮。与传统针对疾病或者问题解决的学派的不同之处在于，该学派提倡了幸福是人毕生的目标和追求，每个人都有关于追求幸福的动力和天性。

在塞利格曼担任美国心理学会 (APA) 主席的期间，积极心理学的运用也随之广泛。因其具有可培养性和易操作性的原则，广泛的被中小学校所接受，成为了校园的心理健康教育中重要的一环。可以说，近代的心理健康教育的理念，都是源自于积极心理学中的理论。因此，我们在选择心语小屋的代表人物之时，也希望借由塞利格曼在心理学界的影响力，希望这里可以成为一个富有教育意义，并能带来积极能量的地方。同时，也是一个可以透过心语找到幸福的场所。

Ms Shirley Li
Head of Boarding & Pastoral Care
生活与学生关爱总监





Photo by Mike Cao, Year 12

Students Clubs

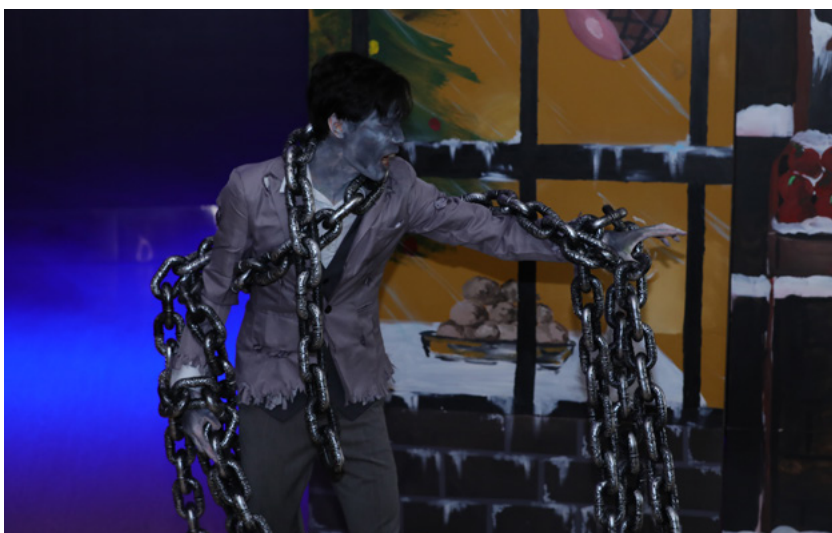
学生社团

In this term, the students set up Animation Club, Billiards Club, Chinese Painting Club, Dance Club, Divination Club, Drama Club, Film Club, Genius Club, Minecraft Animation Club and Music Production Club, all of which are led by Rita Ruan, who is in charge of the Student Clubs. Each club is an activity group organized by students themselves, covering art, sports, culture, science and other fields. They delve into project, create artwork and discuss culture together out of same. Amazing ideas are exchanged and influenced each other in the club activities, which also allow them to harvest friendship which gaining knowledge outside the book.

This term is coming to an end, and all the clubs have made great achievements. The following are some of the feelings shared by Club Leaders.

本学期学生们分别建立了漫画社、台球社、书画社、舞蹈社、占卜社、戏剧社、电影社、天才阅读社、动画制作社、音乐制作社，由学生会社团负责人Rita Ruan同学组织、管理。每个社团都是由学生们自行设计、组织并建立的小型活动的团体，涵盖了艺术、运动、文化、科学等多方面领域，使有着共同兴趣爱好学生们走到了一起。他们一起钻研项目、制作艺术作品、探讨文化……热爱与友谊让校园时光多了一抹色彩，有趣的灵魂在青春里相互碰撞出火花。

本学期即将结束，各个社团也成果斐然，以下是来自部分社团社长的分享。



Lucton Film Club successfully passed its first term. This is a term for the club building the foundation for the future. We aim to cultivate and improve our aesthetic in film and photography, practice shooting and acting techniques. Besides, we accumulated our connotation of artistic works and explored relevant theoretical knowledge as well. This term, club members learned about various camera movement and shot types, such as Long Shot, Over-the-shoulder Shot, Tilt shot, etc. Some members apply what they learnt to daily shooting and take photos of the internet-famous shop, which improves the quality of pictures uploaded on social media. Meanwhile, they make those photos alive.

We appreciate numerous high-quality films with noble ideology and critical thinking as well. While we watched movies, our members analysed the magnificent composition and hue of the Grand Budapest Hotel, admired the emotional characters and meticulous plot of Catch Me If You Can, and carefully interpreted every excellent protean narration and ending of Inside No.9. A successful film's significance is to sow the producer's noble ideas into it and spread them to the audience to make it blossom everywhere. As audiences, our club members are also deeply aware of this and keep it in mind. After watching each film, we always feel relaxed and satisfied.

Our members have also taken a series of pictures in Lucton, and plan to shoot some portraits, campus scenes and other different themes of Lucton in the future.

莱克顿电影社顺利地度过了它的第一个学期，该学期对于本社团来说是为未来铺下基础的一个学期。此学期本社从培养提高社团成员影视、摄影审美，以及实践拍摄、表演等方面为目的，大家共同积攒自身内涵，探讨相关理论知识。

本学期社团成员们通过交流学习，了解到电影分镜的多个运镜拉片方式，例如长镜头、过肩镜头、荷兰角等。一些社员将其构图方式运用到日常拍摄、网红打卡中，使其朋友圈、微博等社交媒体中上传的图片质量上升了纬度，赋予了艺术感。

此外我们在本学期赏析了多部品质上乘、中心思想高尚、结局发人深省的影片。在观影过程中，社员们分析《布达佩斯大饭店》精美巧妙的构图设计和画面色调；感叹《猫鼠游戏》丰满的人物形象，缜密的剧情走向；还细致解读了《九号秘事》里每一个精彩诡变的叙述和结局。一部成功的电影，就在于制作者将自己高尚的思想播种到电影里，并传播给观众使其遍地开花。在作为观众时的社员们也深深清楚这一点，将其牢记在心，观影之后总会不约而同地感受到来自电影世界里的滋养。

在该学期社员们还共同拍摄了多组以莱克顿为中心的照片，并计划未来会拍摄莱克顿人物写真，校园场景等不同主题题材的照片。

Film Club 电影社

Leader 社长: Albert Zhao



Photo by Mike Cao and Albert Zhao, Year 12

Dance Club 舞蹈社



This term, I led our members to actively learn various styles of dance, including hip-hop, K-pop and jazz. I chose hip-pop and jazz basic rhythmic exercises as the auxiliary, so that we can better exercise coordination and sense of music. In order to arouse their interest, I chose the songs and choreographers that are very popular and well-known in recent days. Under my guidance and supervision, all girls had successfully learned three choreographers, and I am very happy to see that my friends have gradually improved and can confidently show yourself. We plan to have a show in the theatre at the end of the term. Next term I will still lead dancers to further study dance. I really want to say thank you very much to all my club members for your support and cooperation in my dance teaching this term.

这学期我带领我们的社团成员积极学习各种风格的舞蹈,包括hip-hop, K-pop和jazz。我选择了hip-pop和jazz的基础律动练习做为辅助,让大家更好的锻炼协调性和乐趣。为了引起大家的兴趣我选取了近年非常流行且有很高知名度的歌曲和编舞。在我的指导和督促下,大家顺利的学习了三支编舞,看到大家逐渐进步并能自信的展现自己我真的非常开心。我们计划在学期末在剧院进行一次展示。下学期我依旧会带领大家进一步学习舞蹈。非常感谢大家这学期对我舞蹈教学的支持和配合。

Dance Club 舞蹈社
Leader 社长: Amelia Qian

This term, our club has been learning different card decks. Every member took an active part in the activities and could use them in divination. I chose two sets of card decks that everyone was interested in and taught them, which is one method created by me and Anna.Kim relation expansion method. Under the guidance of me and my partner Cathy Xie, everyone was able to apply the knowledge we imparted flexibly. In order for members to practice what they have learned, each class will try things that they've learned on each other. On Halloween, we set up a booth in the fair to give divination to students, teachers and parents. The revenue has been great, and the feedback has been very good. This year's results have exceeded my expectations. I hope that our club will continue and that there will be new members joining in the future.

这学期我们社团学习了不同的牌阵，每个社员都很积极的参加并能把牌阵用在占卜上。我选择了两种大家都感兴趣的牌阵传授给他们，分别是自创的万能牌阵和安娜.金关系展开法。在我和副社长Cathy Xie的带领下，每个人都能灵活运用我们传授的知识。为了让各位社员练习学到的知识，每节课都会给对方互测。在万圣节的时候，我们在集市开了一个摊位来给学生老师以及家长占卜。收入很可观，反馈也非常的不错。今年的成果超出了我的预期。我希望我们社团能继续保持，也希望未来会有新的社员加入。

Divination Club 占卜社
Leader 社长 : Rita Ruan



University Guidance

升学指导

At the beginning of this term, Year 13 students entered the intense application preparation stage. Under the guidance of the University Guidance Office (UGO), they wrote the first draft of the Personal Statement, followed up the recommendation letters of teachers in various subjects, and filled out UCAS online application forms. After the mid-term exams in October, Year 10 and Year 12 students started the first round of interviews. Through one-on-one interviews, we helped students tailor a plan for further education that suits their personal circumstances.

The UGO has always maintained good relations and contacts with university admissions officers in various countries. In November, we invited the University of Exeter, University of Nottingham, University of Chichester, University of Greenwich, Birmingham City University, University of Plymouth, University of Delaware, American University, University of California, Irvine, to give lectures. The universities shared their advantages in subjects and admission requirements, promoted world-class high-quality education to our students, and actively promoted opportunities for college admissions officers to communicate with our students face-to-face.

In this term, we continued to provide parents with more information about their advancement through college guidance lectures, parent meetings and other activities, and at the same time have more opportunities to communication with parents. Taking into account the epidemic prevention and the inconvenience for parents to enter the school, we held three parent meetings at the Lucton Enrichment



Centre on December 4th, December 10th, and December 11th, for Year 12, Year 11 and Year 10 Parents, conducted targeted special lectures and analysis of plans for further studies. Including the comparison of undergraduate education systems and admission requirements in different countries and regions, undergraduate applications for British universities and how to choose suitable extracurricular activities for students. We will continue to hold lectures on different topics for parents and students to let everyone know more about it.

Up to now, Year 13 students have received acceptance letters from prestigious universities around the world: including interview invitations for Cambridge University in the UK, Durham University, Bath University, University of Bristol, University of Glasgow, University of Manchester, University of London, Royal Holloway, University of London, University of Southampton, University of York, University of Edinburgh, University of Surrey, Cardiff University, University of Reading, Nottingham Trent University, Coventry University, University of the Arts London, University of Brighton, University of Westminster, University of Teesside, University of South Wales, Royal Northern College of Music, Parsons School of Design-42,000 US dollars scholarship,

Pratt Institute of Art, California Institute of Art with 88,000 US dollars scholarship, New York Institute of Vision with 20,000 US dollars scholarship, University of Auckland, etc., the majors cover aerospace engineering, electrical and electronic engineering, psychology, hotel management, education, law, business management, human resource management, music, art design (Interior design, animation) and etc. While we congratulate these children, please continue to look forward to more surprises.

本学期伊始, 13年级的学生就进入了紧张的申请准备阶段, 他们在升学指导老师们的指导下, 撰写Personal Statement的初稿, 跟进各学科老师的推荐信, 填写UCAS网申表格等。10月期中考试后, 10年级和12年级的学生开始第一轮面谈, 我们通过一对一的面谈, 帮助学生量身定制适合他们个人情况的升学指导规划方案。

升学指导办公室一直跟各国大学招生官保持着良好的关系和联系。11月份, 我们邀请到了英国埃克塞特大学, 奇切斯特大学, 诺丁汉大学, 格林威治大学, 伯明翰城市大学, 普利茅斯大学; 美国特拉华大学, 美利坚大学, 加州大学欧文分校等进校给学生做高校招生说明会, 分享他们的优势学科及入学要求, 把世界级优质教育推向我校学生, 积极促成各高校招生官与我校学生面对面交流的机会。

本学期我们也继续通过升学指导讲座, 家长见面会等活动为家长提供更多有关升学的信息, 同时也与家长有了更多的沟通交流的机会。考虑到疫情防控, 家长不方便进校, 我们于12月4日, 12月10日, 12月11日, 在莱克顿非凡中心举办了三场家长见面会, 分别给12

年级, 11年级和10年级的学生家长进行了针对性的专场讲座和升学规划方案分析。包括不同国家和地区本科教育体系、入学条件对比, 英国大学本科申请以及如何为学生选择合适的拓展活动。我们将持续为家长和学生举办不同主题的讲座, 让大家了解更多相关的信息。

截至目前为止, 13年级毕业班的孩子已经收到了来自世界各地名校的录取通知书: 包括英国方向的剑桥大学面试邀请, 杜伦大学、巴斯大学、布里斯托大学、格拉斯哥大学、曼切斯特大学、伦敦大学皇家霍洛威学院、南安普顿大学、约克大学、爱丁堡大学、萨里大学、卡迪夫大学、雷丁大学、诺丁汉特伦特大学、考文垂大学、伦敦艺术大学、布莱顿大学、威斯敏斯特大学、提赛德大学、南威尔士大学、北方皇家音乐学院, 美国方向的帕森斯设计学院并提供42000美金奖学金、普瑞特艺术学院、加州艺术学院并提供88000美金奖学金、纽约视觉学院并提供20000美金奖学金; 新西兰方向的奥克兰大学等, 涵盖了航空航天工程、电子电气工程、心理学、酒店管理、教育、法律、商业管理、人力资源管理、音乐、艺术设计(室内设计、动画)等专业。我们祝贺这些孩子的同时, 也请继续拭目以待更多的惊喜吧!

Ms Melody Kong
Acting Head of University Guidance
执行升学指导总监



Character Development

品格发展

Long time no see. I hope everything goes well with you and your family.

It has been three months since I came back from my maternity leave. My new role at Lucton is Character Development Coordinator. I will introduce more about this position and my working plan in the near future.

There are two mainly areas Character Development should focus on. One is the implementation of Lucton Discipline Policy (referred to as LDP), which is the gaming rules at Lucton and likes the law of a country. The other part is the design and implementation of Lucton Character Development Course (referred to as Course). The aim of this course is to prepare a whole-person for their future and also help them to be equipped with essential skills to make a right and wise decision in their life, thereby creating a positive climate at Lucton. Course is a guidance to help us achieve the goal of our education", which likes morals of a society. For Lucton, "LDP" and "Course" are like the "law" and "morals" of a country, which helps Luctonian to floreat at Lucton.

I am currently designing the "Course", which will be taught by the tutors of each tutor group after the Spring Festival Holiday. Students will learn Lucton Culture and Ethos via various ways, such as PPT, videos, Assemblies and Speech Competition, etc. Next Academic year, we will cooperate with Character Counts, which is an American Company. We will learn one of their courses—"The Way to Go", which will be a compulsory course for all IGCSE students. Students will systematically learn "Academic literacy", "Social and Emotional skills", "Character Development" and "Citizenship" through 60 hours' learning.

To be a man, and then to become a successful man. It's a long journey to go, but definitely it will be meaningful for everyone.

许久未见,希望大家一切安好!

产假结束,回归工作已有三个月的时间了。再次回归莱克顿大家庭,我有了一个新的角色“品格发展主管”。关于该职位的具体职责及接下来的工作计划,我分别介绍一下。

品格发展主要负责两大块的内容:一个是《莱克顿学生行为规范》(简称LDP Lucton Displine Policy)的执行及跟进。《莱克顿学生行为规范》是学校管理学生行为纪律的规章制度。另一个是《学生品格发展课程》的搭建及实施。俗话说“先成人,再成才”。该课程的主要目标是将学生培养成一个“完整的人”,培养学生的判断力,帮助在他们的人生中面对问题时做出明智的选择,使其成为未来社会的成功人士,从而帮助我们营造积极向上的校园文化。《学生品格发展课程》是一种正向引导,帮助我们实现“育人”的目标,更像一个社会的道德规范。《规范》与《课程》于莱克顿而言就像是一个国家的“法律”与“道德”,帮助学生们在规则之中游刃有余,自由生长。

目前我正围绕着上海莱克顿的校园文化和核心价值观设计相关课程。这些课程将于春节后由每个班级的导师教授。学生们通过课件,视频,演讲等多种方式来学习领悟莱克顿人的品格如:尊重、同理心、正直、责任心、主动性等。新的学年开始,我们将和专业公司合作,其公司的“The Way to Go”课程将作为所有IGCSE学生的必修课。学生们通过60个学时,系统地学习“学术素养”、“社交技能”、“情绪管理”、“品格塑造”及“公民意识”等。

“十年树木,百年树人”。育人的过程是“润物细无声”的,但同时也是最有价值的“投资”。收获这些“软实力”将会帮助莱克顿人在接下来的旅程中飞得更高,更远!

Ms Daisy Zhang

Character Development Coordinator

品格发展主管



Notice Board

公告板

Nucleic Acid Testing

核酸检测

On 24th November, Lucton organised a nucleic acid testing for all staff, and confirmed that all were 100% negative through molecular test (PCR-Nucleic Acid test) and antibody tests (blood test). Lucton insists on daily disinfection and sanitation to ensure that students' study and live in a healthy environment.

11月24日, 莱克顿学校组织全体教职员工进行核酸检测, 分别通过分子试验(PCR-核酸试验)和抗体测试(血液测试), 确认所有人100%为阴性。学校始终坚持每日进行消毒及卫生清洁工作, 以确保学生的学习、生活环境健康。



Lucton Enrichment Centre

莱克顿非凡中心

Lucton School Shanghai has always been committed to providing high quality and whole person education to its students. Lucton Enrichment Centre has been established to provide richer, deeper, more comprehensive, and more personalized learning opportunities to extend and implement the whole person education philosophy. It is located in JianTao square, Tongxie Road, Changning district of Shanghai with excellent facilities and convenient transportation. Adhering to the school mission of "Bringing the best out of every individual", the education resources will be provided here, including academic extension, talent development and home-school partnership, so as to pursue a more comprehensive education service.

为了延伸并践行学校的全人教育理念, 提供更丰富、更深度、更全面、更个性化的学习机会, 学校设立了莱克顿非凡中心。莱克顿非凡中心坐落于上海长宁区通协路建滔广场, 交通便利, 硬件设施完善, 将秉承学校“为每一个孩子独一无二的天赋喝彩”的教育宗旨, 提供不断更新的教育资源, 包括学术延伸、天赋拓展及家校共建等板块内容, 追求更全面的教育服务。

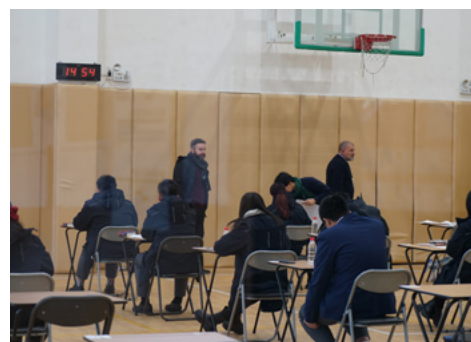


A Level Exam Week

A Level考试周

From 5th to 21st January is A Level Exam Week for Years 12 and 13 students. Over the past year, students have had a difficult time preparing for the exams, but our students have always been motivated and worked hard to meet all the challenges, and we wish them all success in exam.

1月5日-21日是12、13年级的A Level考试周。在过去的一年里, 学生们的备考之路并不平坦, 但是莱克顿学子一直积极进取、刻苦努力, 迎接一切挑战。学校预祝大家都能取得优异的成绩。



House Spirit Day 学院精神日

The 13rd of November, was the launch day of Lucton House System, and we now have four houses which are Lion, Fox Star and Knight. At the Assembly, our House System Coordinator, Mr Williams introduced the purpose and the function of house system, and then split all the students into houses. After the house activities, the winner house of the tug-of-war won the first house point.

12月14日, 莱克顿学院制正式落实。当日周晨会上, 学院管理协调员Mr Williams向大家讲解了学院制的意义和作用, 并宣布所有学生、老师所属的学院。至此, 莱克顿四所学院: Lion雄狮学院、Fox赤狐学院、Star晨星学院和Knight骑士学院正式设立, 学校也将该日定为莱克顿学院精神日。随后各学院分别进行活动, 选举队长, 最后大家汇集到足球场上, 进行了激动人心的拔河比赛, 获胜学院也由此获得了学院制的第一分。



Students' Awards Announcement 竞赛获奖信息

- Steven Li from Year 12 achieved the “Very High Commendations” for Philosophy Essay in the John Locke Institute, which is one of the world’s top academic competition.

12年级Steven Li同学获得世界顶级的学术竞赛John Locke Institute论文竞赛的哲学类论文“Very High Commendations”评级。

- Cindy Xiao from Year 12 was awarded a National Bronze Award in the HOSA-Future Health Professionals National competition 2021.

12年级的Cindy Xiao在HOSA 生物与健康未来领袖挑战 2021 区域站中获得了全国铜奖。

- Sherry Shi from Year 11 won a Global Silver Award in the BAAO Junior Astro Challenge.

11年级的Sherry Shi在BAAO英国天文学和天体物理学思维挑战(初级)中获得了全球银奖。

- Linda H from Year 10 and Cathy X from Year 11 were awarded third place in the national ASDAN Business Competition.

10年级的Linda Hong和11年级的Cathy Xie在全国ASDAN商业竞赛中获得第三名。

- Lucton students had achieved good results in the AMC 2020 with Leo Zheng got the Distinction prize, Melody Lv and Elain Zhang got the Credit prize, Mary Liu, Bobby Gong and Bonny Lu got the proficiency prize.

莱克顿学子在2020年澳大利亚数学竞赛(AMC)中斩获多个奖项! 其中Leo Zheng获得了杰出奖, Melody Lv和Elaine Zhang获得了荣誉奖, Mary Liu, Bobby Gong和Bonny Lu获得了技能奖。

Congratulations to two students who filled their first house points card

祝贺两名填满自己首张学院积分卡的同学

A big well done to both Jenny Ren from Year 10 and Cathy Xie from Year 11 for both filling their first points cards. They have both worked really hard to gain these points.

自12月14日，莱克顿学院制及积分制正式落地后，两名优秀的学生：10年级的Jenny Ren和11年级的Cathy Xie已经填满了自己首张积分卡。祝贺她们，做的非常棒！



Accredited Assessment Center

竞赛考点信息

Lucton School Shanghai has accredited as the assessment centre in the annual International Economics Olympiad, which authorized by the International Economic Olympiad Organizing Committee. Up to now, the following is a list of which we are accredited as the assessment center :

American Computer Science League, American Mathematics Competition, Canadian Open Mathematics Challenge, Australian Mathematics Competition, Computational and Algorithmic Thinking, The Oxford University Computing Challenge, USA Computer Olympiad, International Economics Olympiad, ASDAN Business Simulation, Canadian Chemistry Contest & Canadian Chemistry Olympiad.

由国际经济学奥林匹克组委会授权，上海莱克顿学校成为国际经济学奥林匹克竞赛的考点。截至目前为止，我校受官方考试局认证的竞赛考点信息如下：

美国计算机科学联赛考点、美国数学竞赛考点、加拿大数学公开赛考点、澳大利亚数学竞赛考点、澳大利亚信息数学竞赛考点、牛津大学编程思维挑战赛考点、美国计算机奥林匹克竞赛考点、国际经济学奥林匹克考点、ASDAN模拟商赛、加拿大化学思维挑战赛考点和加拿大化学奥林匹克考点。



Admin System Launched

新智慧校园系统投入

The Schoolpal SIS has been tried out in our school this term. It will excellently support teaching and learning administration, achievement management, student behaviour, life and health management, and home-school interaction.

校宝智慧校园系统 (SchoolPal SIS) 已于本学期于我校试行使用，它将更好地支持莱克顿的校园教学教务、成绩管理、行为表现、生活与健康管理和家校互动等。

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LUCTON
SCHOOL SHANGHAI

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Contents/内容

Elisa Wu 吴凤超

Emily Wang 王晓婷

Chris Hu 胡妍

Design/设计

Carson Ni 倪伟

90 West Puhong Road, Pudong New Area, Shanghai, China 201324
中国上海市浦东新区浦红西路90号 201324

+86 021 5809 3060
www.luctonshanghai.com