



# THRIVE

Island School:  
A diverse community  
where all learners thrive

# Staff Gratitude Letter Box...



**Tang**  
For organising and carrying all of the athletics equipment to the offsite facility for every lesson.  
From Ben and the PE Dept.

**Our Nurses: Angel and Ellie**  
For keeping us informed about vaccinations.  
From Rita, Stephen B, and Beth



**Maria, Rachel & Ange**  
For supporting staff through APTEFS and giving up so much of their time to share the concerns of staff with ESF.  
From Maryanne, Laura, Stephen B, and Beth.

**Amy, Flora, Mei & Daniel**  
For going the extra mile to support the office and the whole school in preparation for the 100% return to school.  
From Hilary



# Student Gratitude Letterbox!

## Nominations for April.....



### TW

- ★ **Eric So (9D)** - He contributes a lot in class, especially he's the one who speaks and asks the most question in class, and I think he's very determined to get work done. (Charcoal Wong)
- ★ **Alex Hwang (9R)** - He's very nice to everyone and he would speak up for me when someone was gossiping about me. (Yeeka Lau)
- ★ **Nicolas Wong (9R)** - Easy going guy, fun to work with and really cares for his friends. (Derrick Chung)
- ★ **Arnav Gupta (9R)** - Arnav has been really nice and caring to all his peers. He has helped everyone no matter the circumstances too. (Nicolas Wong)
- ★ **Jeffery Zhang (9R)** - Jeffrey has been a caring, mindful and respectable friend throughout the past 2 years.

### STW

- ★ **Victoria Faerm (8N)** - She is collaborative, helpful and funny (Rosaina Palomba)
- ★ **Rosaina Palomba (8N)**- she has been very kind and sweet even though she is a new student, we have been friends ever since she has moved here and she has helped me through some stuff (Victoria Faerm)
- ★ **Claire Chan (8F)** - She has been so helpful through everything, she helps me revise and we have a lot of fun (Rosaina Palomba)
- ★ **Zoe Tan (8E)** - I nominated her because she was very helpful in terms of the biodiversity donation (Karl Loynd)
- ★ **Aurora Ly (8R)** - She has been a great friend and always supportive during school times. Overall she is a really positive and kind person (Emma Kwan)

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



# AMAZING CONTRIBUTIONS MADE FROM THESE THRIVE AMBASSADORS!



**Zhejun 7W**



**Vijay 8F**



**Anu 8F**



**Airi 10D**



**Ginny 10W**



**Hailey 10N**



**Samrin 11D**



**Timmy 12W**



**Aidan 12W**

## CHECK OUT THE AMBASSADOR PROFILES ON THE THRIVE BOARD



Although many people may not think it, our wellbeing is important to help us overcome difficulties and build resilience.

Working with the Thrive Ambassadors so far has been an enjoyable experience, encouraging me to try new things and learn more about the world.

Ginny Park IOW



# Thrive Ambassadors Feedback Box

**We want to hear from you!**

As student Thrive Ambassadors, we value the voices from students - we'd love to receive your feedback and other comments regarding the Monthly Wellbeing slides, as we'll be making changes accordingly from the advice we hear. They'll be taken in anonymously, so please be honest when answering the questions! It will only take less than five minutes. [Survey](#)



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**Clement Kwan 10R, Audrey Leung 10E, Ginny Park 10W, Airi Tachino 10D**

# Features for April created by the Student Thrive Ambassadors



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- > BRAIN BREAKS
- > IS GRAFFITI CHALLENGE
- > MEDITATION AND MINDFULNESS

- > COMMITMENT TO RESOLUTIONS
- > TRENDING TIK TOKS!
- > POSTURE PERFECT

- > POSITIVE MENTAL HEALTH
- > WORRY FILTER
- > HEAD STUDENT VIDEO

- > BOOK WEEK
- > READING LISTS
- > POEMS
- > WELLBEING BOOKS



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# Brain Breaks...

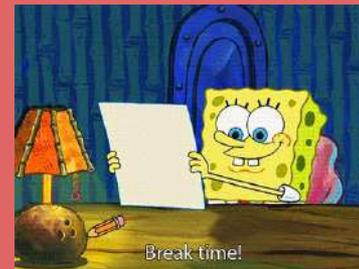
It is really important to take breaks in your learning or when your studying. Having breaks everyday releases stress. Here are some brain break activities!

- Play a board game
- Read a book or write in a diary
- Go for a jog or do Yoga
- Stay in a quiet room, have a nap!
- Learn something new.
- Cook or paint
- Listen to calming music
- Dance to your favourite song!



*Thank you Annabel 8F*

- Start a journal
- Do a little [workout](#)
- [Animals mindful colouring](#)
- Have a drink or a small snack
- Talk with a friend or family member
- Listen to music
- Play, feed or take a walk with your pet.



*Thank you Alena 7N*



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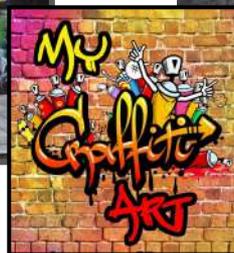
# Mindful of what's around you!...

**GRAFFITI** : CAN YOU FIND THESE 4 LOCATIONS IN HONG KONG?



**CREATE YOUR OWN GRAFFITI  
ART FOR IS**

- ★ Share your design for our Graffiti board coming soon at school.
- ★ Add your design to this [folder](#) by the **end of May**





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# Mindfulness

During the day it's important to set aside some time where you can relax after a busy day.



The app Insight Timer is very helpful for meditation.. You can do sleep meditations or go to the guided section and choose a topic. Managing stress or lots of breathing exercises. Here is a short 5-minute breathing meditation that you can do at anytime of the day to calm down feel less stressed.



## Self-care essentials

You've heard the term 'self-care' – but what does it mean?



## Respect your vibe

In order to know your vibe, you've got to name it.



**Feeling it** is a 6 part series to support students through the toughest school year yet.....

The **smiling minds** is a support group to help young people and mental health.

*Thank you Rachel 9W & Milla 9D*

# Positive thinking...



**Do you procrastinate??** Overthinking can lead us to procrastinate and worry about the things that may be useless and out of our control.

- ★ The worry filter is a positive tool to help you declutter and focus your mind.
- ★ Watch the video from one of our head students about how this has helped her.

**Overthinking**  
The art of creating  
problems that weren't  
even there.

*Thank you Grace 12F*



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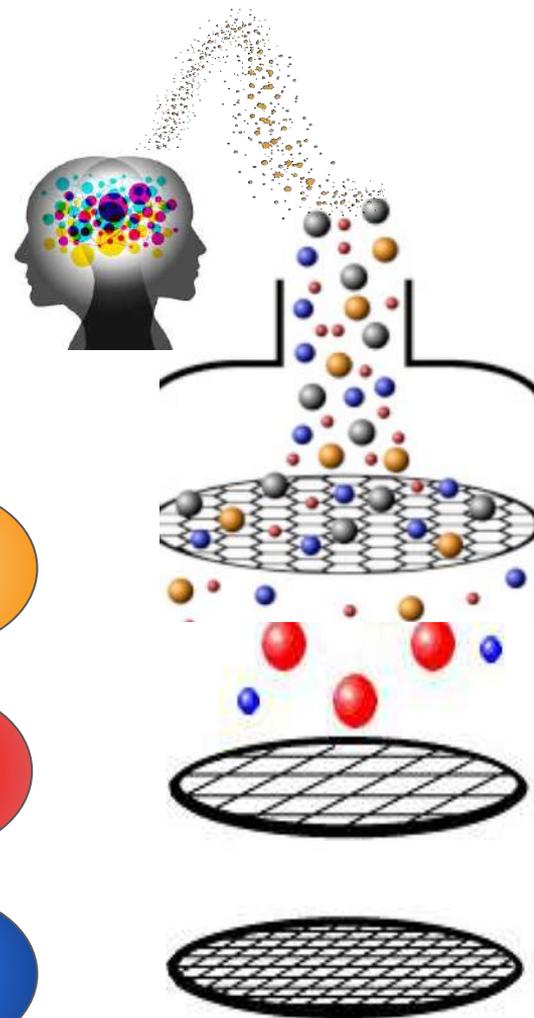


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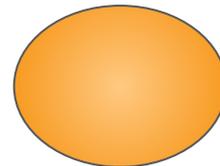
# The Worry Filter...

When we visualise things going wrong we trigger the emotional threat response and we worry!

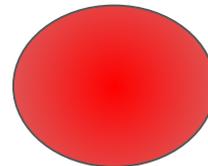
The Worry Filter helps you to select between **useful** and **useless** worries....the difference between the two is the **level of control and influence** we have over the outcome.



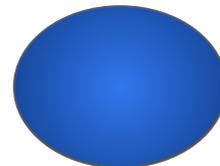
What is out of your control?  
We can't control the past.



Discard what can wait.  
Ditch the **useless** worries!



Free up space in the mind and reboot  
your thinking skills to prioritise on the  
**useful** worries. Take time out!



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# Why use the Worry Filter?



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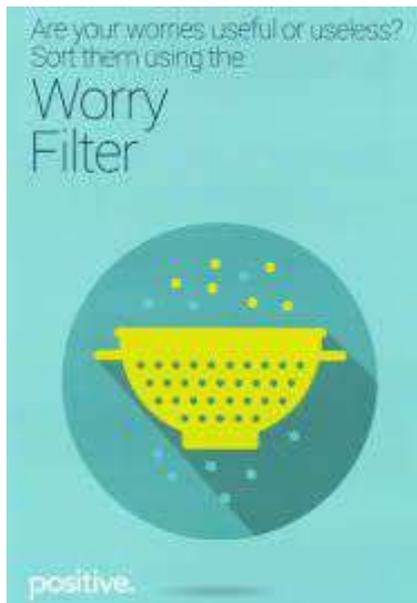
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## FOCUS AND BE IN CONTROL

....**helps** you to free up your thoughts to think straight and focus. Taking time out for the useful worries and [prioritise](#).

## POSITIVE MOOD STATE

....**helps** you to manage your emotions for greater [mental health](#) and wellbeing.



For more information click on the [links](#) or the [PSP toolcard](#).

## CHANNEL ENERGY

.... **helps** you to declutter your mind and develop your creativity. Let your mind wander and practice mindfulness. Try [meditation](#) or relaxing [music](#).

## MORE [RESILIENT](#)

.... **helps** you to improve your ability to manage and control your attention, to [bounce back](#) quicker from challenging times.



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# Commitment



## Stickk to your New Year's resolutions

35% of people fail their New Year's Resolutions because they had unrealistic goals, 33% of participants did not keep track of their progress, and 23% forgot about them!

### Set measurable and achievable GOALS!

- ❖ Do 15 minutes of exercise everyday
- ❖ Lose/gain 0.5kg of weight every week
- ❖ Cut out 1 unhealthy snack/food
- ❖ Achieve 8000 steps everyday



Sign a commitment contract using STICKK: <https://www.stickk.com>

*Achieve your goals with the help of principles in behavioral economics: loss aversion and accountability.*  
*Thank you Timmy 12W*



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# Be ACTIVE....

## Fun fitness dance ideas ...

### Some Just dance dances videos:

- ❖ [Airplane](#)
- ❖ [Old town road](#)
- ❖ [Summer \(fitness dance\)](#)
- ❖ [Electro body combat](#)

### Some Tic Tok dances:

- ❖ [All about cake](#)
- ❖ [Blinding lights](#)



### Fun Hip hop moves

- ❖ [23 Hip-Hop Steps With Names](#)

### Fun trendy dance moves

- ❖ [TOP TRENDING DANCE MOVES YOU MUST LEARN](#)

*Thank you Zhejun 7W*

# Posture perfect...

When we stretch we improve our posture and muscle performance, reducing injury, aches and pains. Increase blood circulation for improved performance.



*Thank you Timmy 12W*



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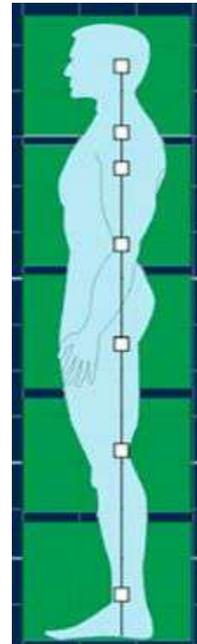
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## Good Posture

### Results in...

- Prevents back pain
- Maintain proper muscle and joint usage
- Prevent spine from forming into abnormal positions
- Center your balance
- Reduce stress
- Promote efficiency since muscles, joints and bones are being use optimally
- Encourage confidence and good morale



April  
26th



Let's get into the IS spirit and dress up in our favourite book characters. We want to create an **IS** fancy dress collage for the library to celebrate book week 2021.

- ★ Take a photo in your character and add this to this [folder](#). Images needed before 14th May.



“Reading  
a good **book**  
is like taking,  
a journey....

Emma Gulliford  
© 2000 and 2010



# Book Week Feature

Check out the books in the [March Monthly Reading List](#), and try reading some of the memorable memoirs on it! There is a new reading list every month!

Reading can help you:

- ★ Improve your inference, empathy, and **vocabulary**, all useful assets for English exams!
- ★ **Improve concentration** and focus.
- ★ **Reduce stress** and give you a breather.
- ★ Helps you **relax** (and is a much better alternative than looking at your phone before sleeping).

## Tai Wai Monthly Reading Recommendations

March:  
**Memorable  
and Moving  
Memoirs**



As the cliché goes, the truth is often stranger than fiction and to prove that, this month we will be focusing on some memorable and moving memoirs, true stories written by those who experienced them.

*Thank you Airi Tachino 10D*



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# Poems...

Take a moment to appreciate your surroundings... and this poem!  
Reading new things every week is definitely good for your brain.

Reunion by Charles Wright

*Already one day has detached itself from all the rest  
up ahead. It has my photograph in its soft pocket.  
It wants to carry my breath into the past in its bag of  
wind. I write poems to untie myself, to do penance  
and disappear, Through the upper right-hand corner  
of things, to say grace.*

★ **Read more at [poetryfoundation.org](http://poetryfoundation.org)**

*Thank you Charlie and Ady 11E*

★ **Inspired? Why not write your own poems!**

**Here are some prompts to get you started:**

- The texture of water
- Write a poem to your future self
- A haiku
- [Nuclear power plant amusement parks!](#)



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# The more you read, the more you will know....

- ★ **Never lose your page and create your own wellbeing bookmark!** Try adding positive images, quotes or helpful self talk reminders....
- ★ **There are a selection of wellbeing books in the library to check out.**

Title	Author
The anxiety survival guide for teens : CBT skills to overcome fear, worry, and panic	Shannon, Jennifer
Blame my brain : the amazing teenage brain revealed	Morgan, Nicola
I'll give you the sun	Nelson, Jandy
Kite spirit	Brahmachari, Sita
Mind your head	Dawson, Juno
The teenage guide to stress	Morgan, Nicola
Tyranny : I keep you thin	Fairfield, Lesley



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