

The Tucton Post

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From the Headmaster's Desk

校长的话

Dear Parents and Friends,

Welcome to the sixth edition of the Lucton Post and my last "from the Headmaster's Desk".

"As I sat in my office in my chair today, I could see, feel and smell summer ebbing away.

I could hear the wind blowing softly through the trees. I could even see a few falling leaves.

I can tell by the shorter days that autumn is on the way. The hot, lazy days of summer aren't going to stay.

Blissful spring has come and gone. The remaining days of sleepy summer won't last long.

Glorious autumn colours will soon appear. But, like the flowers of summer they will disappear.

Winter will follow autumn as it always has. Spring, summer and autumn are again part of the past.

People can be compared to the seasons. They are born, bloom, and ebb away. Like spring, summer, and fall they cannot stay.

Winter will come as it always does. If we are blessed, we have experienced the seasons at their best."

Winter is indeed approaching and the cicadas have become silent. Towards the end of summer, the cicada will moult leaving behind its shell and in Chinese culture this this symbolises a transformation. During my time here at Lucton I have had the privilege of watching not only the school but each individual student undergo unique transformations as they grow and develop, achieve their potential and begin to realising their ambitions.

Another symbol of the arrival of winter is the yellowing of the bamboo leaves that can be found in many places around China. China has a long attached great importance to bamboo. 正直, 气节, 虚心 are all Confucian values connected with Bamboo. I'd like to think I leave behind a legacy of these values encouraging our young ladies and gentlemen in our community to act with moral integrity in every aspect of their lives. 胸有成竹。 I leave you in safe hands; with the

knowledge that the school has a plan focussed on ensuring that we continue to provide the high standard of education that you, as parents, would expect from us. Mr Parrish, Deputy Head Academic, has been appointed to lead the school for the next five years and we can all be confident that the school will have a successful future under his guidance. I leave behind many students on the verge of greatness and I am sure I will be hearing much more about Luctonian achievements, great exam results and prestigious university places. I wish you and your children all the very best for a bright and prosperous future. I do hope you enjoy reading this sixth edition and we look forward to seeing you soon.



Mr Neil Clayton
Founding Headmaster



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亲爱的家长们和各位朋友：

欢迎阅读第六期莱克顿简报，也是我的最后一封“来自校长的信”。

今天，当我坐在办公室里的椅子上时，我可以看见，感觉到并闻到夏天的离去。

我仿佛可以听到风轻抚过校园的树，我甚至可以察觉地上的几片落叶。

我可以感受到白天正在缩短，这意味着秋天来了，那悠长、慵懒的夏日已经走远。

幸福的春天来了又去，昏昏欲睡的夏天也不会再叨扰我们。

绚烂的秋天将以其特有的色彩瞬间铺满世界，可它也会像夏日的花儿一样，转瞬即逝。

而后，冬天会一如既往的随秋而来，春、夏、秋再次轮回。

人生也可比作季节，从出生到盛放，再到凋落。就像春天、夏天和秋天一样，它们无法驻足，冬天总会如约而至。我们何其幸运，能感受到在四季变迁中最美好的时光。

冬天如期而至，蝉也销声匿迹。夏末时，蝉会蜕皮、脱壳，在中国的文化中，这象征着蜕变。在莱克顿的时光里，我极有荣幸的见证了整个学校，以及每一个学生在成长和发展过程中经历的独特的转变，他们发挥了自己的潜能，并开始实现他们的抱负。

冬季到来的另一个标志是竹叶泛黄，在中国许多地方都可以看到。在中国文化中，竹子一直深受文人墨客的青睐。正直，气

节，虚心都是与竹子有关的文化价值观。我希望这些价值观，可以作为临别赠礼，以鼓励我们学校年轻的男士和女士们，在生活的各个方面都能以正直的品德行事。能如此般，胸有成竹。

现在我要把一切都托付给一位最值得信任的人，我们都知道，学校一切计划的重点就是专注并确保一如既往地提供高标准的教育——正如你们作为家长所期望的那样。学术副校长Parrish先生已获委任担任未来五年的校长，我们深信在他的领导下，学校将保持拥有一个成功的未来。我不舍地离开这些正在走向成功的学生们，我相信我很快会收到更多有关莱克顿人的成就、出色的考试成绩和被享有盛誉的大学录取的佳讯。祝您和您的孩子一切顺利，共创明亮而美好的未来。

我希望您喜欢阅读第六期，我们期待与您再次见面。

Mr Neil Clayton
创校校长



Academic Life

学术生活



As the autumn term finishes, a great deal has happened in the academic life of Lucton since we returned from the summer holiday. New students and new teachers have formed strong bonds and settled into life at the school. Now a new Lucton has emerged, stronger than ever before we are a bigger family with more students and more teachers, but we are a strong and united family. I have been very pleased by the way our students have made firm friendships, the way they

treat each other with grace and humility and I have been impressed by the way our teachers have settled into a new environment with a generous spirit. As part of my daily routine I observe lessons, and I never cease to learn new things. I have seen Mr De Villiers, our Chemistry teacher mix chemicals, add heat, and make chemicals explode in bright colours, it really brings the subject to life for our students as they participate in experiments which demonstrate the

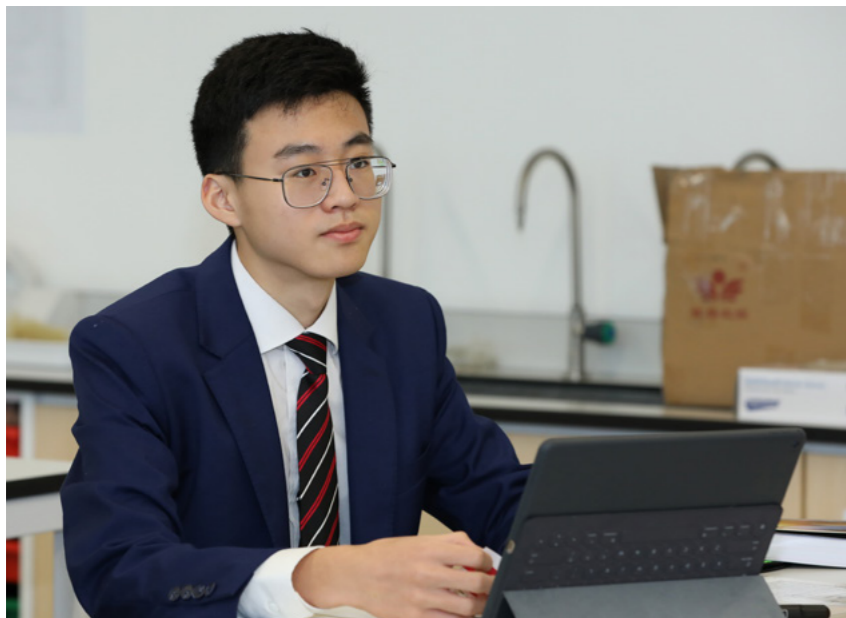
theory in a such a practical and exciting way.

In design technology I have seen students toil for months, planning, calculating, researching and designing to finally bring their work to life in the form of a real and beautiful product. One student produced a marvellous pinewood bookshelf which I will be incredibly happy to see on a wall in the school. A lasting testament to the student's hard work, their inspired eye for design and the support and guidance of a great teacher.

In Art I have witnessed the attention to detail required to make a beautiful animation. Painstaking and precise, the student chose to create the animation in the old-fashioned way, drawing frame by frame to produce an amazing effect. I was amazed by the student's patience and our Art teacher's versatility as he supervises students who work on photography projects, paintings, sculptures, pencil drawings and graphical design on their computers, guiding and inspiring each individual to find their own inspiration and explore their own ideas.

Even in subjects that are traditionally thought of as less practical, purely theory, thinking and reasoning subjects I have seen our teachers go to great lengths to bring these theories to life. Finding ways





to illuminate complex ideas like calculus I have seen our teachers use computer animations and graphing packages to make real life sense of sometimes very abstract ideas.

Students have also been stretched and challenged in lessons, working together with each other in lessons to discuss, debate and think critically and creatively. I have seen active lessons where students move around the classroom to complete tasks and share ideas to deepen their learning. This can be uncomfortable for students at first as they are forced to think for themselves and share their opinions but they are great experiences, building confidence in their ability not only to present information but also in their to process, analyse and evaluate information. Learning to express their ideas in logical and rational way is one of the most important skills they can acquire while at school and certainly one that the universities they aspire to attend will be looking for.

Recently we have had great news from our Year 13 students, they have been working extremely hard in recent months to complete their university applications. As well as achieving excellent academic results, students must write a personal statement which explains why they want

to study the course they are applying for and lets the university know about all the extra activities that they have been involved in. The applications require a great deal of research and work, with the guidance and support of their teachers, students generally redraft their personal statement four or five times. The result is a completed application which will really impress the university admissions office. Thanks to the expert advice and efforts of our university guidance team, our students have received excellent offers from top universities. Having completed their applications,



Year 13 students are now fully focussed on getting the best possible exam results when they sit their next set of exams in January. They are experienced now, having had exams before in Year 12 and they feel confident and well prepared to face the challenges ahead. Our Year 12 students will also be sitting exams in January, it will be the first time for them to sit A Level exams, they too are confident as our teachers have worked tirelessly to ensure they are fully prepared to achieve their best.

The focus for our Year 10 and 11 students has been their IGCSE courses. They have settled down swiftly into school life and they are working harder than ever to achieve great results. Year 11 students do not have their final IGCSE exams until May but before then, many subjects such as Design and Technology and Global Perspectives require them to complete coursework components. In Global Perspectives, for example, the students must choose a project title and then produce a 1500-word individual report which requires extensive research. The students choose the title from six available topics such as the Digital World, Biodiversity or Society and then research and explore a question of their own devising. They answer their question



in the report considering different perspectives and points of view. As you can imagine this is excellent preparation for the kind of independent study, they will be required to complete for their A Levels and for university. Meanwhile, in other subjects, as the teachers finish teaching the content of the courses and begin extensive revision and thorough preparation for the exams they work with students individually to ensure they are prepared in the best possible way for the challenges examination season. In summation, we can all be incredibly happy with the way our new students and our new teachers have begun the academic year at Lucton. With a spirit of ambition, desire and purpose they have taken up all the learning opportunities presented to them and embraced the challenges. I am very confident our students will achieve yet another set of outstanding exam results this year and I am pleased to say this will be the result of excellent teaching by our team of dedicated professionals.

*Mr Clem Parrish
Deputy Head Academic*





致入微，选择了传统的方式，一帧一帧的绘制，以达到令人惊叹的效果。我见到我们的美术老师指导学生们在电脑上进行摄影项目、绘画、雕塑、铅笔画和图形设计，引导和激发每个学生找到自己的灵感，探索自己的想法，学生们的耐心和老师各项全能且娴熟的技艺让我赞叹不已。

即使是那些实践较少，多为思考推理型的传统理论科目课，我也看到我们的老师们竭尽全力将这些理论运用到生活中展现给学生们。他们想方设法来解释那些复杂的理论，比如用电脑动画和一系列的示意图等方式阐明微积分的含义，这使得那些非常抽象的概念具有了现实意义。

学生们在课堂上也受到了锻炼和挑战，他们在课堂上相互合作，一起讨论、辩论、批判性和创造性地思考。我见过一些很活跃的课堂，学生们在整个教室范围内活动，完成任务，交流想法，以加深他们的学习。一开始，学生们可能会感到不舒服，因为他们被迫独立思考和分享自己的观点，但这是很好的体验，不仅让学生自信有表达信息的能力，而且他们对自己在处理、分析和评估信息方面的能力也建立了信心。学会用逻辑和理性的方式表达自己的想法是他们在学校可以获得的最重要的技能之一，当然也是他们进入目标大学所需要的技能。

最近，我们从13年级的学生那里得到了好消息，他们最近几个月一直在努力完成他们的大学申请。除了取得优异的学术成绩外，学生还必须写一份个人陈述，说明自己为什么要学习他们所申请的专业，并让大学



而又令人兴奋的方式来证明所学的理论，这门学科也变得生动起来。

在设计技术课上，我看到学生们辛苦了几个月，计划、计算、研究和设计，最终把他们的努力变成一个真实和美丽的作品。一个学生制作了一个绝妙的松木书架，如果能在学校的墙上看到它展示出来，我一定会非常开心。因为这是一种永久的证明，证明了学生的努力学习和被灵感激发的独特设计视角，以及科目老师出色的支持和指导。

在艺术课上，我目睹了制作一段美丽的动画所需要的对细节的关注。这个学生细

秋季学期正在步入尾声，自我们暑假归来，莱克顿的学术生活里发生了很多事情。新学生和新老师之间已然建立了牢固的联系，并且适应了学校的生活。现在，我们所看到的是一个全新的莱克顿，一个比以往任何时候都更强大，拥有更多学生、更多老师的大家庭，一个强大且团结的大家庭。我们的学生建立了牢固的友谊，他们以礼貌和谦逊的态度对待彼此，我对此感到非常高兴，我们的老师们也以大方的气质，很快地融入了莱克顿大家庭，这也让我印象深刻。

作为日常工作的一部分，我会到课堂上查访上课情况，而且我从未停止学习新事物。我看到我们的化学老师De Villiers先生将化学试剂混合并加热，使其爆炸形成鲜艳的颜色。学生们可以通过实验这一种实用



知道他们所参与的所有学术以外的拓展活动。在老师们的指导和支持下，学生通常会修改四到五次的个人陈述。最终得到的是一份完整的申请，一定会给大学招生办公室留下深刻的印象。得益于我们升学指导办公室的专业建议和努力，我们的学生已经陆续收到了来自顶尖大学的预录取通知书。

完成申请后，13年级的学生现在将全神贯注于怎样在一月份参加下一阶段的考试时取得最好的成绩。他们现在经验丰富，因为在12年级时已经经历过A Level的考试，他们充满自信，也准备好面对未来的挑战。而我们现在的12年级学生也将在一月份应试，这将是他们第一次参加A Level考试，他们也很有信心，因为我们的老师一直在不懈努力，以确保学生们能够做好充分的准备来追求最佳的成绩。

10年级和11年级学生的重心是他们的IGCSE课程，他们很快地适应了学校生活，为了取得出色的成绩正在加倍努力地学习。虽然11年级的学生要到明年5月才参加IGCSE的最终考试，但是许多科目（例如设计与技术和全球视野）都要求他们在考试前就完成科目模块作业。例如，选择全球视野这门科目的学生必须选择一个项目主题，然后制作一份1500字的独立报告，这就需要他们进行大量的研究。学生们从数字世界、生物多样性或社会等六个主题中选择一个题目，然后研究和探索自己设计的问题。他们在报告中提出问题，并通过不同的角度和

观点解答自己的问题。由此可见，这是锻炼自主学习能力的机会，他们需要这种能力来完成接下来A Level阶段及未来大学阶段的学习。与此同时，在其他科目中，随着教师完成课程内容的教学，也开始了大量的复习并全面准备考试，老师会与学生进行一对一的指导，以确保他们以最好的状态迎接考试季。

总之，新学生和新老师们以饱满的热情拥抱了莱克顿的新学年，所有人都为此非常高兴。他们怀着雄心壮志、对成功的渴望和

明确的目标，抓住了所有的学习机会，迎接挑战。我相信我们的学生在今年的考试中会再创佳绩，我也很欣慰，这将是我们的专业团队尽心尽责教学的结果。

Mr Clem Parrish
学术副校长





Bonfire Night

篝火之夜

Bonfire Night is a traditional British Festival, and it is a wonderful time for Luctonians to get together and enjoy the fireworks at campus. Every year since the founding of the school, Lucton has celebrated this festival with all Luctonians, and has developed its own tradition. This is the third year that Lucton has held Bonfire Night, and families and friends of Luctonians have been invited to the campus. It is not only a traditional festival, but also a big family party to enjoy an excellent time together for the Luctonians.

篝火之夜 (Bonfire Night) 是英国的传统节日,而今则是人们欢聚一堂、观赏烟花的快乐节日。莱克顿建校至今,每一年都与所有莱克顿人一同庆祝这个节日,并衍生出自己的特色。今年是莱克顿第三年举办篝火之夜活动,莱克顿人纷纷邀请自己的亲人、朋友来到校园里,一同享受欢乐的时光。今夜,许许多多的莱克顿人在这里团聚,享受家庭的温馨气氛。



School Market—Happiness

校园市集——欢乐

School Market was the biggest surprise of Bonfire Night this year. Each booth was set up by teachers, students and parents themselves, including lights, balloons and flowers, all of which make this market very lively and interesting. On the football pitch, everyone was trying their best to attract guests. Some students are just like an experienced boss,

earnestly bargaining with customers. Some students turned their talents into creative booths, which attracted a lot of attention. Other students and their parents work together to promote their homemade desserts. In this market, students put aside their academic worries, parents put aside their busy work, completely immersed in the atmosphere of happiness.

校园市集当属此次篝火之夜最大的惊喜。由老师、学生、家长们自制的摊位一个个树立在校园的足球场上,灯光、气球、鲜花点缀其中,繁华且热闹。今晚的摊位可谓是争奇斗艳,大家都使出浑身解数来招揽“游客”。有的学生俨然一副老练的老板模样,认真的讨价还价;有的学生将才艺化作创意摊位,吸引了众多的目光;还有学生和父母一起,将自制的甜点摆在摊位上,精致可口。在这里,学生暂时放下了紧张的课业,家长放下了繁忙的工作,只顾着一个个摊位边吃边玩地逛过去。那些香气四溢、精致有趣、充满欢乐的摊位,让每一个人都有所收获,有所期待。忙碌的生活里,总要给家人们留一点陪伴,总要一同去探索惊喜,灯光下熠熠生辉的摊位上,留下了一串串的欢笑声。

Potluck Party—Warmth

百家宴——温度

Potluck party has long been one of the most anticipated events at Lucton, with each family bringing a special homemade dish to share. The Luctonians gathered on campus to taste the delicious food brought by parents, which warmed the all Luctonians who have been with each other.

按照莱克顿的传统,每个家庭都会带来一份特色菜肴或是自家的拿手菜,与大家一同分享,这一直是莱克顿人最期待的环节。大家井然有序地自主取餐,与同伴好友坐在一起,安静的品味美食。掀开盖子,扑面,是食物蒸腾起的热气,瞬间,温暖了初冬的胃和心房。





Halloween—Nature 万圣节——天性

Bonfire Night coincides with Halloween this year, students wore fancy costumes and shuttled around the market on the day. There were lovely sharks, elegant princess, and mischievous ghosts and so on. At the same time, the Student Leadership Team organized a game, the Room Escape, in which the script writing, prop preparation, scene layout, and NPC setting were all planned by the students themselves. They arranged the teaching building into Halloween secret room, attracting many students and parents to participate. Lucton continues to give full freedom and respect, allowing everyone to enjoy the party and liberate nature.

今年的篝火之夜与万圣节不期而遇，于是，在今晚，你会看到各种异想天开的装扮。柔软可爱的鲨鱼、优雅活泼的公主、调皮搞怪的小鬼……。学生会也组织策划了密室逃脱游戏，从剧本的编写到道具的准备、从场景布置到NPC的设定，都是学生自己的创意和策划，他们将教学楼布置成恐怖又有趣的万圣节密室，吸引了一批又一批的学生和家长报名参加，尖叫声伴随着笑声此起彼伏。

今夜，你们可以放肆的喧闹，你们可以尽情狂欢，你们可以和家人们一起，解放天性。



Fireworks—Together 烟火——陪伴

At the end of the party, although there is no real bonfire (for security reasons), Lucton prepared sparklers for the all. As countless sparks dot the campus and flames dance through the air, all Luctonians have fond memories of this night, the students were really excited and even parents were enjoyed the sparklers time.

There were plenty of surprises on Lucton third annual bonfire night, including tug-of-war competitions, live band, Saturday Kitchen. Each activity is inseparable from the support of parents and students. It's a day of togetherness and sharing, and Lucton will always be a harbor for the Luctonians, a source of strength for their advance, and a home for them.

篝火之夜当然离不开绚丽的烟火，尽管出于安全考虑，漫天烟火换成了手里一支支小小的火花。当无数火花点缀在校园里，火光在空中画出笑靥，手指挥舞着，像是完成了一场梦。一支支仙女棒分发在学生手里，有些害羞的家长也来“讨要”，那些平时严厉认真的父母，小心的捏着仙女棒，陪同孩子，一起在夜色里挥舞着。火花转瞬即逝，不过在那短暂的十几秒，足以让心灵回归童真，在夜色里彼此依偎，留下一生的美好回忆。

在今年的篝火之夜还有许许多多的惊喜，如：拔河比赛、学生的音乐表演、小厨房等等。每一项活动都离不开家长、学生的支持。莱克顿第三届篝火之夜最终在星星火花中落下了帷幕。大家依依不舍的散去、告别，莱克顿的夜晚重回静谧。尽管时光飞逝，仍有留恋，但是每个莱克顿人都知道，莱克顿永远是他们的港湾，是他们勇往直前的力量，更是一直陪伴、温暖他们的家。

Award List 奖项公布

All awards are voted by students, teachers and families, and the final results are announced as follows:

The Best Booth: Booth No.1 Stanley Zhao
Booth No.4 Ms Lucy Clarke & Ms Cassie Chen from Academic Team

The Best Halloween Costume: Sherry Shi

The Best Dish: Bonny Lu's Family



所有奖项都由在场的学生、老师和家庭投票选出，最终结果公布如下：
最佳摊位奖的获奖者：1号摊位的Stanley Zhao同学和4号摊位的Ms Lucy Clarke & Ms Chen老师
最佳着装奖的获奖者：Sherry Shi同学
最佳美食奖的获奖者：Bonny Lu家庭



CCA 拓展课程集锦

Co-curriculum activities (CCAs) at Lucton have been developed this year, with an increase in the number of courses. The courses, including drama, art, music, culture, sports, science, gardening, calligraphy and magazines, cover a wide range of topics, which are popular with students.

This term, a great deal has happened in CCAs. Let's take a look.

2020-2021学年的拓展课程进一步发展，首先在数量上有所增长，课程内容也“俘获”了学生们的心。戏剧、艺术、音乐、文化、运动、科学、园艺、书法、杂志……包罗万象的拓展课程让人眼花缭乱。

至今，本学期已经过半，拓展课程也进行的如火如荼，让我们一起到莱克顿的拓展课堂上看看吧。



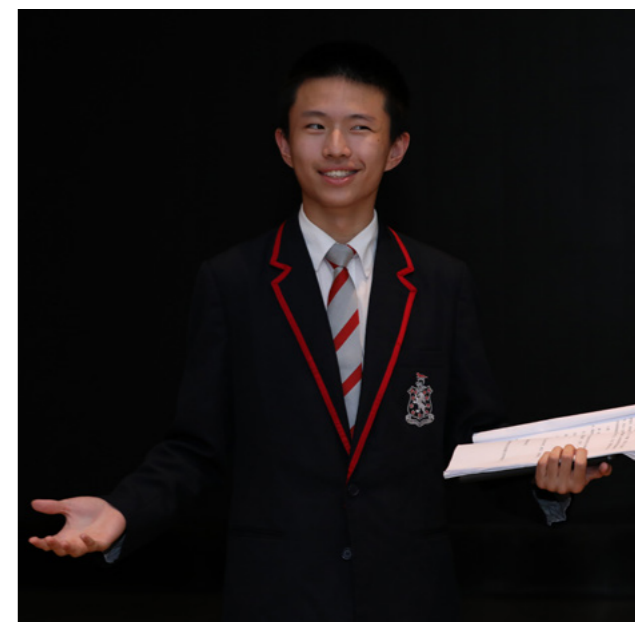
The Ig Nobel club 搞笑诺贝尔实验室

The course is taught by Mr Dawie de Villiers, a chemistry teacher, who conducts various interesting experiments in the most direct way, leading students to explore technology and develop creative thinking!

Students can turn their fantasies into reality by exploring science in the most interesting ways in this course, such as creating an amazing crystal, a rocket powered by water, or even fireworks!

这门拓展课程是由莱克顿的化学老师Dawie de Villiers先生开设的。他会在这门拓展课上，带着学生们一起探索科技，打开创造性思维，而最直接的方法就是做各种有趣的实验！

做一块美轮美奂的水晶，利用水的动力做出一飞冲天的火箭，甚至是做烟花！在这门课上，学生们将幻想变成现实，用最有趣的方法，探索科学！



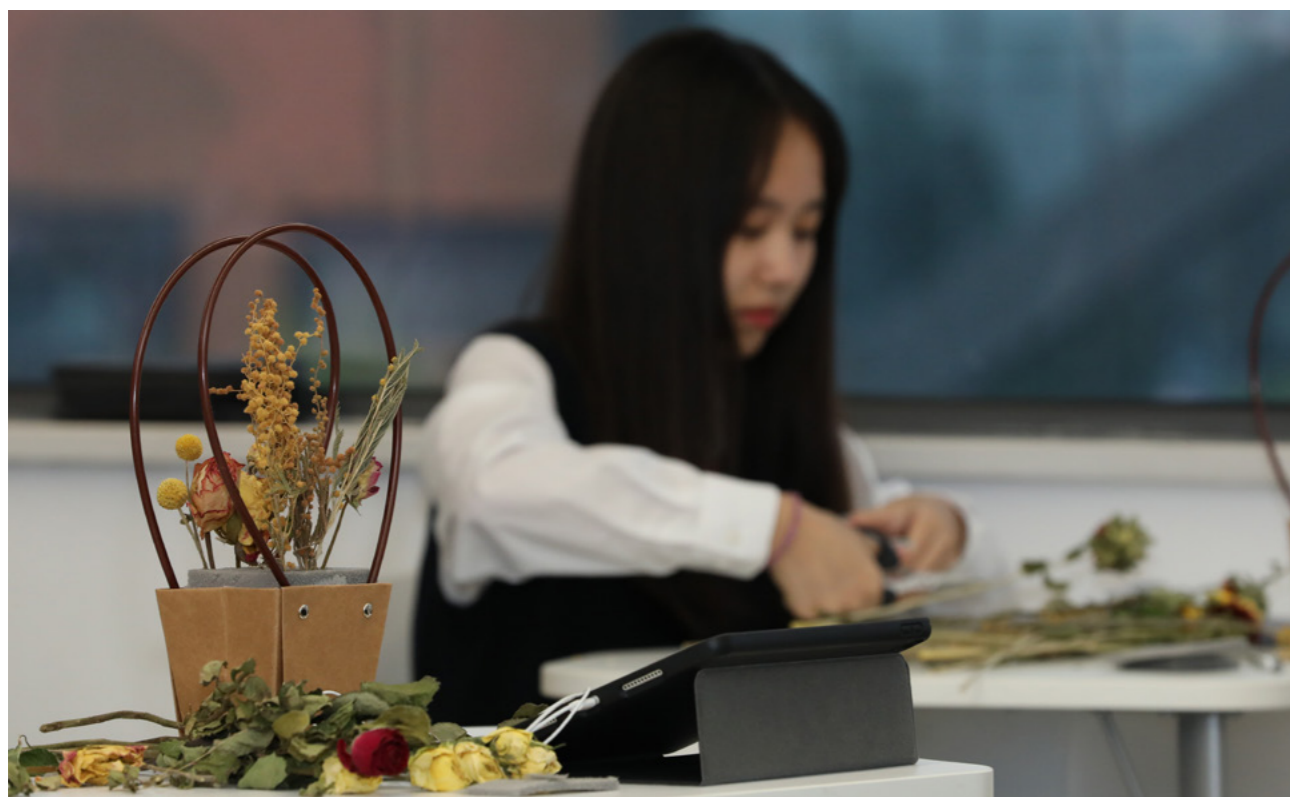
Christmas Drama 圣诞戏剧

This drama course run by drama teacher, Mr Christopher Warburton, who has been working hard with his students to produce a drama show for the Christmas. From the front of the stage to behind the scenes, the students have been carefully rehearsing the show under the guidance of the teacher. To keep it a surprise for Christmas, details will not be disclosed.

A Christmas Carol, the name of this drama show, is a play about a mean-spirited and selfish old man, Ebenezer Scrooge, who hates Christmas. One cold Christmas Eve, he is visited by three ghosts! They take Scrooge on a journey through his life and help him to see the error of his ways. In the end will Ebenezer Scrooge change?

这是由戏剧老师Christopher Warburton先生开设的拓展课程，他带领喜爱戏剧的学生们，通过一学期的努力，计划在圣诞节的晚上，向大家呈现一场盛大的戏剧表演。在拓展课中，学生们跟随老师精心地排演剧目，从台前到幕后，每一个人都认真排练着。为保证圣诞节时的演出效果，在这里就不透露更多的排演内容了。

《圣诞颂歌》是一部讲述一个讨厌卑鄙，自私自利的老人Ebenezer Scrooge的戏剧。一个平安夜，他被三个幽灵拜访！幽灵带着Scrooge走完了他一生的旅程，并帮助他看到了自己的错误。最终，Ebenezer Scrooge会改变吗？



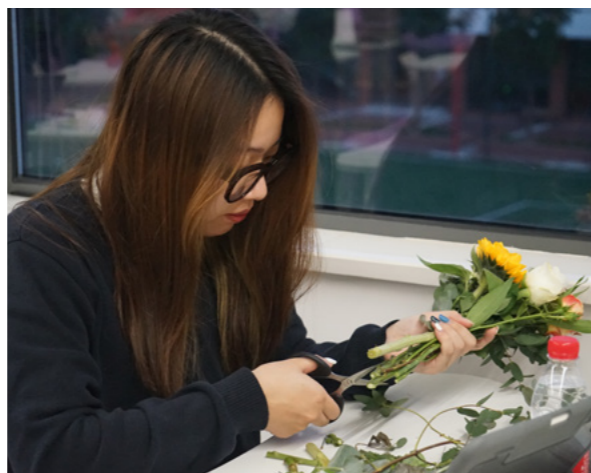
Flower Arrangement 插花艺术

The flower arrangement course was opened by Maths teacher, Ms Yiqing Chen. Your eyes will be attracted by the colorful flowers when you walk into the classroom. This is a teacher who loves life. She hopes her students to be close to nature and art in her classes, while appreciating the beauty of flowers and the love of life.

The students pruned the branches carefully under the teacher's explanation. In this course, students' works often bring us many surprises, which they will also share with others to appreciate together.

拓展课程中当属插花课最具芬芳了，这是由莱克顿数学老师Yiqing Chen女士开设的拓展课程。走进教室，各种鲜艳的花朵立刻吸引目光。这是一位热爱生活的老师，她希望学生们可以在这门拓展课中，近距离的感受自然与艺术，在与其相伴的时光里，体会鲜花的美好和对生活的热爱。

学生们跟随老师的讲解，细心地修剪枝叶，每节课后，他们都可以将作品带回去慢慢欣赏，莱克顿的校园里，也因为这堂拓展课而时常出现可爱的惊喜。



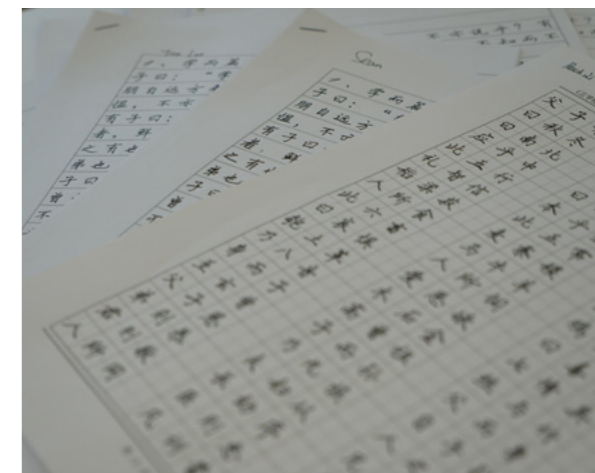
Handwriting 书法

This course is taught by a language teacher, Ms Stella Dong, and focuses on hard-pen calligraphy, which is a kind of Chinese Handwriting. Its writing tools include pen, gel pen, pencil, chalk, etc., with ink or powdery medium as the main carrier to express the writing skills of Chinese characters and others. In this course, the students practice calligraphy carefully and quietly according to the examples presented by the teacher.

This course not only helps students develop good writing habits and contributes to daily writing, but also allows them to feel the magnificent Chinese characters and cultural with each stroke.

书法拓展课是由莱克顿语言老师Stella Dong女士开设的，并专注于学习硬笔书法。硬笔书法是书法艺术百花园中一颗璀璨的明珠。它的书写工具包括钢笔、中性笔、铅笔、粉笔等，以墨水或者粉状介质为主要载体，来表现汉字和其他文字的书写技巧。在这门课上，学生们根据老师所展示的作品、实例，认真的书写，教室里安静，只听得见“唰唰”的书写声。

开设书法拓展课，既能帮助学生形成良好的书写习惯，有助于日常书写，也在一笔一划中感受到中华文字的瑰丽和文化底蕴。





Message from Sports Team

来自体育部的问候

It was the year that Lucton Sports grew rapidly in 2020. The challenge of the epidemic reminds us the importance of health. As a full-boarding school in British style, Lucton always strives for excellence in sports, offering students elite sports and elective sports programmes, with more than 10 hours of exercise per week to develop their physical and mental qualities.

This year Golf has been added to our elite sports, which includes Equestrian, Rowing, and Sailing. There are a lot of students who are interested in golf, and some of them have had basic training, such as George Liang from Year 11 and Keelan Zhu from Year 12. Those students who are beginners can now almost reach a distance of about 100 meters after more than two months of training under the guidance of coach. This term, many new students have joined the horse riding as our traditional sports. At first, they had to be led in circles by their coaches, but now they are able to walk on canter with rhythm on their own. Students who are already well established are constantly improving their level and attempting difficult moves such as jumping over obstacles.

2020年是莱克顿的体育逐渐成熟的一年。疫情的挑战，让我们明白拥有一个健康身体的重要性。作为一所小而精的英式全寄宿学校，莱克顿在体育上始终精益求精，为学生开设了诸多特色的精英运动课程以及选修运动课程，每一个学生每周都要接受10小时以上的体育锻炼，以培养他们的身体素质、精神品质。

今年我们的精英运动项目在马术、赛艇、帆船的基础上增加了高尔夫，学生们对高尔夫非常感兴趣，其中不乏有个别有经验的学生，例如11年級的George Liang和12年級的Keelan Zhu。那些没有基础的学生在教练的教导下，通过2个多月的训练，现在几乎都能打出100米左右的距离了。

马术作为我校的传统项目在这个学期迎来了很多新生，他们从最开始的只能在原地由教练牵着马匹打圈到现在能靠自己驾驭马匹进行慢跑等动作。那些原本就有基础的学生也在不断的提高他们的等级，尝试跨越障碍等高难度的动作。



As for rowing, we have two competitive teams with members who took over a year of rowing training. Through physical fitness, daily exercise and teamwork training, the members have gradually improved, and their tacit cooperation with each other is exactly what we hope to see. Other elective sports, including tennis, football, yoga, taekwondo, etc., have always been popular with students. In the yoga classroom, the coach led the students to practice some difficult movements, which are very challenging. Taekwondo classes are filled with students dressed neatly in taekwondo suits, and shout with kicks. In such an atmosphere, the previously shy students would also be eager to try and be energetic.

赛艇方面，目前我们已经组成了两支有很强竞争力的队伍，这两支队伍的成员已经学习了一年以上的赛艇课程，历经身体素质的培训、日常的运动课程以及团队之间的磨合，学生们在逐渐成长，他们之间默契的配合正是我们所希望看到的。

其他的选修体育课中，网球、足球、瑜伽、跆拳道等项目一直都深受学生们的喜爱，路过瑜伽教室的时候总能听到里面的欢声笑语，教练会带领学生练习一些高难度的动作，极具挑战性，学生们仍能认真坚持练习。跆拳道的课堂则更多仪式感，学生们整齐的穿着跆拳道服，伴随着踢腿的动作，呐喊。在这样的气氛里，原本害羞的学生也会跃跃欲试，充满活力。



Netball has become more disciplined this term with our new teacher, Mr Rob Williams, who is an amiable teacher with strict demands for class and training. Although some students "complained" that they were too tired to attend Rob's class, they still like his class very much. Meanwhile, we are pleased to announce that Lucton has its own Sports Logo, the Fox, which ingeniously elucidates our expectations for our athletes - to be wise, brave, agile and willing to embrace challenges. Lucton Sports Logo consists of red, yellow, white and blue, among which red is the symbol colour of Lucton, representing the enthusiasm and courage of Luctonians. The bright yellow outlines the vitality of youth, while white and blue symbolize the trust, calm and fair challenge of Lucton. This Sports Team Logo adopts the graphic element in the main Logo of the school, the image of fox, which symbolizes the characteristics of Lucton Sports Team, including courage, agility and not afraid of challenges. The fierce and sharp expression shows the competitive and resolute sports spirit of Luctonians. In terms of fixtures, our U15 football team participated in the first game of the SSSA League in the third week of October. Although we did not win this time, the

students' excellent performance was worthy of praise. During the competition, students learn about the gap between themselves and their opponents, so as to make full preparations for the next game, which is also the charm of sports. From next month, basketball, rowing, badminton, swimming and other events will also be held. Let's look forward to the upcoming competitions. Lucton believes that all the efforts will be rewarded. As long as we give our best, every game is a training and improvement for us to become better ourselves. Keep going, Luctonians!



本学期的女子篮球在迎来了我们的新老师Rob先生后,更有纪律性。Rob是个很有亲和力的老师,但是他对于课堂和训练有着严格的高要求。尽管有学生会开玩笑地“抱怨”上Rob老师的课太累了,但是她们还是非常喜欢这样的课堂。

同时我们很高兴莱克顿有了自己的运动队Logo,狐狸的形象能很好的诠释出莱克顿体育部对学生们的期望——睿智、勇敢、敏捷且不惧挑战。莱克顿运动队Logo以红、黄、白、蓝为主色。红色是莱克顿的标志色,代表着莱克顿人的热情与勇气;亮眼的黄色勾勒出青春的活力;而白色与蓝色则象征了莱克顿人的信任、沉稳与公平挑战的品质。Logo采用了学校主Logo中的图案元素——狐狸形象,象征着莱克顿运动队的特质——睿智、勇敢、敏捷且不惧挑战,凶猛且犀利的神情展现了莱克顿人积极竞争、坚毅果敢的体育精神。

赛事方面,在10月的第三周,SSSA联盟的比赛第一次打响了,我校的U15足球队在第一场比赛中虽然未尝胜果,但是学生们表现出的战斗力是值得称赞的。在比赛过程中了解到自己与别人的差距,为的就是下一次能够重拾信心战胜之前的自己和对手,这也是体育的魅力所在。从下个月开始,篮球、赛艇、羽毛球、游泳等项目也会有相应的赛事展开。

付出就会有回报,拼尽全力,对得起自己,对得起身边的每一个队友,变成更好的自己,加油,莱克顿人!

Mr Allen Zhang
Head of Sports 体育总监







Boarding Life

寄宿生活

2020 is a year full of surprises, with a winter epidemic creeping in and our spring pressed the pause button. The year 2020 is destined to be an extraordinary one. Only when students' lessons are limited in front of computer desks do they realize their yearning for a warm classroom and a busy corridor!

However, every faculty and staff of boarding team still put all their efforts into the prevention of the epidemic and has taken various measures to maintain a hygiene and safety learning group environment. This is a protracted and unrelenting campaign for the whole boarding team.

We have carefully arranged and adopted effective prevention and control programs to execute our goal: "Safety first". In order to put words into practice, we carried out a lot of work without missing any detail. We adhered to the daily inspection system every noon and night, and conducted daily temperature data collection. Ubiquitous disinfectants, daily ventilation and disinfection of dormitory areas and dormitories; Isolated evening self-study, observation of students' health status are accomplished by teachers of boarding team during their daily rounds; The tracking management of the school clinic for

students who had cold, fever and other symptoms, emergency measures are taken to provide medical treatment in time at the same time, staff would communicate with parents about the progress of medical treatment; Different forms of health education, holiday safety advice announcement, policies of which requires a nucleic acid report inspection work after leaving and returning of Shanghai. Our ultimate goal is to completely cut off the route of infection, prevent the pandemic outbreak.

These scenes are essential to the health and safety of all boarders in our boarding team. In the era of COVID-19, the management system of dormitory administrators has effectively promoted the epidemic prevention and control work.

At the same time, in order to create a "campus is home" atmosphere and implement the concept of Lucton full boarding education, teachers in the boarding team have been planning and carrying out rich campus activities for students, and working together with students to create a beautiful and friendly Lucton boarding life.

To create a dormitory like home, from the very first day students came to the campus, activities such as ice breakers, birthday parties have been lined up to meet the students from their new hometown.

In dormitory activities, students' participation and creativity are indispensable. The new students will be led by fellow students to show around, so those activities are like a grand party for all members in the community, embracing each new family member who joins Lucton, welcoming them and becoming a member of the family.

After these warm-up activities, the upcoming activities are a Halloween party as well as Christmas activities, as the two main activities at Lucton, these two activities will be led by the student leadership team for the overall organization and planning, through the activities as a bond of Lucton community. In the school, the students not only just the guests of the party, everyone might can be the host of the party.

For show the respect to every student and digging their own unique personality, but also to ensure the orderly conduct of collective dormitory life. Boarding team carried out psychological lectures for new students' parents and start the consulting work for students immediately, to provide parents and students psychological health services, in order to parents and students can be better to adapt for the changes of the boarding life. Within these 2 months, Listening Service has received more than 12 students, and has carried out more than 22 sessions, which related to emotional and interpersonal troubles, which are the main reasons for consultation, this is reflected in the residential life, students have to face and learn is how to keep appropriate independent circumstances, and at the same time to integrate into group living. And in order to make mental health education can carry out to every corner of the campus, in



the coming days, boarding team will also launch related psychological lectures and activities, such as: interpersonal relationships, self-awareness, personality to develop a series of lectures, expect under the atmosphere of the infiltration, cultivate students' positive character and consciousness, and become a better self. In the face of the cultivation of collective consciousness, follow the rules of student life discipline is the secret of the cultivation and development of excellent school spirit of Luctonians. Starting from the students' daily uniforms, students are required to present full of vigour and vitality. By dividing the time in blocks, students are guaranteed to have enough time to practice self-management, and the fixed time also ensures that students form a good and orderly habit of taking rest. When disciplinary violations occur, the boarding team will immediately start the incident investigation mechanism, restore the incident from multiple aspects, and make different levels of progressive disciplinary management according to the severity and frequency of the incident. In this way, we will ensure that the boarding idea of boarding team and Students' Care, which is "education first, cultivating the world citizen with both ability and integrity", is practiced in the moral education management of every Luctonian, so that students can have certain space for improvement and opportunities after violating the rules. In order to ensure that students can integrate into the Lucton family, at the same time can make corresponding adjustment and reflection on their own behaviour, so as to get substantial growth.

*Ms Shirley Li
Head of Boarding & Pastoral Care*



动中，离不开的是学生的参与和创意，以老带新的方式，让活动就像是一个全体社群成员的盛大派对，拥抱着每一个加入莱克顿的新家人，欢迎他们的到来，并成为家庭中的一份子。而前面的这些活动也只是热身，即将到来的还有万圣节的派对活动以及圣诞节的特色活动，作为莱克顿的两大主力活动，将会由学生会牵头进行整体的组织和规划，通过活动作为莱克顿社群的纽带，在莱克顿，学生们不会只是参加宴会的客人，每个人，都可以是主人。

为尊重和挖掘每个学生性格的独特之处，同时也为保障宿舍集体生活的有序进行，在刚开学时，生活部立刻开展了面向新生家长的心理讲座，以及面向学生的关爱咨询工作，提供家长和学生心理相关的专业服务，以便家长和学生都能更好更快的适应全寄宿生活所带来的变化。2个月来，关爱咨

2020是个充满着意外的年份，严冬一场疫情悄然来袭，我们的春天被按下了暂停键。2020年是个不平凡的年份，孩子们的课堂在电脑桌前，才明白对温暖的教室，喧闹的走廊的向往！

寒极必暖，但生活部的每一个教职员对疫情防控仍高度重视，采取各项措施，积极防控。对于整个生活部来说，这是一场不容松懈的持久战。

我们精心安排，采取有效的防控方案，将全体寄宿生“健康第一，安全至上”这面旗帜实实在在地扛在肩上！为了落到实处，我们不放过每个细节，开展了大量的工作：日常坚持午、晚检制度，每日体温数据统计；处处可见的消毒液，每日宿舍各区域和寝室的通风消毒工作；隔离的晚自习，生活部老师在巡堂中对学生健康状况的观察；校医室对感冒学生的跟踪管理，如遇发烧等症

状及时外出就医并实时向家长沟通就医进展；不同形式的健康宣教，假期的安全建议公告，离沪学生返校核酸报告检查工作等，目标就是彻底切断传染途径，杜绝疫情发生。

这一个个场景都是我们生活部的全体教师保障每一位寄宿生健康和安全的必不可少。在疫情时期，全寄宿管理制无形中更加有力地促进了疫情防控工作。

同时，为了营造一个“校园即家”的氛围，贯彻莱克顿全寄宿制教育的理念，生活部门的老师们也一直在陆续地为学生们策划并开展丰富的校园活动，和学生们一起共同打造美好友爱的莱克顿寄宿生活。

为创造一个如家一般温暖的宿舍，从学生们踏入校园的第一天，破冰、生日会等各式各样的活动就已经在日程表上列好队，等待着和新老家人们见面的时刻。在宿舍活





询中心已经接待超过12名一对一咨询学生，并开展了22次以上的咨询场次，其中以情绪以及人际相关的烦恼为参加咨询的主因，这正好体现在寄宿生活中，学生所需要面对和学习的就是如何在保持适当独立的情形下，又同时能够融入集体式的生活。而为了使心理健康教育能落实到校园的每一个角落，在接下来的日子中，生活部也会陆续开展相关的心理讲座和活动，例如：人际关系、自我觉察、性格养成的系列讲座，期望在此种氛围的浸润下，培养莱克顿的学生积极的品格和意识，成为更好的自己。

在面对集体意识的培养方面，完备的学生生活纪律守则是莱克顿学生培养和发扬优良校风的秘诀。从学生日常的穿着开始，要求学生们呈现充满精气神的样貌，并通过对时间进行块状划分，保障了学生有足够的时间进行自我管理的练习，而固定的时间，也确

保了学生形成良好有序的作息习惯。在违纪事件发生时，生活部会立即启动事件调查机制，从多个方面对事件进行还原，并依照事件的严重性及发生次数，做出不同层级的渐进式纪律管理。通过这样的处理方式，确保在对每一个莱克顿人的德育管理中践行“以育为主，培养德智兼备的世界公民”这一生活与学生关爱部力图实现的寄宿理念，让学生在违反规则之后能有一定的改善空间和机会。以确保学生可以在融入集体的同时，又可以对自己的行为做出相应的调整和反思，借此得到长足的成长。

Ms Shirley Li
生活与学生关爱总监





Student Leadership Team

学生会

Student Leadership Team Election was held at the beginning of this term. The new members being elected after go through the process of registrations, speeches and elections. Steven Li was selected as the new President of the SLT with the great support from students and teachers. He took over the duties and responsibilities from Andy Zhang, the former President of SLT, leading the new SLT to take charge of its work and activities, and will do their best to play a leading role for Luctonians. The following is the introduction of the new members of the SLT.

本学年初，学校进行了新一届学生会成员的选举，此次学生会换届得到了学生们的支持和积极参与。通过报名、演讲、选举等过程后，新一届的学生会成员出炉！其中，Steven Li同学得到了学生和老师们的高度支持，被选为学生会主席，他将接过上一位学生会主席Andy Zhang同学的担子，带领学生团队，负责各项事物、工作，为学生们树立榜样，成为领头人。以下是新一届学生会成员介绍。

Steven Li-President

I am Steven Li from Year 12X, the President of Lucton Student Leadership Team. I am responsible for a wide variety of tasks including organizing weekly meetings where we forge plans about the school events as instance as the Christmas Party, prepare for weekly assemblies, and organize intellectual and recreational activities for the whole school. The SLT is essentially an organisation where students of different characteristics and personality exist and work side by side. It is an institutionalized platform where ideas are exchange for insightful progress and changes. My role, therefore, is to facilitate such progress and eradicate potential obstacles that hindrances mutual cooperation between students. As both a semi-professional student-athlete and a Luctonian of strong academic background, I will endeavour to put in my skills and knowledge to serve the best interest of the student community. Surely this is not an ordinary year as none of us is expecting social distancing measures and restrictions at the beginning of the term, and it appears that the future, full of opportunities yet full of uncertainty, is so unpredictable. Amid all the confusion and difficulties, it is each other that we will trust and a cohesive team that we must be. I am looking forward to meeting everyone and there is no doubt that with your support, we can make this year the best year ever!

我是来自十二年级的Steven Li，上海莱克顿学校学生会的主席。我将带领学生会负责一系列任务，其中包括准备每周例会，在会上为如圣诞节聚会的学校活动制定具体方案，安排每周一的全校晨会，以及为全校组织学术及娱乐活动。我认为莱克顿学生会本质上是一个多元化的平台，是有着不同想法、不同个性的学生一同并肩工作的地方。在这里，大家将自己的想法和思考分享给彼此，以让学生集体的生活及其他方方面面获得许多正面的变革。因此，我的职责是促进这种进步的形成，同时消除阻碍学生之间相互合作的潜在障碍。

作为一名半职业学生运动员和具有强大学术背景的莱克顿人，我将投入我的技能和知识去服务学生群体。今年必然是不平凡的一年。大家都没有预料到开学之初的隔离措施和在线课堂带来的限制。充满机遇也充满变数的，未来似乎是如此变幻莫测。在所有的困惑和困难中，我们必须相互信任，并作为一个有凝聚力的团队一起工作。我期待着与大家见面。毫无疑问，在你们的支持下，我们依然可以克服一切的困难，使今年成为有史以来最好的一年！



Coco Pan-Vice President

I am Coco Pan from Year 12X. I am honoured to be elected as one of the members of the Lucton Student Leadership Team 2020-2021. In my opinion, the SLT is a bridge and link between the school and all the students. The team should not only organize various activities in the school, but also act as a role model to lead all the students. I applied for the position of Vice President because I think a Vice President should have good communication skills and strong sense of responsibility. I think I am competent because I am very good at communicating with people, which helps me to connect with other departments when organizing activities. Similarly, I also have a strong sense of responsibility and team spirit, serious and responsible for works. As the new vice President, I will try my best to help the President to distribute the work to different departments, and I will always keep an eye on the progress of the work to avoid the process will exceed the expected time.

我是来自十二年级X班的Coco Pan同学，很荣幸能够当选2020-2021届学生会的成员之一。在我眼里，学生会是一个学校联系所有学生的桥梁和纽带。学生会不仅要组织学校各种活动，还需要作为榜样带领所有学生。我申请了副会长一职是因为我认为副会长需要拥有一个好的沟通能力和很强的责任心。我觉得我能够胜任，因为我十分擅长与人沟通，这一点帮助了我组织活动时和其它部门对接。同样，我也有着十分强的责任心和团队意识，对事情认真负责。作为新一届的副会长，我会尽我最大的努力帮助会长将工作分配到不同的部门，并且我会始终关注工作进度，以免该过程超出预期的时间。



Cindy Xiao-Academic Support

Hi! This is Cindy Xiao from Year 12X, and in the following year, I will be the Academic Support in the Student Leadership Team. I am responsible for the organization of the extra lessons for needed students and the establishment of mutual-help groups; these activities will be arranged in the weekends and off-school times which will be mostly in charge by the students themselves and aimed to improve students' grades. To increase students' interest in studying, some amusing and maybe funny academic activities will be scheduled on campus at a certain frequency. At the same time, I am going to work with Ms Yolanda and Ms Melody to help everyone to further develop their additional academic activities, such as competitions, experience works and volunteering works, if they need. If any students have questions or are confused about their academic studies and future planning, they are welcomed to find me for help.

嗨! 我是来自12年级X班的Cindy Xiao, 我在学生会中担任学术支持的工作。在接下来的一年里我会负责组织学生补课, 建立互帮互助小组; 这些活动将安排在周末和课余时间, 主要由学生自己负责, 目的是提高学生的成绩。同时, 我将会在校园内定期安排一些有趣的学术活动, 提高同学们对于学习的兴趣。此外, 我将与Yolanda女士和Melody女士一起帮助每个人进一步发展他们额外的学术活动——如竞赛、体验工作和志愿工作。如果有同学对自己的学业和未来规划有任何疑问或困惑, 欢迎向我寻求帮助。

Nathan Ge-Treasurer

I am Nathan Ge from Year 12X. I was the Treasurer of the Student Leadership Team in last term, and will keep the position in the next year. My daily job is to make the general account which held the information of all the money flows in and out. Making purchase lists for activities like Halloween and Christmas is another important work of mine. As a student leader, I have participated in planning lots of activities like charity sales and ice breaking activities. I will keep working hard as I used to do.

我是来自12年级X班的Nathan Ge。上学期我是学生会的财务, 并将在明年继续担任这个职位。我的日常工作是做财务报表, 记录所有学生会资金的进出。制作类似于万圣节和圣诞节等活动的采购清单是我的另一项重要工作。作为学生干部, 我参与策划了很多活动, 比如义卖, 破冰活动。我将一如既往地努力工作。

Sue Feng-Student Voice

Hi! I am Sue Feng from Year 12X. My position in the Student Leadership Team is the Student Voice. Student Voice is the person who collect opinions and feedbacks from students in order to better guide the school's education and administrative decisions. This year, I promise that I will live up to everyone's expectations and try my best to serve the school and the community at Lucton.

大家好, 我是12年级的X班的Sue Feng, 在学生领导团队中, 我的职位是学生的声音。学生声音是收集学生意见和反馈, 以便更好地指导学校教育和行政决策的人。在这一年里, 我保证不辜负大家的期望, 尽自己最大的努力为学校 and 莱克顿社区服务。



Frank Lin-Sports Director

I am Frank Lin from Year 12X who is Sports Director in Lucton Student Leadership Team. I will give contribution to Lucton especially sport team. I would like to receive suggestion from all students then response to Mr Allen Zhang to adjustment of relevant matters, and give Luctonians better experience during the sports session. I am member of basketball team. Also, I was member of football team. I will participate in rowing competition.

我是来自12年级X班的Frank Lin, 是莱克顿学生会的体育代表。我会为莱克顿特别是体育部做出贡献。我希望能收到所有同学的建议, 然后回复Allen Zhang老师有关调整的事情, 让莱克顿人在运动期间有更好的体验。我是篮球队的成员同样也是足球队的一员。我之后还会参加赛艇比赛。



Amelia Qian-Event Planner

I am Amelia Qian from Year 12X. My position in Lucton Student Leadership Team is Event Planner. I am mainly responsible for the organization of campus activities like the activities we hold to celebrate holidays such as Halloween and Christmas. Usually, I need to host the activity as well. As the chief planner, I need to discuss the content and scheme of the planned activities with relevant boarding teachers and the teachers in the branding team. At the same time, I will discuss the details of the activity with other members in the SLT to improve the scheme so as to ensure that students can be satisfied with the activities, have fun and improve the quality of campus life. Students may even make new friends, exercise communication skills and teamwork. If students repay me with heartfelt smile, all the efforts are worth it.

我是来自12年级X班的Amelia Qian。我在学生会的职位是活动策划。我主要负责各类校园活动的组织, 比如我们在庆祝万圣节, 圣诞节等节日而展开的活动。通常我也需要主持活动。作为主策划, 我需要经常与相关的生活部老师和品牌部老师讨论计划展开的活动内容和方案。同时与其他学生会成员在会议上一起讨论活动细节, 完善方案。从而最大程度的保证同学们能对活动满意, 玩的开心, 甚至交到新的朋友, 锻炼交流能力, 提升校园生活的质量。能用这些努力换来大家的笑容, 这也是我作为活动策划最希望能得来的了。



Yisa Ye-Art Director

I'm Yisa Ye from Year 12X, my position in Student Leadership Team is the Art Director. I am interest in art so think I have the ability to take this position, my job is to make sure the art assets going well in every school activity. Base on my art abilities, I can produce various posters for school such as the Halloween, bonfire night, any other festivals and charity activities. If any students have their personal ideas about art or poster, I will listen to their advice and consider them carefully. To cooperate with other member in the student union to complete various activities and ensure that every student know the activities well and follow the rules. My position also needs to help students out with the art problems and convince more people to participate the school activities or become a volunteer to help the student leadership with different activities.

我是Yisa Ye, 来自12年级X班, 我在学生会中的职位是艺术总监。我对艺术感兴趣, 所以我认为我有能力担任这个职位, 我的工作是在每一次的学校活动中都能顺利进行。基于我的艺术能力, 我可以为学校制作各种海报, 比如万圣节, 篝火晚会以及其他节日或是慈善活动。如果有同学对艺术或海报有自己的想法, 我会听取他们的意见并认真考虑。配合学生会其他成员完成各项活动, 确保每个同学都了解每次活动并遵守活动规则。我的职位还需要帮助学生解决艺术问题, 说服更多的人参与学校的活动或者成为志愿者, 呼吁学生积极参加每一次活动。



Sean Xu-Technician

I am Sean Xu from Year 12X. I am the Technician of Lucton Student Leadership Team. I am a person who is very interested in computer science so I learned a lot of knowledge about computer science and how to apply that knowledge in real life. My job is to solve technical problems encountered by the SLT and provide technical support for upcoming activities. I have already helped with many activities last year. For example, I created a voting system for Halloween contests and a lottery system for Melody of Lucton. I will work hard in the coming year and make progress together with the SLT.

我是来自12年级X班的Sean Xu，在莱克顿学生会担任技术委员。我对计算机科学很感兴趣，因此我平时会学习很多关于计算机科学的知识，并在实际生活中的应用它们。我的日常工作是解决学生会遇到的技术问题以及为即将开展的活动提供技术上的支持。在过去一年中，我为很多活动提供了帮助，例如为万圣节活动上的竞赛项目制作投票系统，以及为莱克顿之声活动制作抽奖系统。我会在未来一年中努力工作，和学生会一起进步。



Nastya Du-Charity Director

I'm Nastya Du from Year 12, the task of a Charity Director is actually very simple. I am mainly responsible for arrange some charity activities, and organise everyone to contribute to charity activities. At the same time, I need to arrange some volunteer activities for students, and contact some charitable organizations, donate to them. And I will carry out some interesting charity activities on campus, including milk tea sales, etc.

大家好，我是来自12年级的Nastya Du，在学生会担任慈善总监一职。主要是安排一些简单的慈善活动。组织大家为慈善活动献出一份力量。同时为学生安排一些志愿者的活动。并且联系一些慈善组织，为他们捐款，献出自己的一份力量。以及开展一些有趣的校内慈善活动，包括奶茶义卖等。



Rita Ruan-Club Support Chair

I'm Rita Ruan from Year 10 and I'm the Club Support Chair. I've been organizing the clubs after Amelia, whom is the previous taker of this position. At the start of the year, my duty is to call all the club leaders and the potential club leaders together for a meeting, and I will introduce the systems to them during it. All them will have to write a brief introduction about the club they are opening and prepare a lecture. Then, I will have to organise an assembly for the leaders to introduce the clubs. My duty in daily life is to collect attendances from the leaders, so I can check who is absent or missing. To improve the convenience of the club leaders, I made register lists for them, so they can send me a photo of the attendance in our group chat, rather than sending a message to me. Therefore, the process of recording absence will be simpler.

我是来自10年级的Rita Ruan，我担任的职位是社团负责人。自从前负责人Amelia Qian调位之后，我就一直在管理社团。在每学年开始的时候，我的工作则是召集所有的社长和潜在的社长来开个会，在会议中我会介绍一下所有的制度。他们会被要求写一篇介绍自己社团的短文和招新演讲。随后我会组织一场小的演讲来让社长们介绍自己的社团。我日常的工作则是收集出勤率，这样我就可以查看有哪些人缺勤了。为了让社长们更轻松一点，我做了每个社团人员的表格，这样他们就可以拍一张照片发群里而不是发信息给我。因此，记录缺勤的过程会变得更简单。





University Guidance

升学指导

The University Guidance Office (UGO) is a very important department, especially for students and parents who don't know much about foreign university application procedures and admission standards. The counselors in the UGO Guidance will collect and summarize the latest enrollment information and admission standards of various universities, and deliver this information to parents and students through various forms of communication and training. At the beginning of this semester, Year 13 students entered the intense application preparation stage. Under the guidance of the UGO, they wrote the first draft of the PS, 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 - Year 12 students started the first round of interviews. Through one-on-one interviews, we helped students tailor a planning 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 will invite representatives from 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; and four well-known Swiss Hotel Management Universities to attend the school education fair hosted by Lucton. 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 semester, we will continue to provide parents with more information about higher education through meetings, parent meetings, open days and other activities. At the same time, we will also have more opportunities for communication with parents, including the comparison of undergraduate education systems in different countries and regions, British university undergraduate application and how to choose suitable A Level courses and extracurricular activities for students, we will continue to hold lectures on different topics for parents and students, so that everyone can learn more about it.

Ms Melody Kong
University Guidance Counsellor



升学指导办公室是莱克顿学校一个非常重要且与学生息息相关的部门。部分学生和家对国外的大学申报程序以及录取标准还不太了解。升学指导办公室的老师会收集、总结和归纳世界各国的最新招生信息和入学标准，并通过各种形式的沟通和培训把这些信息传递给家长和学生们。

本学期伊始，13年级学生就进入了紧张的申请准备阶段，在升学指导老师们的指导下，撰写个人陈述 (Personal Statement) 的初稿，跟进各学科老师的推荐信，填写大学和学院招生服务中心 (Universities and Colleges Admissions Service 即UCAS) 网申表格等。10月期中考试后，10年级-12级的学生会开始第一轮面谈，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。从本学期11月份起，我们将陆续邀请英国埃克塞特大学、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，以及四所知名的瑞士酒店管理大学来参加由我校主办的高校招生说明会，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。

本学期我们也将继续通过会谈，家长会，开放日等活动为家长提供更多相关升学的信息，同时也与家长有了更多的沟通交流的机会，包括不同国家和地区本科教育体系的对比，英国大学本科申请以及如何为学生选择合适的课外活动，我们将持续的为家长和同学们举办不同主题的讲座，让大家了解更多相关的信息。

Ms Melody Kong
升学指导顾问



Notice Board

公告板

New Shelves in Canteen 食堂新增置物架

As the number of students grows, Lucton is constantly upgrading its facilities. New shelves have been added to facilitate more students to place school bags and supplies in the canteen.

随着莱克顿学生数量有所增长，学校也在不停的升级各类设施。近期，考虑到食堂的置物空间不足，学校新增置物架，方便学生在餐厅用餐时，放置书包等学习用品。



Exam week 考试周

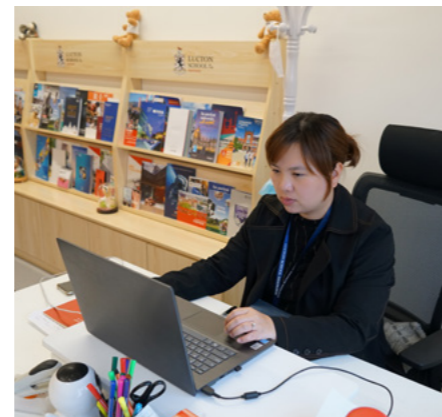
Mid-term exam week in Lucton is from 11th to 16th October, which allows students to set targets for the future study and ensure they have deepened content and skills knowledges from feedback, and prepare for the IGCSE and A Level exams.

10月11日-16日是莱克顿的期中考试周。期中考试作为一学期的阶段性考试，可以让学生们及时查漏补缺，对自我的学习情况有所考察。在收到成绩后，老师也将会帮助学生们进一步学习课业内容，为IGCSE和A Level考试做好准备。

New University Guidance Counsellor 新任升学指导顾问

This term, we have a New University Guidance Counsellor, Ms Melody Kong, who has 12 years' experience in university guidance, and holds the UCLA College Counseling Custom Program Certificate. She will help students in their preparation for further study, including goal setting, application process and communication with universities.

本学期，莱克顿迎来了一位新加入的升学指导顾问，Melody Kong女士。她在升学指导领域有着12年的经验，曾在多所国际学校任职，并持有UCLA升学指导认证证书，将在未来的升学规划、申请流程、与大学沟通的过程中帮助莱克顿的学生，完成一系列的升学准备。



House System 学院制

In the third year after its establishment, Lucton is implementing the House System to foster a strong sense of belonging and collective responsibility across all grades. Year 12Y won recognition from students and the school for its idea of the house system in all proposals. At present, the school is improving the house system, and will soon formally introduce it.

步入建校后的第三年，学校决定正式推行学院制管理，以培养学生强烈的归属感以及跨年级的集体责任感。本学期伊始，学校向所有年级、班级征集学院系统的创意想法，最终，12年级Y班的创意赢得了学生们及学校管理团队的认可。目前，学校正在完善学院系统，不久将推行并落实学院制度。

Character Development Coordinator on Board 新任品格发展主管

Recently, the school appointed Ms Daisy Zhang, the former Head of Boarding and Pastoral Care, as the "Character Development Coordinator" to develop wellbeing and character education, and will also carry out related education work in the future and implement relevant courses.

曾任生活与学生关爱总监的Daisy Zhang女士在产假结束后重回莱克顿校园。Daisy Zhang女士在回归之后，新任品格发展主管，她将着手于学生的品格教育，落实德育工作，帮助莱克顿的学生更好的学习、生活、成长。



Promotions Announcement 教职人员晋职喜报

There are three outstanding founding teachers of our school have been promoted to new positions. Ms Sarah Ezdani was promoted to Assistant Head Teaching and Learning, who will be responsible for assisting with teaching quality and career development. Ms Yolanda Chen has been promoted to Assistant Head Examinations, and she will deepen the operation of the exams. Mr Allen Zhang was also promoted to Head of Sports as he made outstanding contributions to the development of Sports in Lucton.

近期，我校三位杰出的创校教师荣升新职位。其中Sarah Ezdani女士晋职为教学助理校长，她将负责教学质量和职业提升方向的协助工作；而Yolanda Chen女士晋职为助理校长，她将深化学校内部和外部考试的运营工作。Allen Zhang先生也荣升体育总监，他在拓展学校体育项目方面做了突出的贡献。



Off-campus Learning Experience 外出学习经历

On 4th September, the drama teacher, Mr Christopher Warburton, led the students who took drama subjects out of campus to watch the drama, Sleep No More. On 29th October, the business teacher, Mr Joe Gunton-Jones, took the Year 13 students on a learning tour at Ampacet. Students can experience the real social environment and learn how academic knowledge works in the society outside the campus.

9月4日，戏剧老师Christopher Warburton先生带领选修戏剧科目的学生外出观看戏剧《不眠之夜》。10月29日，商科老师Joe Gunton-Jones先生带领13年级的学生来到Ampacet公司参观学习。外出学习是一种有效的实践学习，学生们可以感受真实的社会环境以及学术知识是如何在社会中起作用的。



The Lucton Post

Newsletter Issue 6



LUCTON
SCHOOL SHANGHAI

LUCTON SCHOOL SHANGHAI 上海莱克顿学校
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