



# THRIVE

Island School:  
A diverse community  
where all learners thrive

# WELCOME BACK TO OUR THRIVE AMBASSADORS 2021!

## Junior Phase:

- ★ Y7 Renee Ng, Jil Luk & Elina Lee, Bernard Ching  
Alena Mavalvala, Zhejun Anders, Rachel Ng,
- ★ Y8 Manashyu Gadia, Vijay Narayanan & Anu  
Subramanina

## Middle Phase:

- ★ Y9 Alexandra Lai, Maddie Tsai
- ★ Y10 Airi Tachino, Tracy Fu, Cherry Cheung, Alex  
Sallustro, Kit Kit Li, Kaydence Yeung, Audrey Ho,  
Onnie Hui, Jasmine Yu Hailey Lau, Ginny Park
- ★ Y11 Samrin Monami

## Senior Phase:

- ★ Y12 Eileen Shin, Timmy Liu, Aidan Lung, Serena  
Yoon, Danielle Leung, Sammi Hung.



Would you like  
to join the 2021  
Thrive team??  
Apply by filling in  
the [google form](#)  
before CNY!

★ We would like a  
representative from every  
house in each phase!



# Staff Gratitude Letter Box...

**Jill Thomson** for being a brilliant help in organising and leading Y11 support sessions & helping students to select appropriate DP courses.

*From Muthar, Sarah Jolly, Jo Burgon and Rhiannon.*

**Ryan Yau and Hilary Hu** for their help with the Mid Year Awards  
*From Mary Vittachi*

спасибо 谢谢  
**GRACIAS**  
**THANK YOU**  
ありがとうございました MERCI  
DANKE धन्यवाद

**Chris Lee** for making sure we are all on the bus from Central to and from school !  
Coordinating with the bus driver each morning !

*From Lorraine Harte*

**Gary Corlett** for organising a fun department quiz and being a great support.

*From Danny Nason & Sarah Jolly.*

# Introducing the Student Gratitude Letterbox !

In the monthly wellbeing editions we have been celebrating staff in a gratitude letter box.

**NOW**, this is coming to students. If you wish to thank someone for a small task they may have done to make your day better, this gratitude box gives you the chance to thank them back!

Simply complete the [google form](#) with your nomination and you may find their name on the monthly wellbeing, thanking them for what they've done.

*Thank you Ginny 10W, Samrin 11D & Danielle 12W*



**ISSU ANNOUNCEMENT...**

# **THE IS TRUST 2021 WALKATHON**

*A Message from the ISSU*

**Date to be confirmed!!**

★ **Watch the video for more information.**



# Features for February created by the Student Thrive Ambassadors



Mindful



Positivity



Health



Purpose

**\*Celebrate Chinese new year and the Year of the Ox.**  
**\*Create a Hong Bao lantern. \*Connect and value your relationships.**

**\*Embrace positivity and listen to the IS positive playlist or a motivational speech. \*A reminder why we need our emotions!**

**\*Practice your culinary skills on \*Pancake day. Tasty and healthy recipes to try.**  
**\*Check out the 50km MOVE IT for mental health challenge.**

**\*Engage and create your own House Mascot.**  
**\*Einstein Valentines feature. \*Ted talks to inspire you about developing your creativity.**

# Chinese New Year!!!



Thank you Renee Ng 7D



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# Mindful of our culture...

Chinese New Year is the festival that celebrates the beginning of a new year : 12th - 14th February. *"gong hei fat choy"*

## How do people celebrate CNY?

People decorate their houses with Chinese decorations, like Door Couplets and Chinese Lanterns. There is a reunion dinner with family on New Years Eve. There are fireworks, Chinese New Year lions and not forgetting my favourite part, giving and receiving of red packets!

## Why do we give red packets?

Hongbao in Mandarin and lai see in Cantonese are small red and gold packets containing money given to children, family or friends as a symbol of good luck. The colour red represents energy, happiness and good luck.

## What is the Lion dance?

This is a traditional dance in performed on New Year to bring good luck and fortune, performed to a vigorous drum beat.

Thank you Renee Ng 7D



# ...Mindful activities ...



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Why not use your old packets to create a lantern for this Chinese New Year celebrations.....

**Watch the videos** for a tutorial in creating a Hong Bao lantern. *Lots of designs to choose from including a star, fish, rosette, firecracker or the ox!*

Final reminder of the ISSU competitions...

★ CNY minecraft building competition.

[Entry Form](#)

★ CNY cooking competition.

[Entry form](#)

**Deadline 4th Feb**



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# Mindful connections...

Chinese New Year reminds us why we connect with others and the value of respecting our family and friends. A healthy relationship is one that is a positive influence in your life. ... encouraging you to Thrive, make you feel connected but also building a strong relationship.

## Qualities for a healthy relationship:

- ★ **Honesty** - Knowing you can speak the truth.
- ★ **Respect** - Appreciate each others values and feelings. We are all different!
- ★ **Loyalty** - Having your friends or family interests and feelings at heart.
- ★ **Dependable** - You will always be there anytime, anyplace to listen and offer support.
- ★ **Trust** - Confidence that your friends or family will help you make right decisions and thrive in life.
- ★ **Fun** - Laugh and enjoy each others company!
- ★ **Respect, connect and value your relationships.**



**There are friends,  
there is family, and  
then there are friends  
that become family.**





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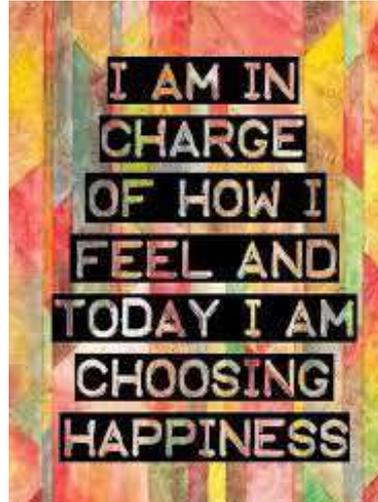
# Positive Actions...



Keep yourself going.... through online learning, exams or life! .....  
with a little bit of motivation!



- ★ Get yourself into a positive daily routine!
- ★ Spend the morning listening to uplifting music.
- ★ IS [Positive Playlist](#)



- ★ Listen to this motivational speech or try this [podcast](#).



*Thank you Timmy 12W & Matthew 10R*



# Positive emotions ...

Improving our emotional intelligence is the ability to identify and understand our own and others emotions.

*Watch a movie that makes you laugh or listen to a song that makes you cry. Embrace your emotions and be proud of what you feel.*

★ These **videos** will help you understand what emotional intelligence is.

We all have a range of emotions that are designed to help us in life!

Fear heightens your senses; it keeps you alert. Sadness can help us feel courageous; it forces us to stop and focus. Anger strongly motivates you to do something about it!

3. You are emotionally resilient



WHAT IS EMOTIONAL INTELLIGENCE?



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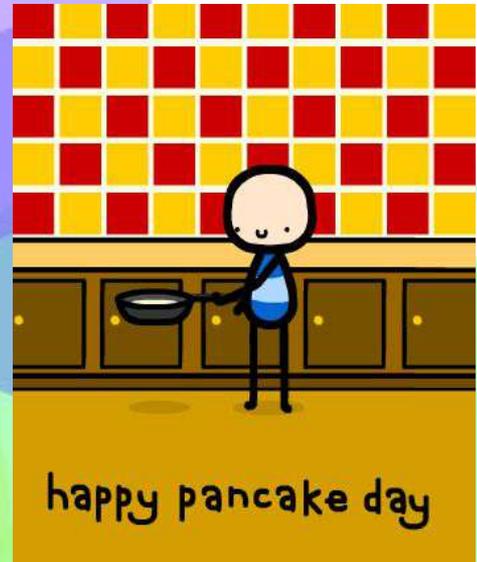


Purpose

# Healthy pancakes

**February 16th is Shrove Tuesday : Pancake Day!**

- ★ Shrove Tuesday is the day before Ash Wednesday, observed in many Christian countries.
- ★ Spend time with family making pancakes.
- ★ See how many times you can flip the pancake!
- ★ Why not have a go at making some healthy pancakes to start the day!



[Fruit Pancakes](#)  
[step by step](#)  
[recipe](#)



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# Healthy Sweet Treats...

*Everyone loves sweet desserts! But we have to agree they are quite unhealthy! I have 3 healthy yet delicious recipes for you to try! Why not improve your culinary skills too!*



**Chocolate Banana Popsicles** (make sure to store these in the freezer because they will melt!)

- Take a banana and slice it in 2 quarters
- Once your banana is sliced, place a popsicle stick at the end of each piece
- Freeze these for at least 1 hour
- Melt 3 tbsp of coconut oil in the microwave or the stove top
- Transfer the melted coconut oil to a bowl and add 2 tbsp maple syrup and 3 tbsp cacao / cocoa powder
- Stir all these ingredients together to create a sauce
- Dip your frozen bananas into this chocolate sauce and voila, your chocolate banana popsicles are ready to go!



## Chocolate Fudge Protein Balls

- Take the pits out of 6 dates and put them in a blender
- Add two tablespoons of water to the dates and blend it really well
- Transfer the blended mixture to a bowl and add ½ tsp sea salt, 2 tbsp peanut butter, 3 tbsp chocolate protein powder, 2 tbsp cacao / cocoa powder and 1 tsp vanilla extract
- Stir all these ingredients together and make balls!

**Sweet potato brownies!** (Everyone's favourite dish of all time!)

- Poke holes into one large or two small sweet potatoes and microwave them for 10 minutes (remember to flip them halfway through)
- Remove the skin from your now soft sweet potatoes and mash them
- Transfer the sweet potato to a bowl and add ¼ cup chocolate chips, ½ cup cacao powder / cocoa powder, ½ cup peanut butter, ½ cup maple syrup, ½ tsp sea salt and 1 tsp vanilla extract
- Stir all these ingredients together really well
- Transfer the batter into a cake pan lined with parchment paper
- Add more chocolate chips and sea salt on top if you want. Bake for 20 - 25 minutes at 350 degrees fahrenheit (176 degrees celsius)



*Thank you Anu 8F*



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# Move it...



Fancy a challenge in the holidays??

- ★ The [#MoveItHK](#) 50km Nature Challenge starts on Monday, February 1st!
- ★ The challenge is to complete 50KM in nature in February, be it by walking, hiking, running or biking!
- ★ All participants who complete 50KM will be eligible for a prize.



*Thank you Ms Leung*



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# Inter-House Mascot Design Contest!

Design a puppet in your house colour!



- ★ You can organize a group, up to 3 people, or you can do it solo.
- ★ It must be in your house colour or represent your house mascot.
- ★ We would love to use these at our school house events!
- ★ Winners will be announced next month.
- ★ Submit your entries on this [google form](#) with your house and full name as the title.

Deadline is **Friday 26th February**



*Thank you Vijay 8F*



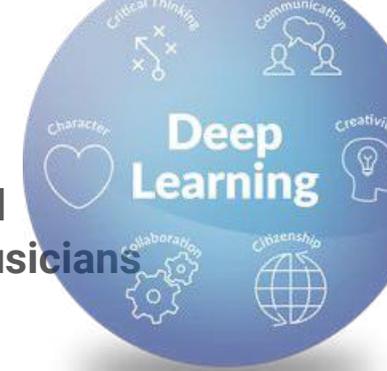
# Developing Creativity...

Creativity is all about finding new ways of solving problems and approaching situations. This isn't a skill restricted to artists, musicians or writers; it is a useful skill for people from all walks of life.



## TED Talks :

1. Giovanni will teach you how to “how to get out of the box and generate ideas”.
2. David Kelly looks at how fear can build confidence and resilience, “How to build creativity and touch the snake!”



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*Einstein welcomes you to join in and send a Gratitude or Valentines card to show you care.*

This year for **Valentines day**, Einstein House will be hosting a **special postcard delivery service** for all students and staff.

**This is an opportunity to show your appreciation.**  
All postcards will be delivered by local mail.  
**Deadline is Thursday 4th February**

Please complete this [form](#)

Simply put \$20 or more in an envelope and drop it in the box at school. All the money raised will go directly to Katja House charity.



*Thank you  
Tracy 10E & Alex 10F*



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