



THRIVE

Island School:
A diverse community
where all learners thrive

November Feature

Card Design Competition



Design a card to give to friends for the holidays



- ★ The theme is **purpose and giving to others...**
- ★ It must be A5 size. (Only the front design to be created)
- ★ The most creative 3 designs will be printed and sold at IS.
- ★ Any money raised will support the charity **[KELY Youth Group \(HK\)](#)**
KELY support us by delivering free drug workshops for students.
- ★ Complete the **[google form](#)** to send in your design.
- ★ Deadline for creations is **Thursday Nov 26th.**

Thank you Hailey Lau 10N

Gratitude Letter Box...

Mae B, Daniel, Flora, Martha, Megan & Rita for helping a huge amount with the distribution of this year's Islander.
From Mrs Jolly

Harpreet Kaur for being a very proactive new member of the Maths department.
From Ms Chiu

Daniel Bluhm for dedicating a lot of his time and energy for the Tai Wai DT workshop.
From Mr Parker

Paul Bayne for supporting individual students with their EE and taking a real interest in their wellbeing.
From Mrs Lacey-Vittachi

Thank you to **Derek** who has put together our monthly gratitude poster highlighting all of the nominees!



Introducing our ISSIG student leaders...

Chloe - Year 13

Hi I'm Chloe and I'm the senior head of the ISSI Group. Having been part of the ISSI for the last few years, I was eager to lead this group as I grew passionate about the wide range of issues we have tried to tackle over the years includes poverty, discrimination against LGBTQ+ community, gender inequality etc and believe it is important to raise awareness to the social injustices people face.

Ady - Year 11

Hey I'm Ady and I'm one of the leaders of ISSIG on Tai Wai. I first joined ISSIG in Year 9 and I really valued being able to contribute my own ideas on how to raise awareness and make a change within our school. I signed up to lead ISSIG to help others, including myself, learn more about the social injustices in the world today. I hope that through the ISSIG's contributions in these monthly wellbeing slides, you'll be able to know more about social issues!

Charlotte - Year 11

Hi I'm Charlotte, I'm one of the student leaders of ISSIG at the TW Campus. I joined this community when I first saw the application for student heads, a chance for leadership and to take action upon the social justice issues in our community. But throughout my short but memorable journey here, I've developed a deeper compassion to take action upon issues such as, poverty, inequality, racism, etc. I hope that all of you will also get opportunities to know more about social justice issues and how to tackle them through your following wellbeing sessions.

Watch out next month for ISSJG events.

Welcome on board ISSJG to the Monthly Wellbeing.

Activities to choose inspired by the Student Thrive Ambassadors



Mindfull

Mindful on what's going on around the world!

How do we perceive what we see? Watch the video and complete the test to see how perceptive you are. What can help children be open minded?



Positivity

Positive actions

Celebrate World Kindness Day. Be kind to others and yourself. Create positive actions with positive thoughts and kindness by practising healthy self talk.



Health

Healthy Alternatives

Want to try an innovative workout in Hong Kong? How about Mario Kart Spin? Read the top tips about the power of protein and don't forget about Healthy Eating week!



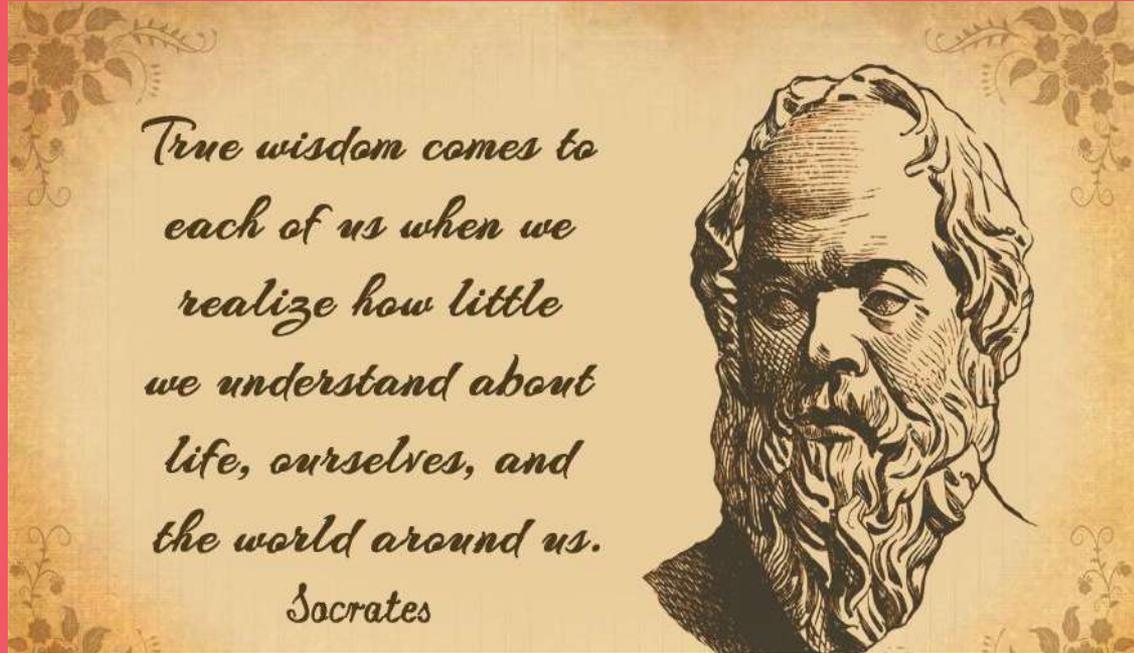
Purpose

Time management

The Ambassadors have shared some top tips in getting organised! Read Parkinson's Law about effective time management and benefits to your health.



Mindful



*True wisdom comes to
each of us when we
realize how little
we understand about
life, ourselves, and
the world around us.*

Socrates

Mindful of the world around us...



Mindfull



Positivity



Health



Purpose

Mindful of how we perceive

Open-minded people have a different visual perception of reality....

When people are focusing so hard on one feature of a scene / day to day life, they completely fail to notice something entirely obvious. Watch the video to test this theory!



How can we help our children be open minded? Giving children a range of experiences would seem to be just as important as sending them into a more formal learning environment. Giving a child access to as many aspects of the world around them as possible is one of the most important and fulfilling parts of being a parent. **DO YOU AGREE??**



Mindfull



Positivity



Health



Purpose

DIWALI

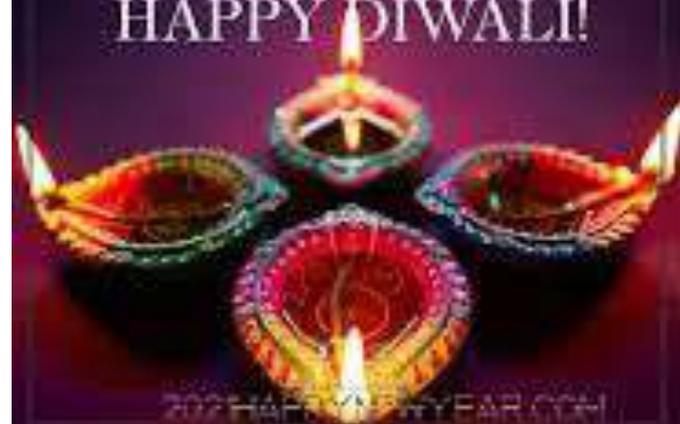
...is the Indian festival of lights, usually lasting five days and celebrated during the Hindu Lunisolar month Kartika.

Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".

WATCH OUT for events from the IS Cultural Events team

**#Diwali Event Week
from the 16th to 20th of November.**

MAY THE FESTIVAL
OF JOY BECOME MORE
BEAUTIFUL FOR YOU
AND FAMILY. ALL
YOUR NEW
VENTURES GET
SUCCESS AND
PROGRESS.
HAPPY DIWALI!



2024 HAPPY NEW YEAR.COM



Mindfull



Positivty



Health



Purpose

Thailand Lantern Festival...

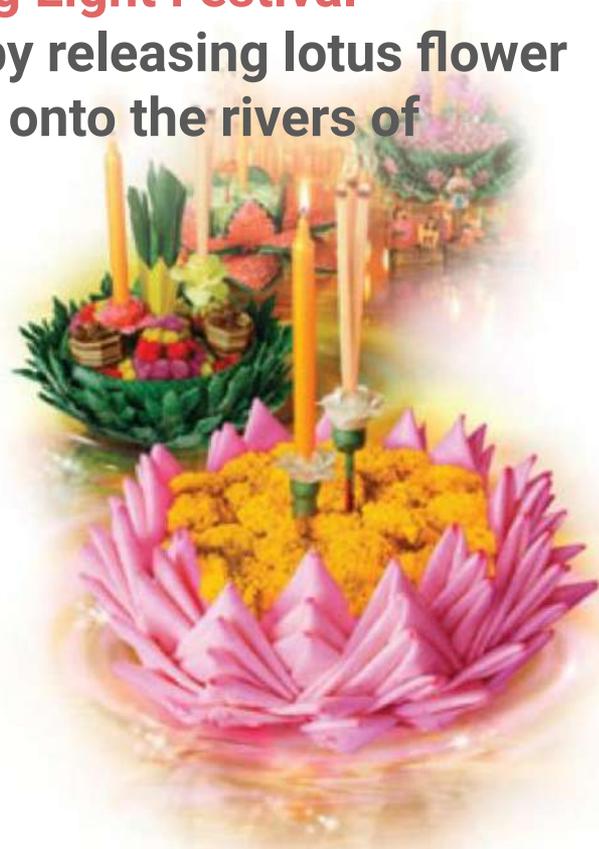


Yi Peng Lantern Festival

The skies of Chiang Mai are set alight as thousands of lanterns are released.

Loy Krathong Light Festival

Celebrated by releasing lotus flower leaf baskets onto the rivers of Thailand.





Positivity



Positive actions....



Mindfull



Positivity



Health



Purpose

Positive actions...



World Kindness Day is celebrated annually on 13th November. On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organisations.



For further resources or to make a pledge for World Kindness Day: www.kindnessuk.com



Mindful



Positivity



Health



Purpose

Kindness...

The quality of being friendly, generous, and considerate.

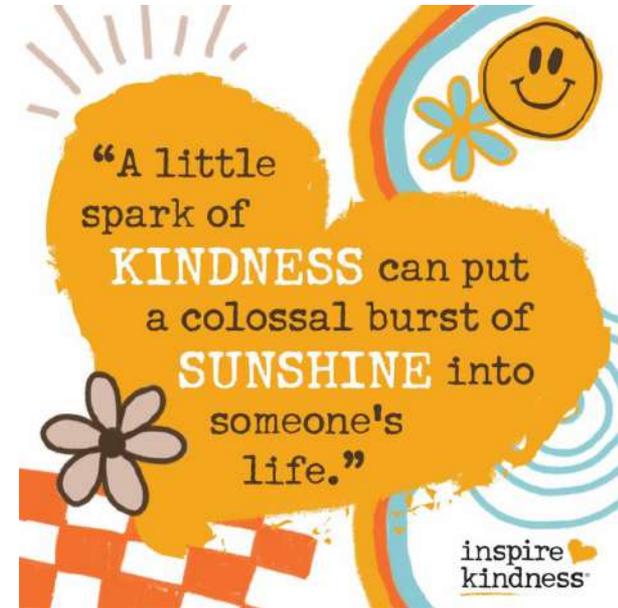
Do you want to celebrate an act of Kindness?

- ★ If someone has been kind to you or you have seen an act of kindness that should be recognised at Island School.....

Complete the short [google form](#) and this recognition may be featured in the IS Weekly Newsletter. *This can be anonymous.*

make
kindness
the norm.

relate@ischoolsby.com November 13, 2018 relate@ischoolsby.com



Treat others how you would like to be treated...



Mindfull



Positivity



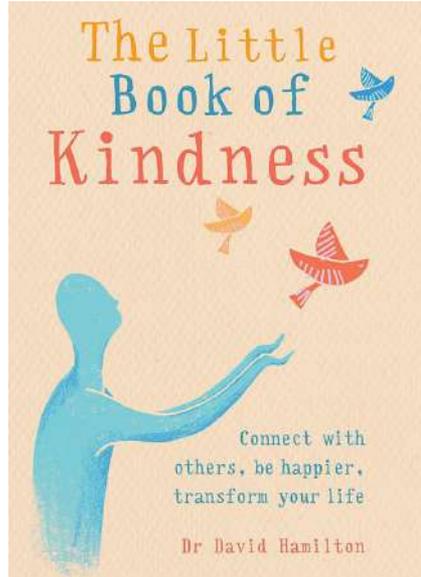
Health



Purpose

Kind to yourself..

Read the healthy self talk top tips and be kinder to yourself...



Recommended book to read...

healthy Self-Talk

THIS

NOT THAT

✓ Whoops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.



Health

Healthy Alternatives....



NICE TRY, MOM

Healthy Alternatives....



Mindfull



Positivity



Health



Purpose

**CLICK ON THE IMAGE FOR
THE ALTERNATIVE
WORKOUTS IN HONG KONG
FOR MORE INFORMATION!**

- ❖ AQUABIKE
- ❖ BAMBOOYOGA
- ❖ MARIOKART SPIN
- ❖ CROSSFIRE
- ❖ MERMAID EXPERIENCE



Healthy or not?...

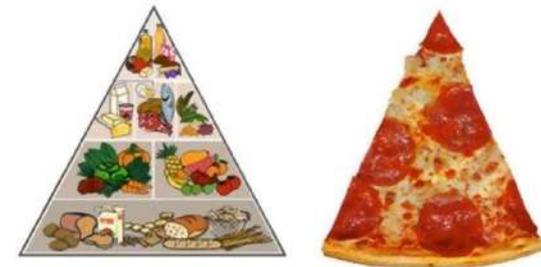
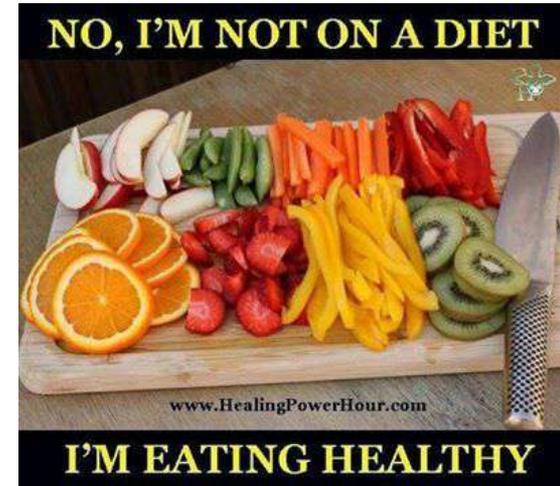
Think twice before the fast food.... !
Can you reduce your sugary foods.... ?
.....or at least only have one for a treat!



How hard can it be!!!!

Continue your weekly routine with at least one of the Healthy Eating weeks challenges!

[LINK](#)



CLOSE ENOUGH



Mindfull



Positivity



Health



Purpose

Health...

Power of PROTEIN: Protein is found throughout the body—in muscle, bone, skin, hair, and virtually every other body part or tissue.

- ❖ Building blocks of **muscle mass**, help boost your **metabolism**
- ❖ Helps **immune system** stay strong
- ❖ Helps you stay **satiated**
- ❖ Maintain **weight loss**
- ❖ Lowers **blood pressure**

“minimum of 0.8 grams of protein for every kilogram of body weight per day”

—The National Academy of Medicine



Thank you Timmy 12W



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Health...

Sources of protein:

Meats, poultry, seafood, and other animal sources are primary sources of protein. However, there are many other sources like beans, soy, nuts and seeds.....

❖ Top 5 Sources:

- Lean chicken/turkey: 32g per 100g
- Lean pork chop: 31g per 100g
- Tuna: 30g per 100g
- Beef: 28g per 100g
- Salmon: 23g per 100g

Thank you Timmy 12W

VEGAN PROTEIN SOURCES

PROTEIN PER SERVING

@cheatdaydesign



SEITAN
(4oz)
28g



PEA PROTEIN
(1/4 CUP)
22g



TEMPEH
(4oz)
21g



SOYBEANS
(1/4 CUP)
15g



LENTILS
(1/4 CUP)
13g



TVP
(1/4 CUP)
12g



TOFU
(4oz)
12g



PUMPKIN SEEDS
(1/4 CUP)
9g



EDAMAME
(1/2 CUP)
9g



NUT BUTTER
(1/4 CUP)
8g



BEANS
(1/2 CUP)
7g



FARRO
(1/4 CUP)
7g



NUTS
(1/4 CUP)
6g



QUINOA
(1/4 CUP)
6g



CHICKPEAS
(1/2 CUP)
6g



CHIA SEEDS
(1/4 CUP)
6g



DISTANCE LEARNING BENEFITS ARE MORE OBVIOUS THAN EVER

FLEXIBLE



EASY ACCESS



LESS COST



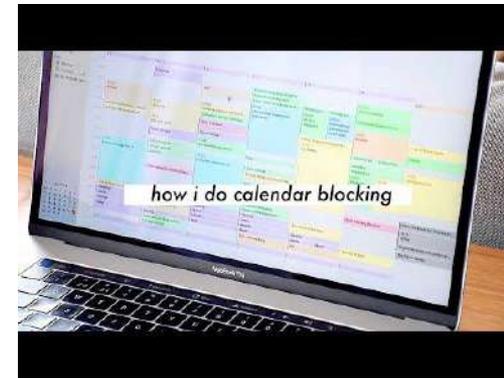
Purpose

Student Ambassadors Top Tips.....

BE ORGANISED ...

TOP TIPS TO STAY ORGANISED!

- ★ **Plan your day the night before!**
- ★ Use time-blocking on your google calendar to be more mindful about your time.
- ★ Simply make a **to-do list** on paper, sticky notes or using APPS like **Todoist, google keep, Do!-simple to do list**.
The sooner you finish all your tasks, the earlier you can take your break without worrying about your work.
- ★ Start using your calendar or diary to note down **key dates or deadlines**.
- ★ **Set yourself a certain time to complete a task.** Studies show that the more time you give yourself the more it takes to complete a task. So work smarter! **CHECK OUT THE ARTICLE: LIFES HACKS [Parkinson's Law](#)**
- ★ **CHECK OUT THE VIDEO:** Calendar blocking -Time Management for Students



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Positivity



Health



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Thank you Ady & Charlie 11E



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Instagram Accounts

If you just can't get off social media, then perhaps instead of scrolling down an endless sea of posts, you can spend that time learning, and finding out how you too can make a difference!



@thepeahceproject

A media platform that showcases the untold stories of Asian voices through exploring race, culture, activism, identity, and more.



@thenapministry

Advocates naps (yes, you read that right!) by holding nap-ins and workshops to challenge the notion that the brain has to be hyper focused on work.



@nature_org

The Nature Conservancy is an organisation which envisions a planet where people and nature thrive together.



@soyouwanttotalkabout

Dissects progressive politics and social issues in graphic slideshow form!

Other accounts you might want to look at:

@natgeo

@zenerations

@thereclaimproject

@nrdc_org

Thank you Ady & Charlie 11E



Educational Games

If you're spending all that time on your phone, you may as well use it to learn while having fun!

Try out some of these games:



Dish Life: The Game

Experience the life of a stem cell researcher by managing a lab and growing your own stem cells. Available on *iOS, Android and Steam*.



Mission US

Play as a character in an interactive narrative game in American history, such as a slave in the 1850s. Available [here](#) or for download on an iPad.



iCivics

Learn about American civics in interactive narrative games, such as running for President or arguing real Supreme Court cases. Available [here](#), with select games on *iOS and Android*



Trivia Crack

Challenge friends by answering trivia questions from a wide range of categories. Available on *iOS and Android*.

Thank you **Ady & Charlie 11E**



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