

The Lucton Post

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From the Headmaster's Desk

校长的话

Dear Parents and Friends,

Welcome to the third edition of the Lucton Post.

*"Lives of great men all remind us,
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time."*

"A Psalm of Life" by Henry Wadsworth Longfellow, typifies life here at Lucton Shanghai. All our students, both old and new, are striving to leave their footprints behind in the Lucton sands. Whether that be through competing in the USAD, supporting the Shanghai Healing Home or excelling in rowing or sailing. Students have an abundance of opportunities to discover a talent and a passion that allows them to succeed and leave an indelible mark on their time here.

The start of term 2 is always the busiest as we begin final preparations for Year 11 students' external IGCSE exams. At the time of writing there are 25 days to go until the first exam. Remember as a community we need to get behind our students and cheer them on to the finish line. They may be feeling stressed, overwhelmed, confused and very very tired – we understand that, but we need to keep them going! Our message to them: "give it everything you've got, you're nearly there, we are already proud of you. Good luck." Term 2 has also seen the second meeting between the school's leadership team and Friends of Lucton (FoL). The FoL has been formed in order to communicate more effectively with families, increase family engagement with school activities and organise dedicated volunteers who are willing to help school improvement. During the meeting a range of topics



were discussed but most importantly members were invited to collaborate in a review of the school's vision. Having a shared vision that includes input from all of our community is critically important to the success of the school. Trying to understand the complexity of both the language and the values of Chinese society was certainly a challenge for me, but seeing us work together to explain what outcomes we want for the children in our care was really special. Many thanks to all those involved.

I do hope you enjoy reading this third edition and we look forward to seeing you soon.

*"Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again."*

亲爱的家长们和朋友们，

春风拂去了本期的面纱，我们又见面了。

“伟人们的足迹向我们昭示，
我们也能使自己一生变的高尚。
当我们离开人间时，
也能让足迹遗留在时间的沙滩上。”

如果一段诗能概述莱克顿人的生活，那必须是亨利·沃兹沃斯·朗费罗这首历久弥新的《人生礼赞》。今时此刻，老生和新生正在莱克顿之路上携手共进：有的学生在美国十项全能中国赛上写下睿智的答案，有的学生在上海康复之家给予弱者温暖的关怀，更多的学生在赛艇和帆船运动中挥洒下团队协作的汗水。莱克顿的校园里，学生们有难以计数的机会发掘天赋和兴趣，从而在奔向未来的阔路上，留下自己扎实的足迹。

第二学期的开始一如往常的繁忙。目前，Y11 的学生们在为 IGCSE 统考做最后的冲刺。当我落笔成文时，距离第一场考试仅剩 25 天的时间。作为大家庭中的成员，我们需要为他们加油鼓励，全力支持他们直到终点。在前进的路上，他们也许会倍感压力、手足无措、身心疲惫。虽然我们感同身受，但不允许他们有丝毫松懈。同学们：“背水一战、勇往直前则胜利可期！我们以你们为傲，愿胜利女神垂青于你！”秉持着加强家校沟通，提高办学的家庭参与度，汇聚家长中有益助力的理念。本学期，学校领导层与家校会开展了第二次沟通。本次家校会议展开讨论了许多议题，核心议题之一便是学校的愿景。大家一致认为，各方目标统一才能步伐一致，从而将学校建设得更上一层楼。对我而言，准确把握中英译文和中华文化的价值观是颇有难度的，但齐心协力共同描绘学生未来的场景同样令我终身难忘。感谢所有参与会议的朋友们。

愿您和我们分享此刻喜悦，期待下次与您相见。

“在生命神圣海洋的航程中，
也许还会有别人搁浅、绝望，
当他看到我们的脚印，
他又会重新斗志昂扬！”



Mr Neil Clayton
Founding Headmaster
创校校长

Retrospections

凡是落幕，皆为序章



A perfect ending is for a better beginning in the future. At the end of the last term, everyone was amazed by an exciting equestrian presentation. Students were able to manipulate the horse proficiently after studying equestrianism for a whole-term. Three riders showed their courage and skills of overcoming obstacles and doing jumps.

一场完美的落幕是为了续写未来更美好的篇章。在上学期末，绚丽的“落幕”早已为新学期写好了序章。一场激动人心的马术汇报表演惊艳了在场的所有人，曾经束手无措的学生，经过一学期的训练，已经能熟练的操控马儿了；三名优秀骑手现场跨越障碍，赢得所有人的喝彩。

For practicing the philosophy of holistic education, we had the End of Term Awards Ceremony covering Sports, Academics, Boarding, etc. Students were encouraged and expected to make much progress in the future.

莱克顿的期末颁奖典礼则秉承着全人教育的理念，涵盖了体育、学术、寄宿等多方面的奖项。领奖的学生依次从学术副校长手中接过获奖证书，来到台前，与校长握手纪念。他们付出的努力值得被肯定和嘉奖。





On the last day of the term, students performed a fantastic musical in the Shanghai Oriental Art Center, showing their outstanding self-confidence and expressive skills. At Lucton, we are dedicated to discovering and celebrating the unique talents of every student. Finally, the musical show was ended with a rousing speech from the Headmaster, Mr. Clayton.

而在学期的最后一天，学生们在东方艺术中心还慷慨地献上了一场精美绝伦的音乐剧，他们倾注了心血和努力，在莱克顿之夜的舞台上，闪烁出最耀眼的光芒。最后，校长登台向所有到场的莱克顿家长和朋友们致谢，也感谢了学生们带来的这场视觉盛宴，舞台拉下了最后的帷幕。



Academic Life

来自学术副校长的问候

April, May and June are always the busiest time of year for an Academic team in a school, and of course, the Academic team includes the students! For our Year 11 students, preparations for IGCSE examinations have begun in earnest and our teachers are not only helping them learn what to revise but also giving them lots of advice on how to learn it. Success in IGCSE examinations requires a huge amount of detailed knowledge in how to answer questions according to the requirements of the specific exams, subject knowledge alone is not enough. Our teachers are experts in their subjects and experts in making students understand the exam criteria, so we spend a great deal of time teaching our Luctonians not only what they need to know but also how they need to apply their knowledge in their IGCSE examinations. Our dedicated team of teachers has also worked many extra hours in revision sessions during our revision programme at weekends and evenings to make sure that students are fully prepared to do their best.

四月、五月和六月对于一个学校的学术团队来说总是一年中最繁忙的时间。对于 Y11 的学生们来说，为 IGCSE 考试进行的准备已经进入了白热化阶段，各科老师也同样在努力为学生们提供准备考试的各种技巧和建议。一般来说，成功通过且在 IGCSE 考试中取得好的成绩不仅需要掌握大量的知识，也要求考生们能正确理解每一科考试的要求，能够根据题意做出正确的回答。在这一方面，我们的各科老师都有非常丰富的经验，他们会帮助学生正确理解考试的评分标准，帮助他们把学到的知识正确运用到考试中。为此，我们特意安排了额外的时间为学生提供额外的辅导，希望他们能够为考试做好充足的准备。



We spend a great deal of time systematically teaching our students not only what they need to know but also how they need to learn. Much of the knowledge requires not only recall but also analysis, evaluation and understanding and therefore students must understand how to apply what they learn as well as the subject content. Some IGCSEs have more than just an exam component, they also have coursework or assignments which need to be completed and sent to England for checking, marking and moderation. At the moment lots of our students are finishing off their coursework in Art and Design and in Design and Technology, their work is beautiful, some really wonderful portraits in Art and some amazing work with paper and boards in Design Technology. Altogether, each assignment takes a student around one hundred hours of work to complete. IGCSE Speaking and listening exams have already begun for Chinese and written exams for all our other subjects begin on Friday May 10th with Business and finish on Tuesday June 11th with Economics. While we are fully focused on preparing our Year 11 students for their IGCSE exams, Year 10 students are also getting ready for their end of year exams which happen in the last week of May.

我们整个学术团队花费了大量的时间系统地教授学生们需要学习的知识以及如何去学习。其实，许多知识不仅需要识记、回忆，而且需要分析、评估和理解，因此学生们必须知道更好地应用所学到的各个学科的知识。而一些 IGCSE 学科涉及到的不仅仅是考试内容，所以考生们有时候还需要额外完成一些作品，这些作品会被送到英格兰去进行评审。最近，我们很多学生已经完成了他们在艺术学科、设计工艺学科上的作品，这些作品非常精美，有些是肖像作品，有些是纸板设计，每一个作品几乎都花费了 100 个小时。此外，IGCSE 的口语和听力考试也已经开始了，首先进行的是中文的口语考试，所有科目的笔试会从 5 月 10 日的商业考试开始，以经济考试结束。虽然现在我们整体的重点会放在准备 Y11 的考试上，但 Y10 的学生也需要准备将在五月最后一个星期进行的期末考试。



Altogether, our Lucton students are working very hard to improve their English and their subject knowledge while living in a school that challenges their personal growth to excellence in every way through, Sports, Arts, and Academics.

We wish our students every success in their future exams and have every confidence they will rise to the challenge and be very successful.

另外，我们莱克顿的学生也在非常努力地提高他们的英语水平和各学科知识水平。因为生活在如此一个充满挑战的地方，他们的体育、艺术和学术成绩都会得到多方面的发展。

最后，我们诚恳地祝愿我们的学生在未来的考试中取得成功，并有充足的信心迎接未来每一个挑战并收获成功。

Mr Clem Parrish
Deputy Head Academics
学术副校长





CCA — Fun with Science

拓展课堂瞬间：有趣的科学课



In the 2nd term, students had a chance to reshuffle and select two new CCAs for Tuesday and Wednesday evening's club time. 'Fun with Science' was one of the CCAs on offer among other choices from teachers and external vendors. I was quite surprised and amazed to find 28 out of 45 students from the whole School had chosen 'Fun with Science'. Not wishing to disappoint and discourage any students from liking and having fun with science, I decided to accept everyone. To maximize opportunities for the hands-on experiments of their interest, I divided students into 4 groups with 7 members each. Every week, two groups perform experiments and the other two groups do research work on a scientific topic of local or global significance.

本学期伊始，所有学生可以重新选择两门周二和周三晚间的拓展课程。于是，我开设了“趣味科学”这门课。很高兴的是，这门课吸引了全校超过一半的学生。为了不让学生们感到失望，不让他们失去对科学的兴趣，我同意了所有学生的申请。在课上，我将学生们分成4组，每组7人，这样的安排能使每位学生都有动手实践的机会。每周，有两组学生进行实验，另外两组学生则对某些全球或区域性的科学课题进行理论研究。



The following experiments and research topics have been covered in the first two weeks of the term.

Group 1: Investigated the behavior and life of a jellyfish in the first week. In the second week, they bought real jellyfish, fed them and kept them in the lab for a week to observe their behavior.

Group 2: Investigated the factors that affect the life of a battery in a computer. In the second week, they made a volcano using coke and Mentos.

Group 3: Did an amazing experiment to produce fireworks using steel mess in the first week. In the second week, they investigated supernova explosions.

Group 4: Made a lava lamp and investigated properties of long waves to find out why they are commonly used in communication.

在两周的课程里，学生们做了很多有趣的实验，例如：观察水母，我们先在烧杯里用海盐和矿泉水模拟出海水的浓度，确认水母可以在里面生存，并用滴管吸取少量虾卵，给水母喂食。学生们聚在一起，观察水母的活动，小小的水母在烧杯里缓缓游动，美极了。实验后，学生们还绘制了有关水母的海报，将自己观察到的细节运用其中。

其中有一组同学选择做熔岩灯，我们事先准备了玻璃瓶、色素、食用盐、泡腾片、手电筒和食用油。首先在玻璃瓶中加入约 1/3 的自来水，再加入少量色素，混合均匀；继续向玻璃瓶中加入约 1/3 食用油，我们能观察到油水分层；将切碎后的小块状泡腾片加入瓶中；此时用手电筒置于玻璃瓶底部照亮后即可观察到绚丽的熔岩灯。

除此之外，我们还用钢丝棉做了烟花，用可乐和曼妥思做出了可乐喷泉，这些有趣又包含了科学知识的实验让学生乐在其中，越来越喜爱科学。课外课程让学生们在学术之外拥有更多探索世界的机会，而我愿意陪伴他们一起学习和进步。

Mr Baburam Niraula

Physical Sciences & Maths Teacher

物理与数学老师



Sports Life

来自体育部的问候

I am delighted to have joined Lucton School Shanghai and have very much welcomed the warm welcome by students and staff at this amazing school. Sport has played a huge role in shaping my career from a young child to working within the UK and internationally. When I was young, I had the challenge of combining my studies whilst also representing my county and region at Rugby and Cricket. I continued playing rugby at a semi-professional level whilst embarking on my teaching career. My career started in the UK and having taught in three outstanding schools.

首先，我很高兴能够来到上海莱克顿学校任教。在这所充满惊喜的校园里，我受到了全校师生的热烈欢迎。体育在我的职业生涯中起着至关重要的作用。它一直陪伴着我，从幼年到成人。我年轻时，要代表我所在的郡和地区去参加橄榄球和板球比赛，同时还要兼顾我的学业，这是一个不小的挑战。就在我做着半职业橄榄球选手的同时，我开启了我的教学生涯，我曾在英国三所优秀的学校任教。



The benefits of how sports contribute to a student's social, health and well-being are well documented. However, the ability to coexist these experiences with academic are the key challenges any sports department faces. Over the past month, I have been analyzing our sports programmers, which have been implemented by the very impressive Mr. Zhang. Working together, we will continue to grow and develop the programmers on offer at Lucton. As our students' numbers continue to grow, we will keep expanding the provision of sporting choices for all students. This should coincide with their academic rigor creating a chance for students to recharge during their sport time.

显而易见，体育运动对学生的社交和身心健康都是有好处的。但是，如何协调实践与学术的结合是体育部门所要面临的关键性挑战，在过去的一个月里，我和张老师共同努力为莱克顿的体育课程创造了可持续的发展前景。随着我们学生人数的提高，我们会持续为所有学生扩充运动项目的选择。同时，也让学生们能在严谨的学术生活之余找到让身心再充电的机会。



One of my first key initiatives will be making sure we have the appropriate clothing choices available for all students to take part in our wonderful array of sporting choices. This will also include being able to purchase sport team kits and a more extensive list of clothing so all students are prepared for the different seasonal weather in Shanghai.

The activities we have on offer at here, truly are elite sports that rival not only the top international schools in Shanghai, but also the world. All students will leave the school with ability to row, horse ride and sail. These are specialized sports which allow our students to engage within these activities throughout their life.

另外，我的首要任务之一是为学生们提供充足、合适的服装以便他们选择，确保所有学生都能参与到丰富的运动课程中，并让学生能在上海不同的天气里做好准备。

我们提供的运动课，是实实在在的精英体育，不但可以与上海的国际学校竞争，更可以同世界范围的学校相媲美。每个学生离开学校时，都将具备操控帆船、骑马和划赛艇的能力。这些都是专业的运动，我们的学生一生都能参与其中。



The rowing course has proved extremely popular with our students and many have chosen to continue with the activity. They have shown an excellent work ethic and determination and watching them progress on the water has been fantastic. Our newer students have been progressing well at the equestrian center. Students have made remarkable progress and can confidently ride already! This term we have also added sailing into our curriculum which takes place on Sunday mornings. I had the pleasure of joining the students on the boat one morning, and although it was cold, students had a fantastic time on the lake.

We also are developing our provisions so we cater for a balanced curriculum, that includes the traditional English sports of Football, Rugby, Hockey and Netball. The girls have been developing their netball skills this term and the boys playing football. These activities link to our British traditions and offer students a chance to compete against each other in a friendly environment.

赛艇课程在学生中非常受欢迎，许多人在体验课后选择继续坚持这项运动。他们表现出了出色的职业精神和决心，能看着他们在水上取得进步真是太棒了。我们新来的学生在马术中心学习得也很好。学生们已经取得了显著的进步，可以自信地骑马了！这学期我们还把帆船运动加入了周日上午的课程。有一天上午，我和学生们一起上帆船课，虽然天气很冷，但大家在湖上度过了一段美好的时光。

为保证全面平衡的项目体系，我们还在不断丰富运动项目的种类，其中包括了足球、橄榄球、曲棍球和无板篮球。这学期女孩们一直在提高她们的无板篮球技术，男孩们则在踢足球。这些运动来源于英国的传统运动，可以为学生提供在友好的环境中互相竞争的机会。

Mr Chris Meeham
Head of Sports
体育总监





LUCTON
SCHOOL:
HANGHAI



Boarding Life

寄宿生活

Lucton—Family Culture 莱克顿——“家”文化

In the contemporary era, society in China has become more fluid, inclusive, and diverse whilst the family has been always the core of Chinese culture. After the 2019 lunar new year, all of the Luctonians reunited from different origins for the beginning of the new term. More importantly, eleven new students joined our Lucton family.

现代中国社会，流动性更强，观念也更加多元、自由，但是“家”依然是中国文化里非常重要的“基因”。在今年2月17日，结束了中国传统春节“大家庭”的聚会之后，来自五湖四海的莱克顿人纷纷出发，再次回到上海莱克顿这个“寄宿大家庭”。与此同时，我们这个大家庭中也迎来了11名新成员的加入。



Friendliness: In order to help encourage friendship between new and current students, we assigned each new student a Lucton Buddy. Each buddy is wearing a special badge, helping the new students to get familiar with the campus, facilities, and classroom and getting involved in all kinds of student activities.

友好: 为了让所有的新成员感受到上海莱克顿人的友好，开学前我们专门给每一个新生安排了“小伙伴”。当选小伙伴的老生每人会佩戴一枚勋章。他们在开学的第一周会和自己配对的新生一起上课、运动、自习、娱乐，一起洗衣服，一起吃饭等等，帮助新生熟悉校园环境。



Inheritance: A home is not only a living space, but a space generating and inheriting a specific culture. What's more, home can be looked upon as the spiritual ballast of morality and responsibility. On the second day for the new students, we had an informal chat session between some of the current students and all eleven new students focused on talking about our core values, school culture and stating the importance of respect, tolerance, integrity, modesty and harmony.

Pastoral Care: All of the house parents at Lucton are dedicated to providing high-quality pastoral care to all students. Since the new students joined us, each house parent has attached much attention to their adaptation in this new environment, and they have done this through individual conversations, recording boarding logs, and encouraging them to participate in diverse activities based on their specialties and interest. Every Lucton student is expected to bloom gloriously.

传承: 家不仅仅是一个饮食起居的场所，家更是一个优秀品质及家族文化得以传承下去的地方。家是一种道德，责任和更丰富精神世界的寄托。上海莱克顿大家庭新生加入的第二天，学校优秀学生代表及全体学生会员与 11 名新生欢聚一堂，这次非正式会议中他们聊到了莱克顿大家庭的重要品质及校园文化，尊重、包容、正直、谦虚、和谐。

关怀: 关怀是上海莱克顿所有生活老师的首要职责。新生入学后，生活老师们会十分关注他们的适应情况。日常的问候和关心，一对一的谈心聊天，专业的关怀记录及跟进，全方位了解学生的学习、社交、个人特长等，鼓励引导他们在莱克顿的舞台上绽放自己的光彩。



Integration: In order to enrich students' social life, the staffs of the boarding team arranged wonderful group activities at the weekends, consisting of the monthly birthday party, KTV night, movie night, shopping day, etc.

Win-win: The Lucton family can never develop and thrive without the fully support from each current family. If any student happened to have personal issues, we would contact their parents in a timely manner in order to relieve their anxiety and reiterate the value and importance of independence.

融合: 为了点燃学生们的社交“小宇宙”，学校生活部的老师们在周末安排了精彩纷呈的集体活动。所有学生一同参加的生日派对、KTV之夜，乘坐大巴一起到影院里看最新的“院线大片”，一起大包小包到商场里去采购……

共赢: 上海莱克顿大家庭的发展离不开每一个小家庭的支持。对于那些刚入学不适应，对于情绪波动的同学我们适时与家长联系，从心理上开导他们放下焦虑，以正确的方式回应孩子入学初期的些许不适应。从行动上，希望他们逐渐减少探访次数，给孩子更多的成长空间。

There is an old saying 'A harmonious family cultivates prosperity'. We believe that every student at Lucton should be achieving the highest in every sphere to be the best person they can be in the future.

我们常说“家和万事兴”，有了互相支持，求同存异的“家”文化，相信每一个莱克顿人都能在这里找到自己最舒服、最理想的生活状态，成就更好的自己！

Ms Daisy Zhang

Head of Boarding & Pastrol Care

张欣

生活与学生关爱总监

Messages from New Students

新生感想

Mark He
何梓民

When I first came to Lucton, I felt very strange. However, as time went by, it became more and more like my home. In fact, Lucton is my second home. In this home, the strangers have become good friends, good brothers. We eat three meals every day together, and there are always interesting matters to laugh about, and soon, I was able to see myself as a part of the family. Sometimes, we talk and laugh with each other, which feels like I am part of a wonderful scenery. The school teachers are strict but also very helpful, and they can always point out our mistakes when we meet difficulties, and let us continue to correct our shortcomings and improve in learning. Most importantly, they let us become the best version of ourselves.



当我第一次来到莱克顿的时候，我感觉很陌生。但是，随着时间慢慢地过去，它越来越像我的家。其实，莱克顿就是我的第二个家。在这个家里，原本素不相识的同学转眼间变成了好朋友、好兄弟。我们每天在一起吃饭，也总能找到笑点。就这样，我很快就融入了莱克顿这个大家庭。有时候，我们彼此之间有说有笑的画面，别说还真是一番美妙的风景。学校老师虽然严格但也很乐于助人，他们总能在我们遇到困难的时候指出我们所犯的错误，让我们不断改正自己的缺点并在学习中完善自己，成为最好的自己！

Bedivere Ruan
阮隽辰

It has been two months since I came to Lucton, and I spent my first spring filled with ups and downs in Lucton. My biggest feeling is that I became strong; after all, the food here is delicious! It is a wonderful thing that every day you will have two meat dishes and two vegetable dishes for each meal! I would like to thank Lucton for offering me the best conditions, so that I can try to make my dream come true. Lucton has become my second home!



来到莱克顿也有两个月了，我也在莱克顿度过了第一个“跌宕”的初春。最大的感觉是，我胖了，毕竟伙食有点美滋滋，每天两荤两素岂不美哉。感谢莱克顿给我提供了最好的条件，为我插上追逐梦想的星球发动机。还有，这儿已经成为了我第二个家！



Nancy Deng 邓思琦

At the beginning of school life, I was slightly unable to fit into this big family. Later with the help of Fiona, I made many good friends, such as Sue, Olivia, Kelly and so on. Here at Lucton, all subjects, except Chinese, are taught in English, so I found it a bit difficult to understand what the teacher said. Nevertheless, with the kind help of my classmates, my English skills have improved a lot. On the other hand, we have many extracurricular activities, such as equestrianism, softball and sailing. If I didn't join Lucton, I wouldn't have the opportunity to learn these skills. Now, I have learned a lot of knowledge and skills, and I have become more independent and know how to deal with the interpersonal relationships. I hope the future will be better and better!



一开始入学的时候，我有一点无法融入这个大家庭，后来在 Fiona Huang 的帮助下，我结识了许多好朋友，像 Sue Feng, Olivia Qian, 和 Kelly Ma 等等。因为这里是全英语授课，有时候不是很理解老师在课堂上讲的内容。在课后，其他同学们常常帮助我，我的英语能力已经提高了不少。

学校的课外活动有很多，例如：马术，垒球和帆船，如果我不到这里来，也就没有机会去接触到这些运动。现在，我在这个学校里学到了很多知识，很多技能，并且变得更加的独立，懂得了怎样去处理人际关系。希望未来的我会越来越好！

Lucton Charity Month

慈善月活动



Student's Name: **Judy Zhang**

Position in Student Leadership: **Service Director**

学生姓名: **张芸伊**

学生会任职职务: **Service Director**

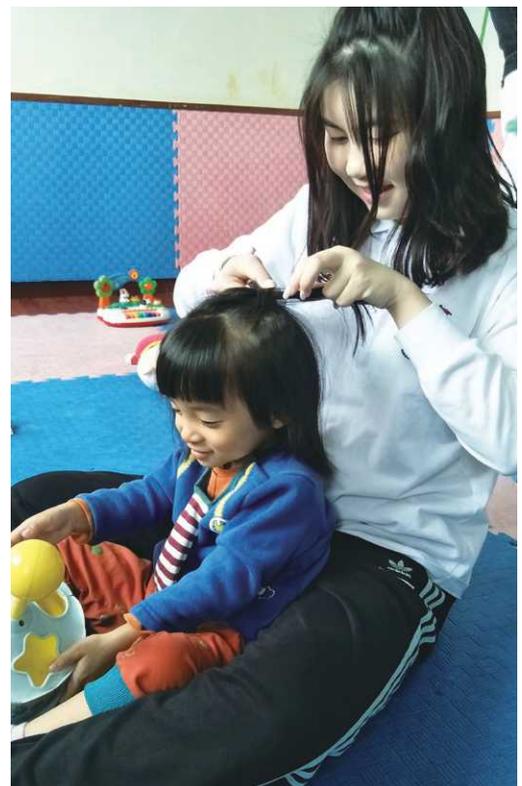
On the morning of March 31st, 10 Lucton students, together with two teachers, travelled to Shanghai Healing Home for our first voluntary service. They provide pre- and post-surgical care to orphans who are suffering from surgically correctable deformities.

3月31日上午,在两位老师的带领下,我们十位学生代表前往上海康复之家举行志愿者活动。上海康复之家是一所为需要进行手术矫正畸形的弃婴提供术前及术后看护的福利中心。目前,有近30名纯真可爱的儿童在此生活、学习和成长。这是莱克顿参与公益慈善的第一步,我们将寻求多种形式的活动来带动更多的莱克顿人加入到慈善队列中来。

Preparation 行前准备

As the service director in the Student Leadership Team, I am responsible for liaising with local charity organizations and organizing various activities for students at Lucton. The first charity service was successfully held with the fully support of teachers and students.

作为学生会的对外联络员,我主要负责联系慈善机构,定期组织活动让同学们一起参加。在这次活动中,不但小伙伴们都踊跃报名,同时也得到了学校老师们的大力支持。



ING…… 活动举行时

The children in Shanghai Healing Home are lovely, innocent and full of hope for the future, though they are plagued by diverse congenital diseases.

At the beginning of our service, the innocence from the children deeply touched each of us. We did everything we could to make them laugh. Our time was full of pure communication from heart to heart. Although it was difficult for the children to communicate with us, our emotions and hearts were transmitted through our eyes and body movements. We wished we could make them braver and stronger through our help and encouragement.

上海康复之家里的孩子注定是特殊的，他们被命运贴上了不同的标签“唇腭裂、唐氏综合征、血管瘤、先天性心脏病...”。

在上海康复之家，疾病或生理缺陷虽然阻碍了我们和孩子们间的沟通，但他们的天真、可爱触动了我们每个人的内心。我们使劲浑身解数逗他们开心，情感和心灵在眼神和肢体动作中无言地传播。对于孩子们来说，我们的举动和态度是外面世界的缩影，我们多么希望通过一颦一笑和鼓励的言语，让他们变得更加勇敢和坚强。待他们长大之后，探索外面更加美好和广阔的世界。



In the future … 未来展望

Through this service, we profoundly understood the significance of 'charity service' which is a term more than a simple noun and more, an attitude towards the surroundings and the world. As the student leadership team, we are going to set a long-term plan for our charity goals.

这次的慈善活动让同学们受益匪浅。慈善并不是一个简单的名词，更是一种对待身边的人事物一视同仁的态度，是选择对世界充满好奇和善意。我们学生会会长期开展慈善活动，给热爱公益的同学们一个长期践行自己信念，体现“言行如一”品质的机会。长路漫漫，曙光乍现。我们齐头并进，步履不停。



Charity Sale Interview 义卖活动回访



Q: Judy Zhang 张芸伊 | Service Director

A: Andy Zhang 张宸瑜 | President & Tina Li 李照蕾 | Vice President

Q1: For what reason did you decide to have a charity sale of drinks and food to your peers?

请问是什么让你们产生想要举办义卖，向同学们贩卖饮料、炸鸡、匹萨等等食物的这一想法？

A1: We have held in our minds the idea of doing charity services to help those in for a long time. We were trying to make this activity popular way in order to gain more donations for the Lucton Foundation. In the support of this, we purchased a great amount of drinks and food from outside and started the charity sale on campus during the lunch time.

我们一直以来就有做慈善的想法。我们希望可以用一种大众化的方式让同学们感到快乐，以便向莱克顿基金会捐款。所以我们采购了大量的饮料和食物，供同学们来选择。我想大家会对这些比较感兴趣。

Q2: Could you describe the preparation process?

可以描述一下你们的筹备过程吗？

A2: What looks simple on the surface is not as simple as it seems. We communicated with the teachers to get the grants of ordering drinks and food from outside. Also, some students voluntarily drew posters, set up the place and kept accounts. The plan was for evreything to be finished and ready prior to the lunch time.

筹备过程很艰辛，表面上看起来简单的工作其实并没有想象的那么简单。订购商品，画海报，布置卖场，记账，我们甚至还需要用好几节课的时间来准备卖场，就为了能赶在义卖时间之前准备好一切。



Q3: How much have you raised from this charity sale? How would you like to spend this money?

这次的义卖共募集了多少善款呢？准备想要拿这笔钱还做些什么？

A3: We have raised over 1000 RMB which we are going to donate to Shanghai Healing Home. And we will hold similar charity activities in the future. Every time we raise the money, we deposit it to an assigned bank account, and we then hand it over to Shanghai Healing Home at the end of year.

这次总共筹到了一千多元人民币，准备把这笔钱捐给上海康复之家。在未来，我们会继续举行类似的慈善活动，并会把每次的善款存放在莱克顿学生会的专属银行账户内。累计的善款，年底统一捐赠给上海康复之家，延续我们的善心和爱心。

Q4: Does the Student Leadership Team intend to hold similar activities in the future?

学生会未来有意向举行类似的活动吗？

A4: The Student Leadership Team will create more opportunities to raise money to give more to people in need of help, such as the adoption of stray cats, a second-hand charity sale and so on.

为了让同学们获得快乐的同时献出爱心，我们会通过收养流浪猫、举行二手义卖活动等，筹集善款给与更多需要帮助的人们。

University Guidance

升学指导



The University Guidance Office has been committed to providing up-to-date information and admissions policies of universities all over the world to current students and parents. We often invite admission officers from leading universities around the world to deliver different kinds of speeches for all students to achieve their targets.

This term, the school held a University & College Fair, including representatives from RMIT University, University of Miami, Newcastle University, the University of Leeds, Université de Montpellier, etc. More than 50 representatives from different universities communicated with students face to face providing unique guidance and advice for each student directly.

In March, an international officer from Imperial College London was invited to give a detailed introduction of study and life at IC for the student. We also had a seminar about economics from a professor from the University of Manchester which enriched the global perspective of our student's minds.

Meanwhile, Mrs Selina Ma, our Head of University Guidance has attended a number of conferences focusing on in-depth discussions about the trend of admissions procedures, requirements of different countries and other related topics from which some misunderstandings of university guidance can be solved.

上海莱克顿学校升学指导办公室致力于通过多方面接触海外大学，给予莱克顿学生及家长最新的大学招生信息和相关政策。同时，我们也邀请到海外知名院校的招生官或教授来校访问，并给莱克顿学生带来最新的大学专业解析、升学介绍、小型分享会等，加强学生们对未来大学及职业规划的关心。

本学期伊始，我们邀请到了全球50多所大学的招生老师来校，举办了一场大学展，包括美国迈阿密大学、英国纽卡斯尔大学、英国利兹大学、澳大利亚皇家墨尔本大学、法国蒙彼利埃大学等。这次大学展旨在搭建学生与各国院校零距离沟通的平台，帮助学生对其未来的升学名校更清晰，并且能更合理地、有针对性地、有规划地学习。

此外，英国帝国理工学院的招生老师受邀来校，为全体莱克顿学生做了一场精彩的院校和专业解析会，解答了同学们对申请英国名校方面的疑惑。而后，我们也邀请到英国曼彻斯特大学经济学教授，给学生们带来了一场精彩的经济主题演讲，鞭策莱克顿学子不断提升自己的国际视野、独立思想和世界公民意识。

同时，我们的升学指导总监马挺老师代表学校参加了第一届上海升学指导大会，第二届全国升学指导大会及剑桥大学升学指导会等。在会议上我与业界同行们共同探讨申请流程、新的政策及引申出来的相关话题。

Students

学生们

United States Academic Decathlon

参赛感受：美国学术十项全能

The USAD China 2019 competition took place on February 15-18, 2019 in Chengdu. This is the first time for Lucton students to attend a national competition. Through their proactive participation, our school was awarded the Best Organization Award. In the past few months, they advanced with concentrated efforts, and it is worthy to receive recognition from outside groups. The following excerpts show us the feeling of students about the competition.

2月15-18日，为期三天的美国学术十项全能中国站比赛（简称USAD）在成都落下帷幕。这是上海莱克顿学子第一次参加USAD竞赛，并获得了最佳组织奖。几个月内学生们付出了难以想象的努力，也得到了值得欣喜的肯定。下面我们来一起看看学生的参赛感受。



Andy Zhang 张宸瑜

Over 10,000 students took part in this contest causing a crowded but well-organized hall. Being the flag bearer, I felt extremely proud of marching in the opening ceremony, which meant a lot to me. I believe the Lucton flag can be flying in the USAD China contest for a long time.

Luckily, I encountered many strong competitors from other schools, from whom I learnt some useful approaches to learning and examination-preparation.

这个竞赛吸引了近上万名学生参加，会场中虽然拥挤，但是十分有序。作为学校的旗手，我们的校旗第一次出现在USAD的开幕式上，这无疑是一个不平凡的时刻。我希望我们的校旗能继续在USAD的赛场上飘扬。

幸运的是，我在比赛中遇到了众多强大的竞争对手，他们来自全国各地。我一直在观察他们，希望能从中借鉴部分学习经验为我所用。

Cindy Xiao 肖欣桐

At the beginning of this year, two teams of 16 Lucton students participated in USAD (United States Academic Decathlon) China 2019. The daily schedule was tight and busy, but we pooled in our precious experience.

USAD was a challenge for us, as we never thought any of us could complete the decathlon preparation within two months. However, it turned out that we, as a team, could achieve the goal, which was the main purpose of our participation. Through this contest, our teamwork drastically developed and everyone achieved their goals.

In this contest, each of us tried our best to complete the written tests for various subjects, which helped us to discover our advantages and drawbacks. In the presentation test, we overcame fear and trembling, successfully delivering perfect presentations. Following that, in the SKT Assessment Centre, we collaborated well and each of us enacted our roles perfectly. It was our first time attending a national contest, and we gained much experience. Let's looking forward to our better performance next year!

在新一年的开头，我校的两支队伍共十六个人前往成都参加了 2019 美国学术十项全能竞赛中国区赛场。比赛的日程十分繁忙和劳累，过程却是十分的充实而且有趣的。

十项全能对于我们所有人来说都是一个挑战，我们从未想过一个人可以在短短的两个月里做到十项全能。但是，一个人做不到不代表一个队伍做不到，我想，这也是 USAD 作为一个团队项目去竞赛的目的。经过了这次的 USAD 比赛，我们团队变得更加积极并都有了一个自己愿意为之努力的方向。

在比赛中，我们每一位队员都尽力完成试卷，从中也发现了我们的薄弱之处。而在演讲比赛部分，我们克服了内心的忐忑和紧张，最终出色地完成了演讲。在创新赛中，我们团队合作，分工明确，每个人都做好了各自的职务。这是我们第一次参加这么大规模的竞赛，学到了很多经验，让我们期待明年取得更好的成绩吧！



Nastya Du 杜一诺

It has been more than a month since the first USAD info session. 16 of us as a team have already finished the competition. I am proud to say that we learned to grow, learned to communicate, and learned to be a nice team member. I also learned the way of leading members when taking the responsibility as a leader. We not only harvested growth, but also harvested knowledge! We should be proud of ourselves. I remembered at the closing ceremony, there a sentence by a teacher that I was impressed with - *'one person may not be able to do the decathlon, but when a team works together, they can'* .

Although it was our first time of participating in USAD China contest, I believe we will perform much better next time, achieving outstanding results and shine throughout the whole competition!

距离第一场关于美国学术十项全能竞赛的演讲，已经过了多月。我们 16 人在成都的征战也已结束。在这么多的日日夜夜里，我可以很骄傲地说，我们学会了成长，学会了交际，学会了如何做一名出色的队员，也学会了在作为队长被赋予重任时，如何引领大家向前。我们收获的是成长，是见识，我们应当为自己感到骄傲。我记得在闭幕式上，有位老师的一句话让我印象深刻：“一个人或许做不到十项全能，但一个团队在一起时，就可以。”

仔细想想，虽然今年是我们第一次参赛，但我相信我们会越走越远，越来越优秀。有朝一日，捧回那闪亮的奖杯，让学校为我们感到骄傲，让莱克顿的名字响亮于未来的整个赛场！



Sophie Xu 徐昕彤

At the end of the winter vacation, I, together with other students, participated in United States Academic Decathlon in Chengdu. I believed this competition would enrich my experience, but it brought me more than that.

Through this experience, the most vivid feeling that I can remember is, ‘no pain, no gain’. For instance, I managed to finish the whole exam material for the subject of ‘Literature’ within a limited time just before the contest, by even studying on the plane! Literature is my favorite subject, and I will try my best to perform better next time.

Moreover, the entire contest pointed out the significance of cooperation and communication. In order to complete the decathlon contest, each team member was assigned to teach their own preponderant subject to other members. Plus, during the SKT Assessment Centre, everyone worked very hard by dedicating themselves to ensure an interesting and enjoyable feeling of the entire experience.

Overall, I felt a little regretful about the whole contest, but we learned a lot of lesson. We will be better next year!

在寒假快要结束的时候，我和其他同学一起去成都参加了美国十项全能的竞赛。我此次参赛主要是为了积累经验，但它带给我的体验却不止于经验。

我觉得这次考试充分反映了“一分耕耘一分收获”的道理。比如说我自己，在考试前夜才勉强读完“文学”这门科目。“文学”算是我最用心的一门科目，可是很多被我一眼带过的细节都在考试中都出现了，这使我感到无所适从。

这次比赛也反映了合作和交流的重要性。虽然这个比赛叫做“十项全能”，但是真正要做到十门课程都学得很好是极其困难的。因此，一开始我们小组安排每个人学完被分配到的科目之后再给别的组员上课。在创新赛的时候，所有人都非常的认真，我们的成品也许并不完美，但是设计和制作的过程十分快乐和充实。

虽然这次的比赛有一点点遗憾，但是它也教会了我们很多。我相信在下次比赛中每一个人都会表现得更好！



Clubs

学生俱乐部

This term, the Student Leadership Team advocated the establishment of various student clubs in order to enrich their leisure time. Currently, they have dancing club, PRBG club, football club, basketball club, etc. Each club leader demonstrated their purpose and vision of their clubs.

本学期学生会组织、策划了学生俱乐部，让学生们的校园生活更加丰富、更自由地发展爱好。学生俱乐部包括舞蹈、桌游、足球、篮球等等。各个俱乐部负责人也一一道出了自己的感受和期待。



Dancing Club : Muses (Μουσική)

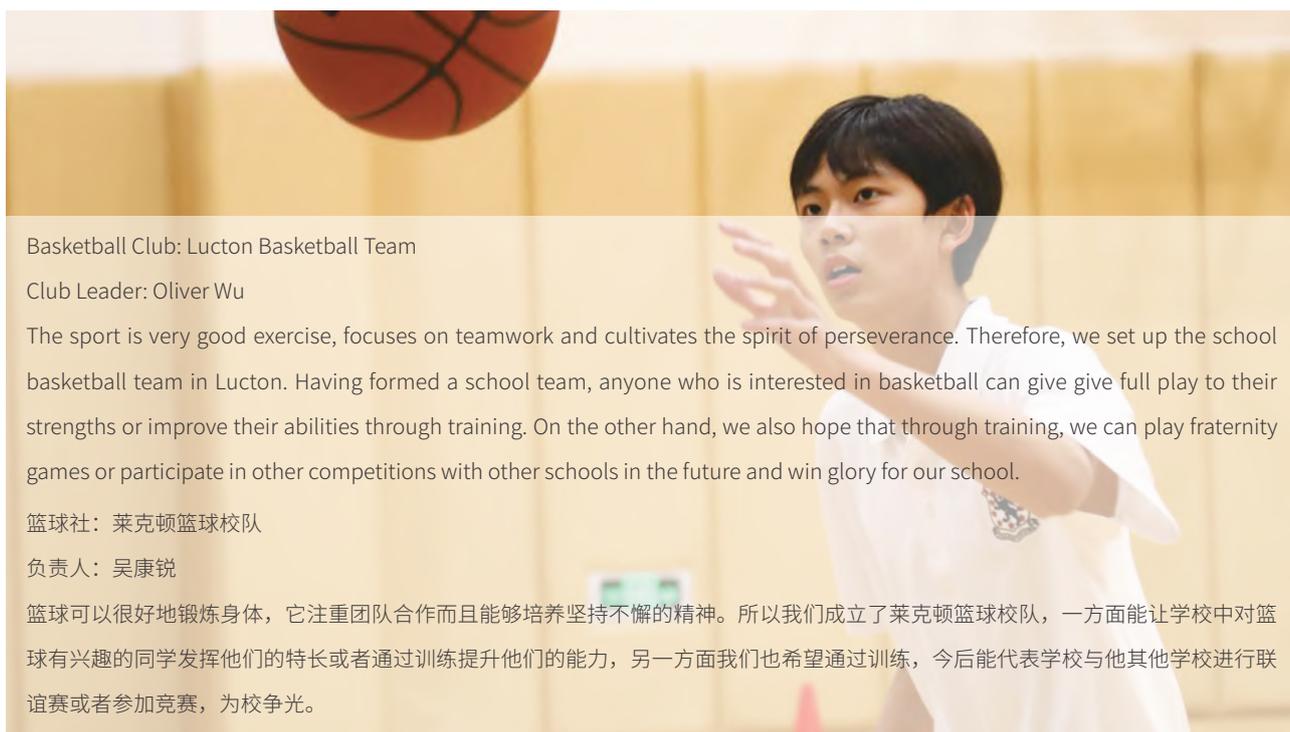
Club Leader: Amelia Qian

The purpose of establishing this club is carrying and forwarding Chinese traditional culture to everyone through learning and performing Chinese dance. I hope that everyone can attach importance to the culture of our own country and never forget our roots. It helps everybody reslease study pressure mainly. A bigger range of motion also helps keep the body in shape.

舞蹈俱乐部：缪思女神

负责人：钱宇文

我们成立这个俱乐部的目的是通过学习和表演中国舞蹈，把中国传统文化带到每个人的眼前。希望大家能够重视自己国家的文化，不忘初心。有趣的社团活动能帮助大家减轻学习上的压力。通过跳舞这样的运动也能更好的锻炼身体，保持身材。



Basketball Club: Lucton Basketball Team

Club Leader: Oliver Wu

The sport is very good exercise, focuses on teamwork and cultivates the spirit of perseverance. Therefore, we set up the school basketball team in Lucton. Having formed a school team, anyone who is interested in basketball can give give full play to their strengths or improve their abilities through training. On the other hand, we also hope that through training, we can play fraternity games or participate in other competitions with other schools in the future and win glory for our school.

篮球社：莱克顿篮球校队

负责人：吴康锐

篮球可以很好地锻炼身体，它注重团队合作而且能够培养坚持不懈的精神。所以我们成立了莱克顿篮球校队，一方面能让学校中对篮球有兴趣的同学发挥他们的特长或者通过训练提升他们的能力，另一方面我们也希望通过训练，今后能代表学校与他其他学校进行联谊赛或者参加竞赛，为校争光。



Football Club: Gamer's League

Club Leader: William Dai

The objective of my football club is attracting people who are eager and passionate football lovers, and also to encourage and motivate those who don't usually play sports to get interested in the most popular sport in the world and discover the real fun of football!

足球社：英雄联盟

负责人：戴文豪

我建立足球俱乐部的目的是吸引那些积极踊跃又热情的足球爱好者，同时希望那些不常做运动的同学也加入进来，吸引和激励他们参加世界上最受欢迎的运动，一起去挖掘足球的真正乐趣！



PRBG Club: FRNADY

Club Leader: Cindy Xiao

The purpose of developing this club is helping students to get rid of their electronic devices in their spare time. Also, we can learn to balance studying and entertainment through playing board games. Furthermore, we can learn how to grasp full-picture vision, using good strategy, acting, improving English or even practicing mental arithmetic. And since many of us like playing PRBG, we decided, at last, to build this club!

桌游社：FRNADY

负责人：肖欣桐

我们建立这个俱乐部的目的是让学生们不要整天在宿舍里玩他们的电子设备。与其只是玩玩，不如把学习和娱乐结合起来。你将学会如何抓住全局的眼光，运用好的策略，表演，提高英语，甚至练习心算。而且我们都爱玩桌游，所以最后我们决定建立这个小组！

Students 学生们









News Round-Up

新闻快报

1. We installed nine brand new CCTV cameras on campus in order to ensure the safety of students' boarding life here at Lucton.

为保证学生安全，提高学校安保系统的完整性，校园内新增安装了 9 个监控摄像头。



2. The purpose-built conservatory has already been completed and opened for students since the end of the last term. Students can conveniently dry out their laundry there.

在上学期末建造完成的阳光房已开始使用，使学生能够更方便地晾晒衣物和床上用品，提高学生住宿的便利性。



3. At the second FoL meeting on April 4th, the Headmaster introduced the current development of the new term and future arrangement with the FoL Committee, sharing and discussing the school vision with them.

4 月 4 日召开了 FoL 的第二次会议，在会上，校长为成员们介绍了新学期的情况及安排，并与成员们深入探讨了学校愿景。



4. In COMC (Canadian Open Mathematics Challenge) 2018, two Lucton students won the bronze awards-Nathan Ge and Sean Xu.

在去年组织的加拿大数学奥赛（COMC）中，我校葛云骢（Nathan Ge）和徐翔（Sean Xu）两位同学获得了铜奖！



5. We have adjusted the common room in Block E where students can enjoy their leisure time through KTV, etc. Also, visiting parents can have private time with their kids in the brand new common room.

为方便学生娱乐、休闲和活动，学校重新调整了公共休息室。公共休息室中新增了卡拉 OK 等娱乐设施，到校的父母也可以和学生们一起在公共休息室里享受私人时光。



6. Recently, the school boarding team has arranged a series of training about pastoral care which is open to all staff. We believe a healthier environment should be provided to all students, where they can get timely, effective and expert help and advice.

近期，学校生活部安排组织了幸福关怀课程培训，向全体教职员开放，通过这样的培训让更多的老师们能够在学生的生活中给出及时、有效并科学的帮助，让莱克顿学生更健康的成长。



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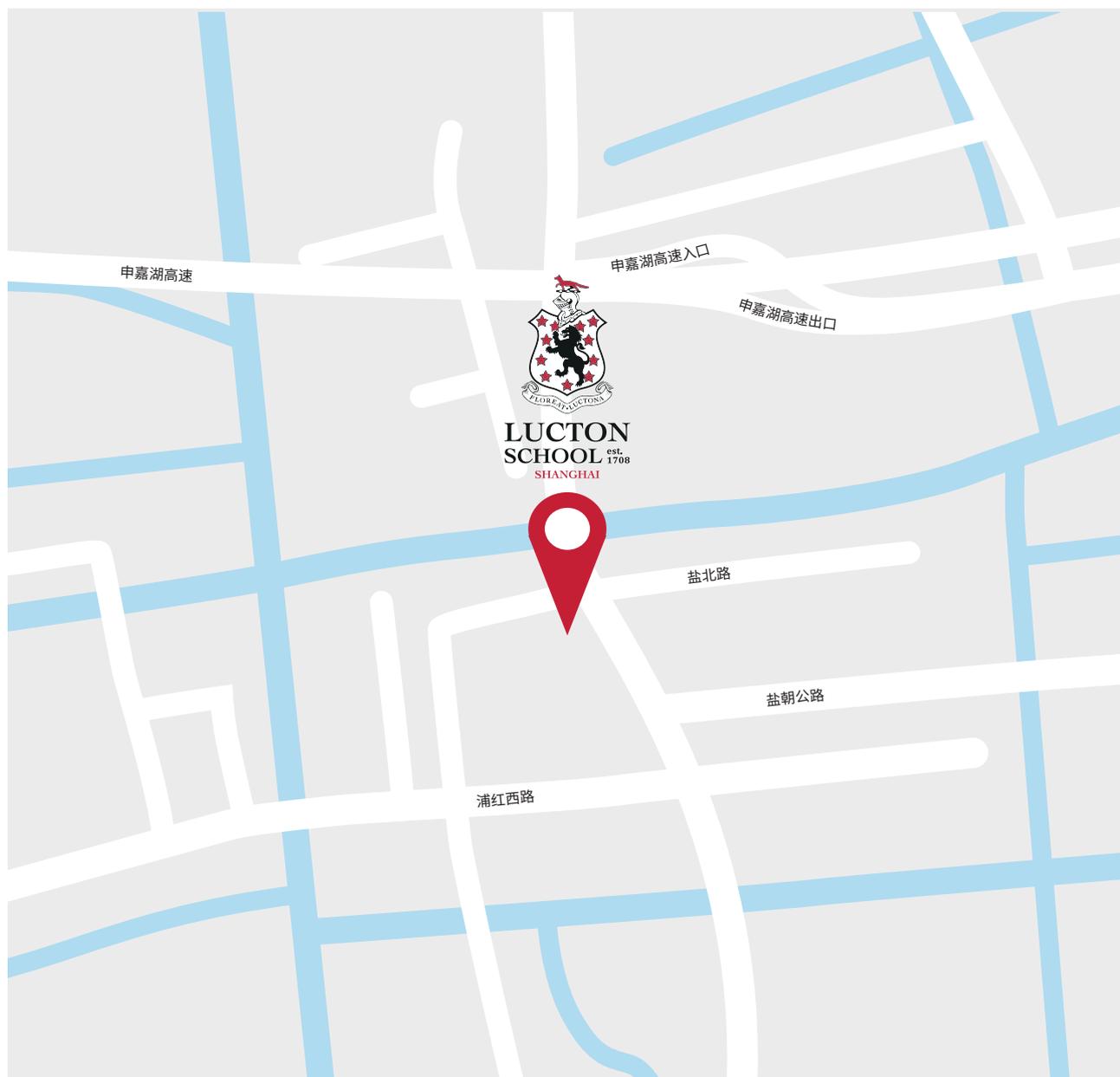
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