

# NEWSLETTER

What's happening | Coming Soon | Messages and Reminders

## Safety First!

Please be reminded to wear your ID badges when coming to the school. While some of our security guards may be familiar with our parent community, we need to ensure that safety remains tight at all times, which means No ID Badge, No Entry. Thanks for helping us protect the well-being of our students.

## Smooth Running

In order to facilitate the smooth running of our ASAs we would like to now request that parents do not wait on campus on Tuesday and Thursday afternoons, which are our busy ASA days. Usually, we are happy for parents and students to stay and play for a while but ask that parents pick up and leave promptly at 3:30pm on these days. Thanks for your support!

## Dates

**30/3:** Golf Trip for all students  
**4-5/4:** Qing Ming holiday  
**18-22/4:** International Week  
**22/4:** International Festival - more information will follow from your Class Parents



## Listening to Feedback on Food

We are proud of the quality of the food at MHIS and believe we offer a balanced range of fruit, vegetables, protein, carbohydrate and the occasional sweet treat to keep the children happy! However, we want to make sure that all members of our community have the chance to feedback on the quality of the food that our hard working and talented catering team create each day. As such, classes are now issued with a 'Meal Review Form' every Monday, focusing on either lunches or snacks throughout the week. Comments from students and teachers about the different meals are noted, along with how much the class has eaten - showing how popular the dishes were. We will collate this information each week and use it to inform our menus, along with input from Dr Cui about healthy and seasonal ingredients. If you have ideas about our menu, please feel free to email [cavenchen@mhis.education](mailto:cavenchen@mhis.education), as outlined on the bottom of the weekly menu. Watch out for more food-focused feedback later this term.





## Parent Information Sessions

The last FEVA session was very well received. We look forward to seeing many of you at the next installment:

**Date:** Thursday 24th March

**Time:** 8:45-10:35am

**Location:** Music & Dance Room

The second of the focused FEVA workshops will be based on relationships at home, between mothers, fathers and children, with the aim of creating a triangle of positive relationships.

For any parent who would like to find out more about FEVA, including training to become a workshop presenter, you may be interested in joining the FEVA WeChat group. If so, please see Caven at reception to scan the QR code.

**Polite reminder:** Please remember that parents are requested to remain on the 1st floor during Information Sessions. When parents wander upstairs to peep through their child's class window, it can cause them to become unsettled and disrupt their learning. Please remain on 1st floor and remember that it is not permitted to take photos of children in the classroom. Thank you for respecting these school policies.

## Life-Long Learning at MHIS

It is not just the students who learn at MHIS but also the parents, through our ongoing Information Sessions, and the teachers. Professional Development is of great importance to all educators and we work with our teachers on a weekly basis to offer Professional Development in various ways such as exploring best practice, reflecting on our own, building assessment tools and approaches and asking staff to share their skills with each other. This month, all teachers in the Pre School have been working together to learn from each other. Early in the year, teachers identified personal goals connected to their staff appraisal. Teachers have been paired together with colleagues focusing on the same target area and have been spending time in each others' classrooms observing related lessons, making notes, sharing feedback and discussing how to enhance their own practice based on what they have seen. We are pleased to have such skillful and open teachers who are happy to teach and learn from each other in this collaborative way. And the real benefactors of this learning? Your children!

## Don't Let a Sugar Hit Spoil Your Day!

In support of our Feedback on Food entry above, please help us to ensure your child is at their maximum capacity for learning when they come to school by avoiding unhealthy foods in the morning, such as candies, chocolates and sweets. We have found many children actually bringing sugary foods onto the campus in the morning and trying to share them with friends! This is a big 'No No'. Good breakfasts include porridge, cereals and grains or fruits and yoghurts. Sustainable energy will help your child focus at school, whereas candies will give them a quick 'sugar-rush' followed by low energy and low concentration levels. Please help us to help your child by avoiding morning sugar-hits.

