



### Christmas Cheer

Students celebrate another western festival. Page 1



### University Fair

A chance to check out universities and colleges. Page 6



### Fun Competition

Students compete in week-long singing competition. Page 7

*Sino-Canada High*

# School Beat

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## From the Principals' Pen

**What advice do you have so students can do well on their exams?**

1. Set yourself a regular study time each day. A more regular program of study, especially before exams, makes it easier to organize your time.
2. Become familiar with the outline of your course of study and know the theme and requirements of each subject.
3. Get a lot of sleep.
4. Eat more nutritious food.
5. Use exercise and relaxation techniques. A healthy diet, regular physical exercise, and relaxation methods help students deal with the mental and physical pressures of exams.
6. Study your notes again and again.



1. Get lots of sleep the night before the exam. Your brain functions best when it is rested.
3. Study with the SQ3R method



Survey -- get an overall picture of what you're going to study BEFORE you study.

Question--ask questions for learning.

Read to answer questions you have asked yourself or the teacher has asked.

Recite--stop reading periodically to recall what you have read.

Review--go over notes you have taken to help understand things that were not clear before.

*Striving for success without hard work is like trying to harvest where you haven't planted.*

**David Bly**

## Christmas Cheer in China



**T**here was a grand occasion in Sino-Canada High School on Dec.17th. It attracted more than four hundred people to it. It was the Christmas Party. The main events were performances, dancing, a buffet and BBQ, a wishing board, candy and gifts, a casino, a band and DJ, fireworks and a scavenger hunt. The party was organized by the Student Association. According to Karen, the Association President, the student performances and the casino were the most popular activities. Another event which attracted people's attention was the gift program. Mr. Butcher acted as Santa Claus and he sent out about 120 Christmas gifts.

Volunteers were important to the success of the party. About 60 volunteers were needed. Jessica, a volunteer who worked in casino, said, "We felt really tired during several days' work, but we enjoyed ourselves when we helped at the party and let other students have a good time." The hardest job for volunteers was carrying heavy objects, like the stage, in the frozen weather.

The party was a great success thanks to the hard work of the organizers, the volunteers, and the many staff and students who came to have fun. This is one event that should definitely become a SCHS tradition. ●

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## In the Spotlight



Ivy F. is a Gr. 11 student at SCHS. With her friend Candy, she has organized a coffee shop in the school cafeteria.

### Do you like this job? Why?

Yes, of course. To be an owner of a coffee bar has always been my dream.

### Have you learned some skills about coffee?

Yes, I have learned lots of skills about making coffee. For example, I learned how to make the coffee so it is more mellow.

### Which one of the coffees do you think is most popular?

Regular coffee.

### Which kind of coffee sells best?

Mocha coco.

### Should we drink coffee instead of drinking water?

Coffee can refresh our brains, but it still has something harmful to our bodies if we drink too much of it. Therefore, coffee should not replace the water we drink.

### Do you know some pros and cons about drinking coffee?

Moderate coffee drinking can alleviate fatigue and pressure, but excessive coffee drinking can lead to high blood pressure.

## Around Campus



Boys PE classes singing carols



Mr. Dai does science magic



Studying hard



Relaxing with yoga



Showing off the new uniforms

## Canadian Corner



### Christmas

Christmas Day started as a festival to celebrate the birth of Jesus. It is one of the biggest festivals and a public holiday in many countries around the world.

Christmas celebrations are different in different countries. The celebrations show the cultures and traditions of each country. Gift giving takes place on Christmas Day in most countries.

In Canada, families gather together for a huge

meal of roast turkey, mashed potatoes and gravy, cranberry sauce, and mincemeat pie.

### Quote:

Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas.

Dale Evans

### New Year

In Canada, New Year traditions differ according to the region. In the larger cities there are celebrations with music and fireworks held at midnight. Other common New Year's Eve celebrations, such as late-night partying, sporting events, and concerts are also found in these cities and other places around Canada.

# Staff Stuff at Sino-Canada High School



Ms. Carter comes from Vancouver, Canada. She attended the University of Northern British Columbia and UBC.

SCHS is the second school she has taught at in China. She finds that the difference between Chinese and Canadian education is that Canadian education leaves more time for extra curricular activities. Also, she thinks the two have very different teaching philosophies .

Her favourite Canadian holiday is Christmas. It's the time of year when family gets together and enjoys each other's company. She doesn't think it can get any better than that..

She loves sushi and finds pasta delicious, too.



Li Hong Xin teaches junior students at SCHS. She comes from Liaoning Province.

Ms. Li is looking forward to the New Year and all its celebrations. She is excited about the upcoming school holiday.

The holiday gives her a chance to celebrate the New Year together with family and friends. During this time Ms. Li will take the time to enjoy her favourite New Year food - dumplings.

Many New Year traditions come from ancient beliefs. Like most people, Ms. Li sometimes believes them and sometimes she does not.

Christmas is a new celebration for many Chinese. Ms. Li took the time to celebrate it just with friends.



Lu Guo Wei comes from Jiangsu Province. He attended Nanjing Normal University.

Mr. Lu works with Ms. Carter teaching girls PE. He works closely with both the Chinese and Canadian systems of education. One difference he sees is that in the Canadian system teachers and students always communicate with each other.

His favourite Canadian festival is New Year. It's celebrated quite a bit differently than Chinese New Year. He thinks Christmas is a very interesting western festival. The food he likes best is Chinese food.



Ms. MaCallum comes from Duncan, BC, which is on Vancouver Island. She teaches English and Communications at SCHS.

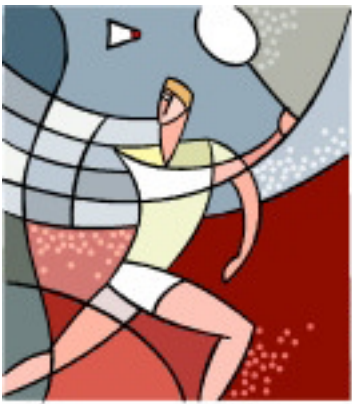
At Christmas, there are many traditions that Ms. McCallum enjoys. One is to decorate the Christmas tree. The best, however, are exchanging gifts and eating lots of good food

Her favourite Christmas food is roast turkey and then pie for dessert.

Ms. McCallum is enjoying her time in China. She loves going to KTV.

She is looking forward to celebrating her first Chinese New Year in China.

## Club Scene: Badminton



This time we visit the Badminton Club. The teacher that organizes this club is Mao Qun . Now, there are 40 students in this club, and they have the activities on Mondays and Wednesdays from 16:30 to 17:30. The activities

mostly are free group activities and instruction activities. Sometime matches or competitions will be organized.

What can we learn from the badminton club? We can learn the foundation skills, such as how to grasp the racket, how to serve a bird, and the steps.

"A lot of students are interested in this game. It can improve everyone's health." says Mr. Mao when asked about his reasons for organizing this club.

If you are interested in badminton, you can join them. The club has a fixed time each year, or you can join the club any time. Just talk to the Mr. Mao.

In the next year , the badminton club will hold a large competition. It's a good time to show your skills and a good chance to prove yourself.

## Survey Says

Students of SCHS were surveyed to get their opinions to the following question:

"What is your favorite subject?"

Chinese	31%
Art	23%
Math	22%
Chemistry	13%
Biology	11%



**Christmas Cheer** *continued*



# School Sports Day



Classes of students parade in front of the judges.

Students got the chance to show each other their abilities in sport at the Sports Day. It was held on Nov.12 at the sports field at SCHS. All students of the school were able to participate in some way.

Students entered the sports field class by class. They showed class attitude through slogans and small performances for the judges. Students of the horse riding program did a display of the skills they had learnt so far. He Dong Kui and Wang Jing Peng each did a Kungfu display. Several other teachers sang a song. That was enjoyed by everyone. The

finale of the opening ceremonies was a dragon dance by a group of women from Lu Xu.

Many students took part in the competitions that followed. There were races, long jump, and throwing events. All were cheered on by their classmates.

This successful event was organized by teacher Lu Guo Wei with the help of Chinese and foreign staff.

Thanks to the great weather, the hard work of Lu Guo Wei and the other teachers, and the positive attitude of all the students, this sports day was extremely successful. Everyone



Organizer Lu Guo Wei

had fun. Way to be "the best that you can be"! ●

## In the Spotlight



Warren is a Grade 10 student who has had some of his writing in Chinese published.

**Could you tell something about yourself that others do not know about you ?**

My name is mixed by my parents' name.

**What kind of subject will you choose to study in university or college ?**

Writing.

**Which colour can represent your feelings now ?**

Blue.

**If you could be a famous person, who would you want to be ?**

A famous Chinese writer called Yu Qiuyu.

**After you graduate from high school , which country will you plan to go to ?**

Canada.

**How would you describe your own personality ?**

Outgoing and happy.

**If you could go to a different world, what kind of world would you prefer to go to?**

The world where we have different kinds of challenges.

## Kids in the Hall

**What do you like best about Chinese New Year?**



Isabel C. .

"Eating dumplings with coins in them"



Catherine P.

"Having a big meal with all my relatives!"



James W.

"Getting red pocket money. I don't know if I'll get an this year. I'm 18."

**The only job where you start at the top is digging a hole.**

**Anonymous**

# University Fair at SCHS



Many parents and students attended the fair in the library



Volunteers take a break



This might be the one!

A University Fair was held in the library of Sino-Canada High School on November 28. About 30 universities and colleges from Canada, U.S. and Switzerland showed their information to the students and their parents.

The purpose of the fair was to “provide an opportunity for the students and parents to meet the admission officers of the universities or colleges and to get first-hand information,” said organizer Daily. This was the second time that a University Fair has been held at SCHS. Other university representatives will visit SCHS from time to time during the school year.

Daily works as SCHS’s college counselor. “We assist students in each grade with their university or college application. We provide them with overall advice for their further education after high school.” she said. She wants students “to gain basic ideas of undergraduate studies, what the schools are in Canada, the U.S. or other countries, and what can be learned in a university or college”.

The University Fair is over for this year, but we still have a lot of things to learn. This Fair gave us information about the university or college we might want to go to. Getting there is up to us now. So let us try our best to reach our goal! ●



Getting all the facts.

## Charity Donation

Besides just being fun, the Halloween Party was a very successful charity event.

The proceeds of the 50/50 draw went to the Wujiang Orphanage.

The profits from the ticket sales were donated on behalf of the school to the Shanghai Charity Foundation.



The Shanghai Charity Foundation works to raise funds to help the elderly and children. The charity provides money for medical care and education. The Foundation organizes many charity events in Shanghai each year.

# Singing Competition

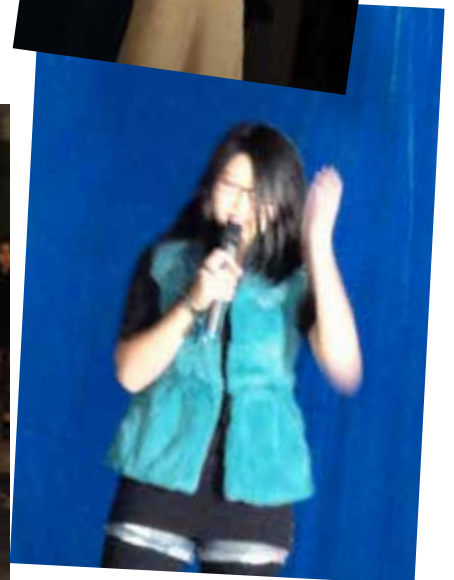
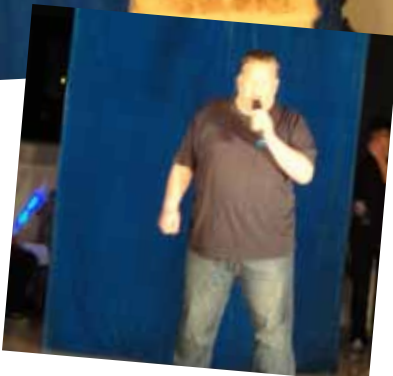


**D**o you know what the teachers and students have been talking about? They have been talking about the singing competition which was held in SCHS!

The singing competition lasted for about 3 weeks. The final competition was held in the library on Dec.2. Many teachers and students went to there to watch the event. The judges were some of the BC teachers. They really enjoyed listening to the singing of the competitors. Students cheered for their friends and classmates. That night was wonderful. The competitors showed off their best singing talents.

Through this singing contest, we've seen the talents of many students. Their performances were really wonderful. They made people enjoy the singing instead of talking about who would be the winner.

The competition was not just about fun. The competitors worked hard to give their best performance. Also, it's not easy to sing in front of so many people. All the students who took part in the competition from the very beginning to the final performance on Dec. 2 are the bravest people in the world! ●



# The Best That We Can Be Student Voices



An awards ceremony was held on Dec. 15 to acknowledge students who had achieved academic excellence in the last academic year. These students were rewarded with medals, certificates and/or cash scholarships. Congratulations to you all!

## Club Scene: Migrant School



Mr. and Mrs. Abbott are the teachers leading this club.

### **Why did you want to start this club?**

The truth is, I did not start this club. Last year there was a club like this, and that migrant school was at a different location and it closed. I had been told about the school last year and wanted to find out if our school was going to be involved this year.

### **How many people have joined this club?**

I suppose that about 15 students from Sino-Canada have come to the Migrant School. We have not made a formal list of the students that are involved.

### **Can any Sino-Canada student join it now?**

Anyone from Sino-Canada can join the club. It would be best if the

students who want to join do not have a class in E block on Mondays.

### **What's the biggest purpose and goal for your club?**

The biggest goal of this club is to have fun. We want the Luxu students to learn some English words, and we want the Sino-Canada students to learn what it is like to be a teacher.

### **Please describe your club.**

In this club some of the Sino-Canada students go to the Migrant School in Luxu. Our students become the teachers for the grade 5 and 6 students. We leave Sino-Canada at 3 pm, and we are at the Luxu school for about an hour. We teach the Luxu students some English words, and we try to play a game. It is a lot of fun!



Ethel L. is in Mr. Cox's English 10 class.

## Fears I Used To Have

One fear I used to have is when I was young, I was really afraid of staying home alone.

One day, I stayed home alone. My mom and dad went to work, and they told me not to open the door for anybody that I didn't know. They always said this to me. At that time we lived in an apartment. We were living on the sixth floor and our apartment only has six floors. From the 2nd floor to the 6th floor all families have kids. I was watching TV at that time, then I heard someone knock on the door, I went to see who was standing outside the door. I saw a man standing outside the door from the little hole in the door. I remember mom said don't open the door for anybody. So I turned off the TV and pretended no one was in house until he left. That man looked very scary to me. I was really afraid. Then I waited for my mom to come back home. I told her what had happened. Then after two days I heard my mom say that in our village a little boy opened the door for the stranger. The stranger stole all of the expensive things from his home. I felt very fearful for that poor little boy. The lucky thing was that stranger didn't hurt him. We should be conscious of safety measures in our lives.

# Student Voices



Paul wrote this journal piece in Mr. Cox's class. It describes an event in his life that was important to him.

## I Am Growing Up

This autumn, I came to Sino-Canada. In a few days, I found out that things were very different from what I used to see and do. Teachers seldom cared about what you do in your spare time. It made me realize I was growing up and I had to be responsible for myself.

Being in a boarding school gave me a lot of spare time without parent's supervising me. I could do whatever I wanted. Sure I could waste time playing games and sleeping all day, but these do no good to me. I think when we grow up, we will gradually become independent from our parents. We will have more chances to make our own decisions, and we should be responsible for these because probably these decisions may be fatal to our future. Even the smallest decision may have influence on something big, like the butterfly effect. So it's very important to make a good decision

For me, I think I would rather do as much work as I can and have more rest. Though my parents are not watching me, but they can see what I am doing by looking at my marks and report cards. But on the other hand, we should not study for our parents, we should study for ourselves.

We go to Sino-Canada because we want to go abroad for university. When we go abroad, there's no way for our parents to watch us all the time. We need to learn to control ourselves anyways. Being in a boarding school like Sino-Canada is a perfect chance to learn to manage ourselves.

Being responsible for oneself is always what's most important about growing up.

# Student Gallery



Aqua - "Chinese Town"



Above: Rolisa "The World of Ice"



Sherry, Aqua, Joseph, Richel - "Christmas Tree"



Will - "Red Flower"

John - "Ship"



Calvn - "The Soldier"

## Kids in the Hall

### What do you like best about Chinese New Year?



Alex T.

"Travel in China before I go to North America. And I hope you-know-who comes back."



Robin Z.

"Have the special New Year-eve dinner full of traditional food with all my family eating together!"



Kevin J.

"Receiving a big red envelope from my relatives. It's also nice to see them."



Andrew W.

"Being together with my family and watching the CCTV Gala."



## Numbers

Christmas is a favourite western festival. Here are some interesting Christmas numbers.

Amount of money spent in December in Canada  
**\$36.8 billion**

Amount spent on gifts per person in the US  
**\$600**

The number of countries celebrating Christmas  
**more than 160**

The largest gift in the world  
**the Statue of Liberty**

the number of pet dogs that get Xmas presents from their owners in Canada  
**7 out of 10**

## School Memories

Each day many things happen to you at school. Some of the events you will want to remember for a long time. The Yearbook Committee and Club are there to help you. Give your photos and video to a Yearbook Committee member. Help them create a wonderful school memory for you and your classmates.



## Credits

This edition of *School Beat* was produced by the students of Mrs. Moshurchak's Planning Class 1C.

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