



HD NINGBO SCHOOL  
宁波鄞州赫德实验学校

# Primary School Newsletter 小学校长室快讯

Issue 223 | 31 October 2023

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# Principal's Greeting

## 校长寄语



胡剑静  
小学校长  
Primary Principal

亲爱的家长朋友们，

展信佳！

加缪说，秋是第二个春，每一片叶子都是一朵鲜花。

10月，我奔赴西藏，来一场不约而至的旅行。山长水阔，在离蓝天白云最近的地域里，看到天地人神构成的生活之流。因为金秋，目光所及皆是浓墨重彩，是把整个调色盘上的色彩都洒在山川湖泊，纯粹白、透澈蓝、金黄暖绿、远山如黛，彩林草甸……一幅幅无人打扰的天空之境，明朗唯美的盛大巨作。经过圣洁旅行的心灵洗礼，带着高山雪域的色彩回归平凡。

赫德校园秋日之美，美在一份清澈。像孩子们明亮的眸，无时不在透露纯真的灵气。赫德的孩子，每个人都有看自然、看世界的慧眼。相比与现在许多人，几乎不用自己的眼睛看，只听别人说，看到的世界永远是别人说的样子。

赫德校园秋日之美，美在一份气韵。当师生走进“盛世修典”大作，每个人就好像一个渺小的人站在历史的波涛中，等待来自另一个时空的美学冲击。审美是一个人的眼睛，是一种对美好事物的感知力。本学期传统文化课程，从Prep的《字源诗说》到五年级的《历史英雄之道》，孩子们感受传统文化之美，领略中华文化的博大精深，开启了一场文化的盛宴，一趟历史的旅行。就像打开中国传统文化画卷，秦汉的质朴、魏晋的洒脱、唐朝的明艳、宋代的风雅……浩浩荡荡，扑面而来，能看到多远的历史就能看见多远的未来。

# Principal's Greeting

## 校长寄语



胡剑静  
小学校长  
Primary Principal

赫德校园秋日之美，美在心无杂念，只有学生。在刚刚结束的赫德小学部全学段Open Day，家长朋友们都感受到老师的专业素养和包容寻常人生的耐心。各具魅力的中外教师怀着同样的教育初心，相互碰撞丰富多彩的教学灵感，使得课堂如秋天的果实般色彩绚烂、生动有趣。在课程中用经典的中外名著熏陶孩子，用美好的事物吸引孩子，用精彩的生活塑造孩子。鼓励孩子用文字建构内心童真世界，认识伙伴，认识自我，努力地用笔去触摸成长的味道，慢慢地形成一道光、一个信念，就能引导着他们穿越一段段成长独白时刻，成长为有诗意有灵气的样子。

要珍惜和庆幸秋的馈赠，这并不是每人都是可以唾手可得。因为土地、资源和宗教等复杂问题，世界还有伤害和战争，无辜的儿童此生痛苦。呼吁，为和平尊重不同文化和宗教，了解冲突并以爱和包容，力所能及创造和平的世界。

要珍惜和庆幸秋的馈赠，感恩负重前行的人给予我们岁月静好。“纯真而不欠闻达，善良而不失坚强，把生命高举在尘俗之上，又融化于社会中，这应当是我们共同追求。”——李克强 缅怀，感恩！

# Principal's Greeting 校长寄语



胡剑静  
小学校长  
Primary Principal

Dear Parents,

French writer Albert Camus once said that Autumn is a second spring when every leaf is a flower.

This October, I went to Tibet for a trip. The mountains and waters are spectacular there, and in the land closest to the blue sky and clouds, I saw the stream of life composed of heaven and earth, people and gods. In the golden autumn, as far as the eye can see is the colourful view; it seems that the entire palette of colours are sprinkled on the mountains, rivers and lakes, drawing a grand masterpiece of beauty. After the spiritual baptism of holy travel, I returned to the ordinary carrying with the colours of mountains, lakes and alpine snow.

The beauty of HD campus in autumn lies in its clarity, just like the bright eyes of children, always revealing the pure aura. Compared with many who see the world without eyes but listening to others, and see the world in the way others say it is, at HD school, every child has a smart eye for nature and for the world.

The beauty of HD campus in autumn lies in its charm. When teachers and students enter the "Shengshi Xiudian" masterpiece, everyone is like a small person standing in the waves of history, waiting for the aesthetic impact from another time and space. Aesthetics is in a person's eyes, a kind of perception of beautiful things. The traditional culture course of this term extends from Prep's "Word Source Poetry" to Year 5's "The Way of Historical Heroes". Children feel the beauty of traditional culture, appreciate the depth and breadth of Chinese culture, opening up a cultural feast and a journey through history.

# Principal's Greeting

## 校长寄语



胡剑静  
小学校长  
Primary Principal

The beauty of the HD campus in autumn lies in the fact that there are no distractions, only students. At the recently-concluded Open Day for the entire HD Primary School, parents and friends felt the professionalism of the teachers and their patience in embracing the ordinary life. With the same educational heart, Chinese and international teachers with different charisma collided with each other to create a rich and colourful teaching inspiration, which made the classroom as colourful and interesting as the fruits of autumn. In the curriculum, children are nurtured by classic Chinese and foreign masterpieces, attracted by beautiful things, and moulded by wonderful life. Encouraging children to use words to construct an inner childish world, to become acquainted with their partners, to know themselves, and to endeavour to touch the flavour of growing up, and slowly form a light and a belief, will guide them through moments of growing up and enable them to grow up to be poetic and spiritual.

It is important to cherish and celebrate the gift of autumn, which is not at everyone's fingertips. Because of the complex issues of land, resources and religion, the world also has injuries and wars, and innocent children suffer in this life. We call for respect for different cultures and religions for the sake of peace, for the understanding of conflicts and do what we can to create a peaceful world with love and tolerance.

It is important to cherish and celebrate the gift of autumn and be thankful to those who strive to make a peaceful life for the ordinary.

"Being innocent but eminent, kind but strong, elevating life above the mundane, and integrating into society, this should be our common pursuit."

-- In memory of Li Keqiang.

## 小学部家长开放日 Primary Open Day

金秋十月，赫德小学部2023-24学年第一学期家长开放日顺利举行。精彩纷呈的课堂教学，生动有趣的师生互动，独具风采的信息分享，家校又一次的亲密互动，拉近彼距离，为孩子的成长，携手同行。



In October, the Open Day of the first semester of the 2023-24 school year was successfully held at HD Primary School. Brilliant classroom teaching, lively and interesting teacher-student interactions, unique and elegant information sharing, all created an intimate interaction between home and school, drawing both closer for the growth and development of children.

## 信息分享会 Information Session

在信息分享会中，各年级段老师就年级课程向家长们娓娓道来，细致而全面。小古文倡导者朱文君校长向二年级家长分享赫德语文教学特色。在四五年级信息分享会中，小学部特邀中学部校长及骨干教师分享初中课程，解答家长疑惑。

During the information sessions, teachers of each year group shared the curriculum with parents in a detailed and comprehensive manner. Principal Zhu Wenjun, an advocate of Xiao Guwen, shared with Year 2 parents the features of Chinese learning at HD primary school. In the Year 4 and 5 information sessions, the Primary school invited the Secondary School Principal and key teachers to share the junior secondary curriculum and answer parents' queries.



## 世界精神卫生日 World Mental Health Day

每年的10月10日是“世界精神卫生日”，又称为“世界心理健康日”。学校人文关怀Annie老师给Y4-Y5年级的小朋友们带来一场温暖的讲座，希望大家在关注自身心理健康的情况下，同时放眼于身边的老人们，做到内心丰盈，温暖他人。Annie老师说道：“希望年少的你们，长大成一个温暖的大人，也希望长大后的你们，能带有温度地拥抱这个世界，也同样给予他人一些关怀。”与此同时，全体班主任老师们也在这个特殊的日子进行了关于“校园欺凌”主题的研讨。



International Psychogeriatric Association  
Better Mental Health for Older People

October 10th is "World Mental Health Day". Miss Annie, the school's mental health teacher, gave a warm speech to Y4-Y5 children, with the hope that our children could focus on their own mental health, and also care for the elderly around them, so as to achieve inner abundance and warmth for others. We expect our children grow up to be warm persons, and embrace the world with warmth and give care to others as well. On this special day, all the homeroom teachers also had a discuss on the topic of "school bullying".



## 班主任工作坊 Homeroom Teacher Workshop

10月27日晚，宁波赫德实验学校班主任工作坊第九次研修活动在宁波教育博物馆举行，这对参与活动的近50位老师而言是一次全新的体验：在一座拥有百年历史的建筑里讲述我们的教育故事，这本身就是一个非凡的故事。当老师们跟随讲解员的脚步，静静聆听，轻轻穿行在宁波教育的前世今生里，面对一位位历史先贤，或感叹、或沉吟、或欣喜、或自豪，那都是宁波教育人在历史长河中留下的精神财富带给老师们的真切体验，也深深激荡在每一个老师的心中。在接下来报告厅中老师们深情讲述自己的教育故事，仿佛也在用自己的方式践行着一名教师的责任、智慧与爱。“教育，一切从‘人’出发，一边教育，一边美。”我们一起再出发！



On the evening of 27th October, the 9th HD Ningbo homeroom teacher workshop was held in Ningbo Education Museum, which was a brand new experience for nearly 50 teachers who participated in the activity: sharing the story of education in a building with a hundred years of history, and which has an extraordinary story in itself. When the teachers followed the footsteps of the museum lecturer, quietly listening, they gently walked through the past and present life of education in Ningbo, and faced historical sages, who were the spiritual wealth left behind by Ningbo educators in the long history. In the following presentations, our teachers shared their education stories, as they also shared their own way to practice a teacher's responsibility, wisdom and love. "Education's core is the "human being". Let's start educating with beauty!

小学部Y2-Y5运动会 Primary Y2-Y5 Sports Day



喜庆亚运成功举办  
我用脚步丈量  
赫德姊妹学校

30分钟步行马拉松挑战赛  
30 minute Walkathon

4-5年級

HD Beijing 1888 Laps needed

HD Qingdao 1222 Laps needed

HD Shanghai 666 Laps needed

HD Nanjing 999 Laps needed

HD Shanghai: Dye teacher's hair /给老师们染发

HD Nanjing: Cohort leaders Race /级部主任们的接力赛

HD Qingdao: PE Teachers Ice Bucket Challenge /体育老师们的冰桶挑战赛

HD Beijing: Principals Scooter Race /校长们的滑板车比赛



## Prep主题课程——友朋彬彬情谊长 Prep Themed Course--Friendship Stands Forever

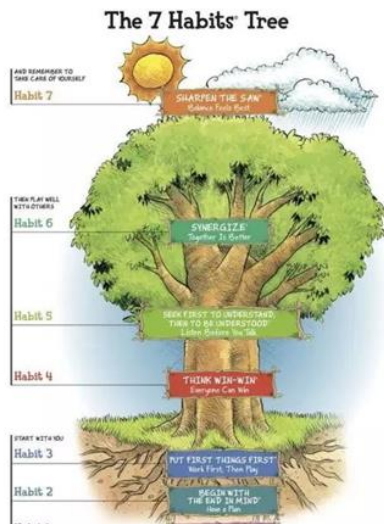
十月是Prep孩子们进入校园的第二个月，在中外方老师们用情景剧深情地演绎下，孩子们和老师一起开启本学期第二大主题《友朋彬彬情谊长》。这个主题让孩子们理解什么是朋友，激发他们去主动交朋友，同时让孩子们学会与朋友和睦相处，培养孩子们的社交能力，最终建立快乐的童年友谊。

October is the second month of school for children in Prep. Through the affectionate portrayal of topical dramas by Chinese and International teachers, the children and teachers jointly launched the second major theme of this semester; "Time Flies, but Our Friendship Stands Forever". Children will understand what friends are in this theme, being inspired to actively make friends, learn to get along well with friends, cultivate social skills, and ultimately establish happy childhood friendships.



一年级领导力课程 Y1 Leader in Me Course

七个习惯树蓬勃生长在每个一年级教室的后墙，为一年级的孩子们带来确幸和力量，而在接收了来自习惯树的养分一月有余，我们终于迎来了和自我领导力课程的正式照面。10月下旬，一年级开展了自我领导力课程开启仪式，在仪式中，孩子们区分了好习惯和坏习惯，重温了七个好习惯，学习去做一个像“白开水”一般情绪稳定的人，并立志要成为一名“小小领导者”。孩子们都有如小树小花，仍需不断长大，而自我领导力的能量便如阳光雨露，浇灌着每一棵小苗，每一朵小花。



Seven habit trees thrive on the back wall of each Y1 classroom, bringing joy and strength to Y1 students. After receiving nourishment from the habit trees for over a month, we are now excited to welcome the official meeting for our Leader in Me course. In late October, Y1 hosted a Leader in Me course opening ceremony. During the ceremony, children identified good and bad habits, revisited the seven good habits, learned to maintain emotional stability like "plain boiled water," and aspired to become "young leaders." Children are like small trees and flowers that are still in the process of growing, and the influence of Leader in Me is comparable to sunshine and rain, nurturing every seedling and blossom.



二年级主题课程——香草的奇遇

Y2 Integrated Course--Adventure of Aromatic Herbs



新学期，小学部二年级的孩子们化身“香草魔法学院”的小巫师，从一颗其貌不扬的香草荚出发，开启了一场寻香奇遇之旅。然而，邪恶的黑巫师抢占了香草魔法学院，赶走了所有的小巫师。在女巫香草的号召下，小巫师们迅速集结，一起共度难关！小巫师们将会通过魔药课、草药课、魔咒课、炼金课、魔纹课等魔法课程，赚取巫师币兑换不同材质的魔法扫帚，来修炼魔法提升自己的魔法等级。那么，小巫师们能从黑巫师手中夺回香草学院，并重建美丽的校园呢？让我们一起期待这一场与香草的奇遇！

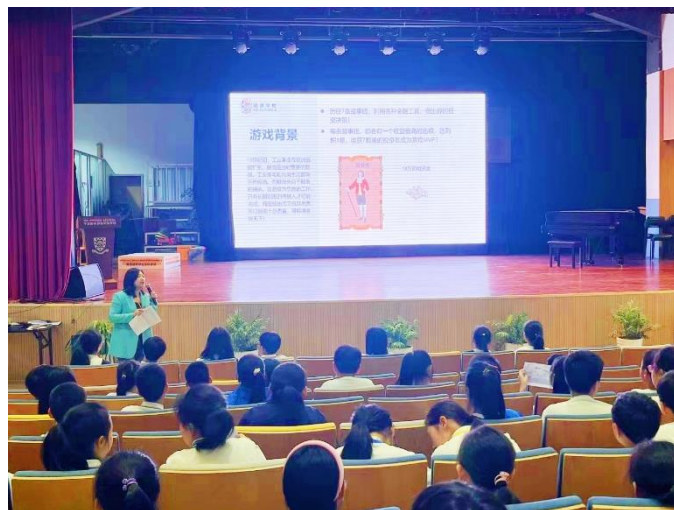


Year Two students have transformed into little wizards of the "Vanilla Magic Academy." Starting with an unremarkable vanilla pod, students have embarked upon a thrilling adventure in search of fragrance. However, an evil, dark wizard has seized control of the Vanilla Magic Academy and the little wizards have been driven away! In response to the call of the Vanilla Witch, our little wizards quickly gathered together to overcome this challenge as a team! The little wizards will earn wizarding coins throughout our magical course. They can receive coins for Potion-making, Herbology, Spellcasting, Alchemy, and even Glyph Crafting. These coins can then be exchanged for magical brooms made from different materials that enhance their magical abilities. Can the little wizards reclaim the Vanilla Academy from the clutches of the dark wizard and restore the beauty of the campus? We eagerly anticipate the conclusion of this enchanting journey with vanilla!

## 五年级财商课程 Y5 Youth Financial Quotient Course



Year 5 launched the second Youth Financial Quotient Course: Whale Oil Empire. Ms Xu, a financial expert and writer, led the children to travel back to nineteenth century Europe, where children experienced the birth of various financial instruments, as investors, and the rise and fall of the whale oil empire. In this immersive experience, students initially learned about bank loans, deposits, insurance, stocks, funds, futures, options and other financial instruments whilst experiencing the coexistence of risk and return in investment.



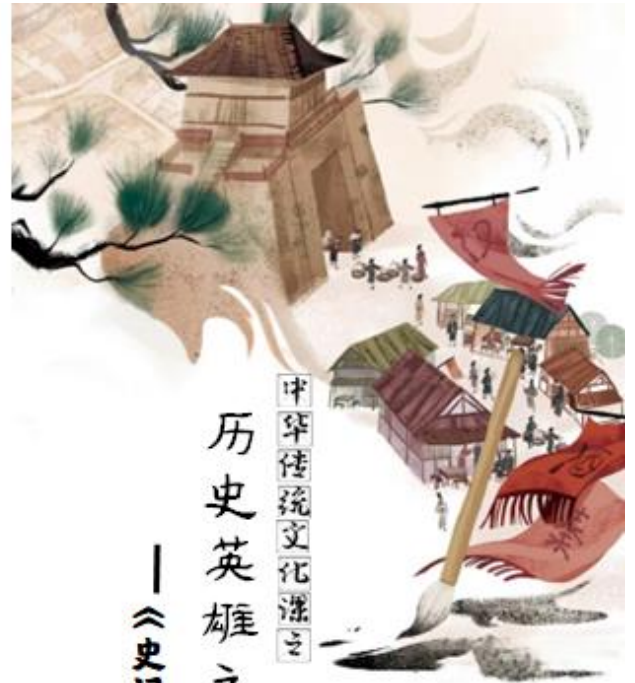
五年级开展了财商课程第二期《鲸油帝国》。金融行业专家和作家双重身份的许老师带领孩子们穿越到19世纪的欧洲，作为投资者，经历各种金融工具的诞生，感受一代鲸油帝国的兴衰。学生们在沉浸式体验中初步了解了银行贷款、存款、保险、股票、基金、期货、期权等金融工具，体会到了投资中风险和收益并存。



五年级传统文化课程 Y5 Traditional Culture Course

本月，五年级的学生继续学习传统文化课程《历史英雄之道——史记中的智仁勇》。在“智成才”的篇章中，学生们穿越千年，参加了一场暗潮汹涌的饭局——鸿门宴；在一次关于尊严的考验中，认识了忍辱负重的韩信；在一场以弱胜强的比赛中，结识了足智多谋的孙臆……同时，通过一系列思辨性的问题，让学生以史为鉴，立足现代，展望未来。

This month, the fifth-grade students continued to study the traditional culture course "The Way of Historical Heroes - Wisdom, Benevolence and Courage in Historical Records". In the chapter of "Intelligence Becomes Talent", the students travelled through thousands of years and participated in a turbulent dinner - the Hongmen Banquet. In a challenging test, they met Han Xin, who endured humiliation - in a competition in which the weak defeated the strong - and got to know the resourceful Sun Bin. At the same time, through a series of speculative questions, students learned from history, conducting themselves with modern values, and look towards the future.



——《史记》中的智仁勇



- ◆ 一场暗潮汹涌的饭局  
项庄舞剑
- ◆ 一场关于人心的测试  
指鹿为马
- ◆ 一次有关尊严的考验  
胯下之辱
- ◆ 一场以弱胜强的比赛  
田忌赛马
- ◆ 一则意味深长的谜语  
一鸣惊人
- ◆ 一个令人唏嘘的结局  
尺短寸长

Y203王羿博 Hanson

2023毕加索国际青少年绘画大赛 儿童组 金奖

2023 Picasso International Youth Painting Competition Gold Medal in Children's Category

Y203陈乐程 Lucas

2023华南国际少儿时装周暨少儿超模大赛全国总决赛 “最具表现力超模”，“红鼓小爱&华南时装周设计师联名发布大秀”优秀发布超模”称号

2023 South China International Children's Fashion Week--Children's Supermodel Competition National Grand Final the "Most Expressive Supermodel", "Honggu Xiaoai & South China Fashion Week Designer Joint Release Show" Outstanding Release Supermodel".



3 November

南瓜丰收节  
Pumpkin Harvest Festival

3 November

四年级成长礼  
Year 4 Growth Ceremony

4 November

赫德 '远方的太阳' 慈善义卖活动  
HD Charity Bazaar

13-17  
November

诗歌周  
Poetry Week

23-24  
November

家长老师见面会  
Parent-Teacher Conference

## 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 cards
7. 在读证明 Student Certification.
8. 其他 General enquiries.

HD NINGBO

## 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>

