



HD NINGBO SCHOOL  
宁波鄞州赫德实验学校

# Primary School Newsletter 小学校长室快讯

Issue 213 | 30 September 2022

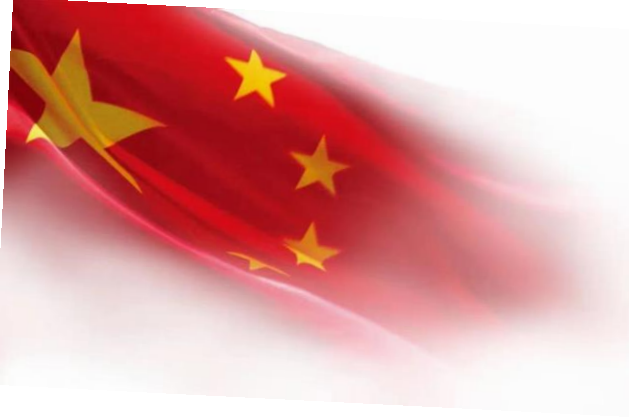
## 内容 | CONTENT

喜迎国庆 Celebrate National Day	2
校长寄语 Principal's Greeting	3-6
近期活动 Recent Events	7-14
特色教学 Featured Teaching	15-20
重要日期提醒 Key Dates	21
温馨提醒 Gentle Reminder	22
联系方式 Contact Information	23



# 欢度国庆, 喜迎二十大

Celebrate National Day and welcome the 20th National Congress of the Communist Party of China



# Principal's Greeting 校长寄语



胡剑静  
小学校长  
Primary Principal

亲爱的家长朋友，

展信悦！

有一些繁盛，从夏的那一抹绿中滑落，跌进了秋的诗行，折一袖清风，挽一弯稻穗，摇曳在秋风长天里。金秋九月一共有825位孩子在赫德小学部开启“心有玫瑰，眼有星辰”的新学期。145名教师驻守着38个班级，在充满“挑战”的世界里，自信优雅地保持澄澈透亮的心，和家长们一起以奔跑的速度激发孩子好奇心和求知欲，释放对生活的热忱和希望。

无限可能源于对梦想的执着，欢迎新加入赫德的115组家长朋友，有prep年级的学生，有参加公民同招的一年级学生，有新扩班的406班学生，也有插班从不同学校转入的学生，欢迎你们，希望并相信在赫德的学习是逐梦的乐园，是成长中最宝贵且不可替代的时光。

无限可能源于内心的呼唤，本届PTA主席—孙晓芸女士，包容、率真、如午后阳光般温暖的芸主席，是两位孩子的母亲，对孩子的教育有着全面而独到的见解。曾担任CASA家委会工作，在上学年作为小学部PTA服务于家校共建，传递赫德教育理念，热心策划家校活动。芸主席在22-23新学年担起小学部PTA主席的重任，将携手76位PTA家长与学校戮力同心共建温馨和谐的赫德大家庭。

无限可能源于自律的表现，开学第一月，孩子们全校学生对照“GREAT行为准则”的积极重塑自己，尊重规则，敬畏底线，在自我约束和管理中获得内心的自由和同伴的拥抱。中旬，北京、上海、青岛、南京的赫德外方校长们和宁波团队共同讨论英语课程，我们孩子热情自然的笑容，挺拔自信的言行留给大家深刻印象。

无限可能源于家庭的托举，在《我们仨》，杨绛先生用温和平静的口吻描述他们的家庭生活：三个人窝在家里看书，自娱自乐，自给自足，就像一座温暖的孤岛。微风吹过来，一切都很好。是呀，在22-23学年开启的首月，我希望教育者能把教育看成教育，把孩子当作孩子，希望家长们把生活过成：餐桌有话、书房有馨、卧室有笑。

# Principal's Greeting

## 校长寄语



胡剑静  
小学校长  
Primary Principal

幸福的家庭，离不开一个热气腾腾的厨房。这一餐又一餐的饭，最终体现在孩子身上。孩子会知道：因为我们是一家人，所以我们要好好在一起吃饭，每天在一起吃饭，就是我们表达爱的方式。从小在这样家庭氛围中长大的孩子，能习得爱和被爱的方式，自尊自爱，温暖而坚定。一个家，一个厨房，父母不仅向孩子传递了爱和温情，也传递了热爱食物、热爱生命的人生观。

睡前在卧室陪孩子聊聊天，讲个故事，笑出声来，胜过讲100遍大道理。一个孩子，在最需要安全感和爱的童年，每天晚上能有爸爸妈妈陪着聊聊天，这对孩子来说是一份弥足珍贵的礼物。跟孩子聊聊你小时候经历的糗事、挫折，孩子会觉得很好玩或很震撼，能增强孩子的抗挫力；聊聊你小时候学习、成长的小事，让孩子看到一个更加丰富的爸爸或妈妈，对他们的人格、性格发展都有帮助；跟孩子聊聊你工作上的事情，孩子能体会到父母工作的不容易，更会自发地做好自己；和孩子聊聊天，一个充满欢声笑语的卧室，就犹如一根纽带，连接了父母与孩子的心。请相信，你陪孩子咿咿呀呀的这段短短的时光，日后会还你一个大大的惊喜。

“理想的幸福的家庭既不遥远，也不会从天而降。”一个家庭最好的模样，就是厨房有香气，书房有文气，卧室有笑语。

正如马丁·路德·金所说“智慧加上人格，这才是教育的真谛。”

值此国庆七十三周年与党的二十大召开之际，祝愿祖国繁荣昌盛，愿赫德的大家与我们的大家凝聚美好，携手共进。

# Principal's Greeting 校长寄语



胡剑静  
小学校长  
Primary Principal

Dear Parents,

As the touch of green in summer fell into the lines of autumn poetry, we know the autumn, full of rice ears swaying in the breeze, has arrived. In September, a total of 825 children started the new semester with "Strength in your Heart, Dreams in your Eyes" at HD School. 145 teachers are stationed in 38 classes. In a world full of "challenges", they confidently and elegantly maintain a clear and bright heart, and passionately work with parents to stimulate children's curiosity and thirst for knowledge, and unleash their enthusiasm and hope for life.

Infinite possibilities arise from the persistence of dreams. Welcome the 115 groups of parents and friends who have newly joined HD, including Prep year students, the first-year students, the newly expanded class 406, and the students who have transferred in from different schools. Welcome! I hope and believe that studying in HD is a paradise to pursue dreams, and the most precious and irreplaceable time in your growth.

Infinite possibilities arise from the call of the heart. This year's PTA President-Ms. Sun Xiaoyun is inclusive, frank and as warm as the afternoon sun. President Yun is the mother of two children, and she owns a comprehensive and unique perspective on the education of children. She served on the CASA PTA and as the Primary PTA during last year, imparting HD educational philosophy and planning home-school activities. President Yun has taken on the role of PTA President for the 22-23 academic year and will work with 76 PTA parents to build a warm and harmonious HD family with the school.

Infinite possibilities arise from self-discipline. In the first month, all the students actively reshape themselves according to the "GREAT" rules, respecting the rules and guidance, gaining inner freedom and embracing their peers in self-discipline and self-management. In the middle of the month, HD headmasters from Beijing, Shanghai, Qingdao and Nanjing met with the Ningbo team to discuss the English curriculum. Our children's warm and natural smiles and upright behaviour left a deep impression on everyone.

Infinite possibilities arise from family support. In the book *Three of Us*, Ms. Yang Jiang describes her family life in a gentle and calm tone: three people nestled at home reading books, entertaining themselves and being Self-sufficient, like a warm island; the breeze is blowing, and everything is fantastic. Exactly, in the first month of the opening of term 22-23, I hope educators can see education as education, children as children, and parents to live their lives with words at the dinner table, warmth in the study and laughter in the bedroom.

# Principal's Greeting 校长寄语



胡剑静  
小学校长  
Primary Principal

A happy family cannot be separated from a steaming kitchen. Meals are ultimately reflected in our children. They will know we are a family, hence we eat together, every day; this is how we show our love. Children who grow up in such a family can learn to love and be loved in a way that is self-respecting, warm and firm. Home and kitchen where parents convey to their children not only love and warmth, but also a love of food and life.

Talking, storytelling and laughing with you before bedtime is better than a hundred lectures. It is a precious gift for a child to have a mum or dad to talk to every night in their childhood, a period when they need security and love the most. Talking to your child about embarrassing and frustrating experiences you had as a child can be fun or shocking and can build their resilience; sharing little things you learned as you grew up, so that your child can see a more experienced dad or mum, will help develop their personality; chatting with children about your work, they will appreciate how difficult it is and will be more motivated. Talking to your child in a bedroom full of laughter, is a bond that connects parents and children. Trust that the short time you spend babbling with your child will come back to you later with a big surprise.

The ideal happy family is neither far away nor will it fall from the sky. A family is the best when there is aroma in the kitchen, literature in the study and laughter in the bedroom.

As Martin Luther King Jr said *Intelligence plus character-that is the goal of true education.*

On the occasion of the 73rd anniversary of the National Day and the 20th National Congress of the Communist Party of China, we wish our country prosperity, and may the big family of HD and our small family coalesce with good things in life and move forward together.

## 开学仪式

### The New Semester Opening Ceremony

9月1日，赫德小学部的孩子们又重新回归校园，开始新学期的学习生活。我们结合《小王子》绘本，以“心有‘玫瑰’，眼有星辰”作为开学主题，希望孩子们心中有爱和责任，怀抱理想。孩子们在开学集会中聆听了小王子的故事，接收了来自“小王子”的新学期祝福，也将自己的笑脸卡插在了小王子星球上，踌躇满志，迎接新的出发。



## 开学仪式 The New Semester Opening Ceremony

On September 1st, students of HD Primary School returned to school and started their new semester of study and life. We combined the picture book "The Little Prince" with the theme of "Strength in your Heart, Dreams in your Eyes." We hope that children have love and responsibility and embrace their dreams. All students listened to the story of the little prince at the school opening ceremony, received the new semester blessings from the "little prince," and inserted their smiling face cards on the planet of the little prince.



## 22-23学年首次PTA会议

### First PTA Meeting of the 22-23 Academic Year

22-23学年首次PTA会议如期而至。近70位PTA家长与会，校方介绍了学校在各方面为新学年做出的充分准备和新学年的教育工作安排，获得了PTA家长的认可。会议上芸主席阐述了PTA的主要职责和对团队未来的展望。徐兆戎爸爸分享了寓教于乐的教育理念，让家长们印象深刻。



The first PTA meeting of the 22-23 year has come as planned. Nearly 70 PTA members attended the meeting. The school introduced full preparation and education work arrangement for the new school year, which were well-received by PTA parents. During the meeting, Chairman Yun elaborated on the main responsibilities of the PTA and the vision for the future of PTA team. Student Xu Zhaorong's father shared his educational philosophy of education for fun, which impressed parents deeply.



## 学生会竞选

### Student Council Election Campaign



新的学期开启，2022-2023年度学生会竞选也在9月重新拉开帷幕。四五年级的学生们纷纷踊跃报名。孩子们首先在班级中展开角逐，经过各班公正公开的学生投票，每个班选出了一名学生代表。这些学生代表们在周一和周三的学生会就职竞选中，各展所长，将自己最好的一面展示给所有人，他们每一个人都值得最响亮的掌声。

As the new school year begins, the 2022-2023 Student Council election campaign reopened in September. Students in Year 4 and 5 applied in large numbers. Students first competed in classes and after a fair and open vote, one representative was elected from each class. All student representatives showed their best strengths in Student Council inaugural elections on Monday and Wednesday, and each one of them deserved the loudest applause.



## 自我领导力 Self-leadership

新的学期，一年级自我领导力课程重启篇章，孩子们将以“七个习惯”作为载体，在这段黄金时期建立优良的学习和生活习惯。伴随着学生课程，应麟家道讲堂也如期开启了第二堂课，我们邀请自我领导力资深教练进校，为一年级的家长们进行自我领导力家庭实践讲座，我们希望通过家校合力，孩子们能更主动积极地迎接小学生的生活，并学会做一名真正的“小小领导者”。



In the new semester, the Y1 self-leadership course restarted the chapter. Students use the "Seven Habits" as a carrier to establish good study and living habits during this golden period. Along with student courses, Yinglin Parent Academy opened the second class as scheduled. We invited senior self-leadership coach to give a self-leadership family practice lecture for Y1 parents. We hope that through the joint efforts of home and school, children can take the initiative to meet the life and learn to be a real "little leader".



## 鄞州区小学生足球联赛

### Yinzhou District Primary School Football League



本次鄞州区小学生足球联赛，赫德共派出（58）名学生共（6）支代表队。在绿茵场上，孩子们敢于拼搏、勇于进取，团结一心，勾勒出一幅幅朝气蓬勃的风景画。小组赛以平去年记录的好成绩进入下一阶段的比赛，恭喜所有参赛的学生运动员。

In this Yinzhou District Primary School Football League, HD was represented by a total of 58 students in six teams. On the field, children gathered the courage to struggle, the courage to forge ahead, and united, creating a vibrant landscape. The team went on to the next stage of the competition with a good result tying last year's record. Congratulations to all the student athletes!



## 来自宁波赫德战狼队的感谢信

### Thank You Letter from HD Ningbo Wolves

亲爱的家长朋友们:

我很高兴今年我们所有宁波赫德战狼队的试训。参加试训的每个孩子都对参加的专项运动表现出了真正的热爱和激情。我也很高兴看到每个运动队和成员们在这一年中的进步。虽然每个孩子可能参加不同的运动队，或参加不同的运动，但我们会始终提醒孩子们要认真倾听、努力学习、倾情玩赛、乐在其中、胜利时要谦虚，失败时及时调整情绪。

加油战狼!



Dear HD Parent Community,

I was very happy with this years turn out for all of our HD Ningbo Wolves select teams. Every child that attended showed a real love and passion for the sport they we trying out for. I am excited to see how each team and child individually progresses throughout the year. While each child may be on different teams, or in different sports, we will always remind the kids to listen, learn, play hard, have fun, be humble in victory, and gracious in defeat.

GO WOLVES!!!



## 9月集体生日会 September Birthday Party



### 中秋课堂

### The Mid-Autumn Festival Course



当月光倒入河心，星辰与思念对话，团圆就有了深意。9月9日，孩子们一起和老师探究中秋节的知识：我们在课堂上话习俗，了解中秋节的由来和庆祝；读绘本、观视频，知道了月相的变化；诵古诗，读古人眼中的“月是故乡明”；做月饼，品尝中秋的味道。老师们还给我们布置了有趣的中秋节任务——“我是月相设计师”。瞧，有的同学用奥利奥饼干吃出了月相，有的同学则是用月饼来吃的，还有的同学用绘画的方式。

When the moonlight pours into the heart of the river, the stars and thoughts speak to each other, then the reunion takes a deep meaning. On September 9th, children explored the Mid-Autumn Festival together with teachers: we talked about the customs and learned about the origin and celebration of the Mid-Autumn Festival; We read picture books and watched videos to learn about the changing phases of the moon; We recited ancient poems and read, "The Moon is Brighter in the Hometown;" We made moon cakes together and tasted the flavour of Mid-Autumn Festival. The teachers also gave students an interesting task- "I am a moon phase designer". Look, some students ate the moon phase out with Oreo cookies, some with moon cakes, and some with paintings.



### 中秋课堂

### The Mid-Autumn Festival Course



“海上升明月，天涯共此时。”中秋踏着月的光华如约而至。9月9日，四年级的小朋友在校园里一起猜灯谜、做灯笼、品味中秋诗词。通过本次活动，孩子们更深切地了解“中秋”这一传统节日的丰富内涵，还感受到了中秋里浓浓的诗情画意。

As the bright moon shines over the sea, from far away you share this moment with me. The Mid-Autumn Festival comes with the light of the moon. On September 9, the fourth graders participated in riddle-guessing, lantern-making, and poetry appreciation activities on campus. Children gained a deeper understanding of the rich connotation of the traditional festival of Mid-Autumn, and also experienced the poetic and picturesque atmosphere of Mid-Autumn.



### 五年级：中华上下五千年主题课

### Y5: Five Thousand Years of China Theme Course



中华上下五千年·古今都付笑谈中。9月19日，五年级全体师生在A209隆重举行22-23学年上学期《中华上下五千年》主题课程启动仪式，各班通过一个个生动的角色扮演和故事讲述，带领同学走近并感受性格鲜明的历史人物，见证中华民族波澜壮阔的历史场景，去展现中华上下五千年的文明历程。通过今天的活动，也正式开启《中华上下五千年》主题阅读活动。



### 五年级：中华上下五千年主题课 Y5: Five Thousand Years of China



Five Thousand Years of China • All the Ancient and Modern Times Pay a Laughing Talk. On September 19, all teachers and students of Year 5 held the grand opening ceremony of the theme course "Five Thousand Years of China" for the first semester of 22-23 academic year in A209. Through vivid role plays and stories, each class led students to approach and experience historical figures with distinctive personalities, witnessed the magnificent historical scenes of the Chinese nation, and demonstrated the five thousand years of civilization of China. Through this activity, the theme reading activity of "Five Thousand Years of China" was officially launched.



### 青少年财商课程 Youth Financial Quotient Course



2022-2023学年，青少年财商课程继续在五年级开展。此次，我们在Hanna妈妈的带领下走进财商，了解了丰富的财商知识，比如货币的由来和演变，投资与理财等等，孩子们听得津津有味、收获满满。

In the 2022-2023 school year, the Youth Financial Quotient Course continued in Y5. Under the lead of Hanna's mother, students explored financial quotient and learned a wealth of financial knowledge, such as the origin and evolution of money, investment and finance, etc. Students listened with great interest and gained a lot.



### 二年级:户外课堂

### Y2: The Nature Classroom



二年级的孩子正在进行以“在乡村”为主题的英语课程，为了激发孩子们的写作灵感，帮助他们在写作中更好地描述大自然，老师为孩子们创设“自然课堂”，带孩子们到学校附近的公园漫步。旨在通过这个活动让孩子们感到愉悦，并为他们提供有创意的想法运用于即将到来的记叙文写作。

Year Two children's English theme this semester is " Countryside". To stimulate the children's imagination and inspire their writing, teachers created a "Nature Classroom" for the children. This helped them to better describe the nature they see nearby and prepare them for their upcoming narrative writing projects.



**1** October  
~  
**7** October

国庆假期  
The National Day

**12** October

Y1, Y4 信息分享会和家长开放日  
Y1 and Y4 Information Sessions and  
Open Day

**13** October

Y2, Y5 信息分享会和家长开放日  
Y2 and Y5 Information Sessions and  
Open Day

**14** October

Prep, Y3 信息分享会和家长开放日  
Prep and Y3 Information Sessions and  
Open Day

## 小学校长室HMO

[nbhmo.pri@hdschools.org](mailto:nbhmo.pri@hdschools.org)

如果您需要以下帮助，请第一时间发邮件告知小学校长室（校办），我们会及时跟进：

If you need any assistance with the following issues, please feel free to contact HMO by email. We will follow up as soon as possible.

1. 学生请假（记录考勤） Students absence (attendance.)
2. 校长约谈 Appointment with Principals.
3. 投诉 Complaints.
4. 转退学 Transfer to another school/ Leave HD School.
5. 学籍事宜 Student status.
6. 学生卡/家长卡补办 Student/Parent card.s
7. 在读证明 Student Certification.
8. 其他 General enquiries.

# 教育塑造人格

## Education Creates Character

学校电话: 0574-55228887

小学校长室电话: 0574-55229523

招生处电话: 0574-27979798

财务处电话: 0574-55843113

校服室电话: 4000187007

ECA电话: 0574-55229011

小学校长室邮箱: [nbhmo.pri@hdschools.org](mailto:nbhmo.pri@hdschools.org)

学校网址: <http://www.hdschools.org>

School Phone Number: 0574-55228887

Primary Headmasters Office: 0574-55229523

Admissions: 0574-27979798

Finance: 0574-55843113

Uniform Shop: 4000187007

ECA: 0574-55229011

Primary Headmasters Office email address:

[nbhmo.pri@hdschools.org](mailto:nbhmo.pri@hdschools.org)

School Website: <http://www.hdschools.org>

