



THRIVE

Island School:
A diverse community
where all learners thrive

THE THRIVE AMBASSADORS 2021!

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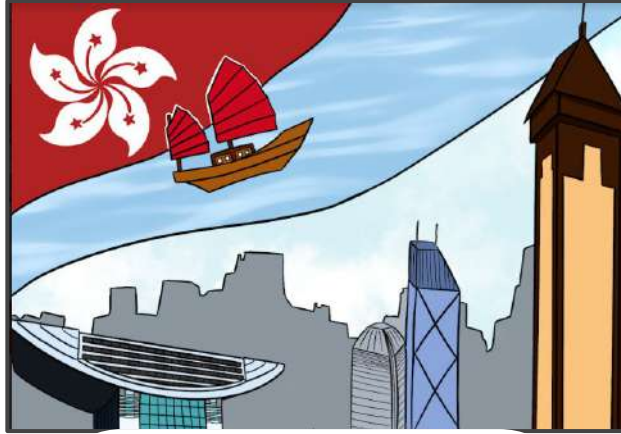
Renee Ng, Jil Luk & Elina Lee		Milla Lamont, Anoushka Long	Airi Tachino Hannah Wu	Samrin Monami	
Bernard Ching Hazel Wong Hoi Ching Wong	Vijay Narayanan Anu Subramanian Annabel Suen	Nathan Soo	Cherry Cheung, Alex Sallustro, Kit Kit Li, Kaydence Yeung, Audrey Ho, Onnie Hui, Jasmine Yu Chloe Choi, Varun Haresh		
Liane Thang Emma Kim, Tara Choi,	Natasha Lam Jaeyun Ha Donovan Yim	Nivedha Babu Karl Loynd	Tracy Fu Audrey Leung		
Alena Mavalvala		Maddie Tsai	Hailey Lau		
	Manashyu Gadia	Arnav Gupta Austin Cheung	Clement Kwan	Abigail Ho	
Zhejun Anders, Rachel Ng, Alice Marsden, Cici Jia	Kate Yoon	Alexandra Lai, Rachel Yoon, Vyncci Law	Ginny Park	Sam Hui	Timmy Liu, Aidan Lung, Danielle Leung

Congratulations to the **new students** joining the team in Term 3

Thank you to everyone who participated in the cultural poster competition.

Katrina Hon 9R

Sana Luk 8N



Congratulations to Sana for the winning design and well done to the runners up Katrina and Reagan.

Reagan Chan 8R



Student Gratitude Letterbox !



Nominations for this month.....

TW

- ★ **Hannah Wu (10D)** - For always making me laugh and helping me with English.(Natalie Chan)
- ★ **Alexandra Lai (9W)** - They have been a great friend and a person I can talk to easily. (Couleur Young)
- ★ **Hannah Lam (9R)** - She is always very active in the form and really kind and caring and friendly. (Stella Wong)

STW

- ★ **Natalie Cao (8R)** - She is always very positive and always offers to help me. Great friend! (Aurora Ly)
- ★ **Alicia Tsui (8R)** - Thanks for always being there when I'm going through rough times and making me smile :D (Alexis Ng)
- ★ **Koemi Bennett (8E)** - She has been through everything with me and supported me for a super long time. (Ember Yaranon)

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



Staff Gratitude Letter Box...



Scott Robertson
for taking the
lead in Science
ICT
developments.
From Jo Burgon.
Paul Bayne

English Department
for all of their hard
work and effort for
Book Week!
From Gary



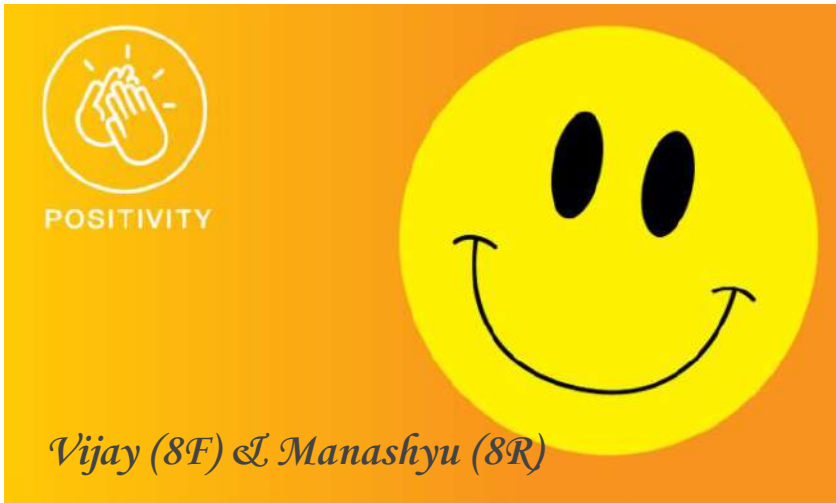
Lawrence Wong for helping upload
all of the IAs to IBIS during a busy
time of the year.
From Katherine. Mel, Johnny, Matt
F, Will, Emily and Y13 English
Teachers!

Jess, Sophie and Mary
For getting 18 months
of work out of Y11s in 4
days! Thanks for all the
hard work!
From Ross, Laura and
Steph M





Thank you to Ryan in the graphic design team who has supported our Thrive Ambassadors in creating the new wellbeing slides for our monthly wellbeing.





Mindfull



Positivity



Health



Purpose

Thrive Ambassadors features for May...

Optical Illusions

Perseverance skills

Sleep better!

Support each other

Recipe ideas

What is HAPPY?

Hand Eye Coordination Skills

Anxiety support APPS



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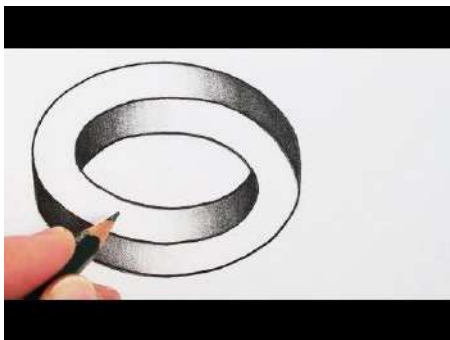
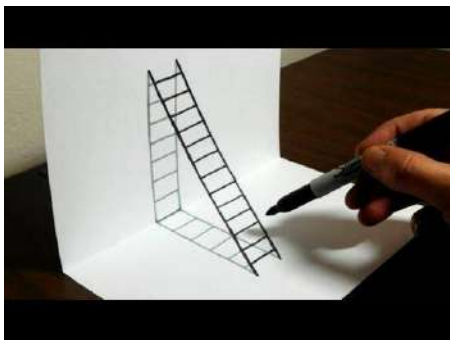
Health



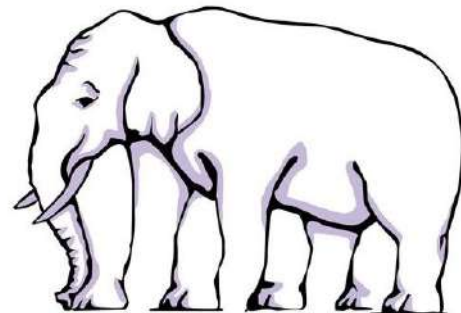
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Brain Breaks: Optical Illusions

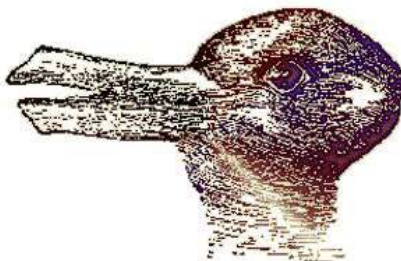
Optical Illusions are images trying to mislead your brain through the colours, patterns or light. Why don't you try to create your own optical Illusion and trick you family and friends? Here are some optical Illusions you can try yourself and some possible optical illusions you can create.



How many legs do you think this elephant has?



4 legs



What animal do you see in this picture?

Rabbit & Duck

Thank you Kate Yoon 8W



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The Seven Chakras...

Getting in tune and finding yourself also means, getting in tune with your mind and spirituality. Try and see which one of these you could be helping yourself on or which Chakra you may need more of...

- ★ Crown Chakra {Understanding}
- ★ Third Eye Chakra {Seeing}
- ★ Throat Chakra {Talking}
- ★ Heart Chakra {Loving}
- ★ Solar Plexus Chakra {Doing}
- ★ Sacral Chakra {Feeling}
- ★ Root Chakra {Stability}



Thank you Nivedha 9E





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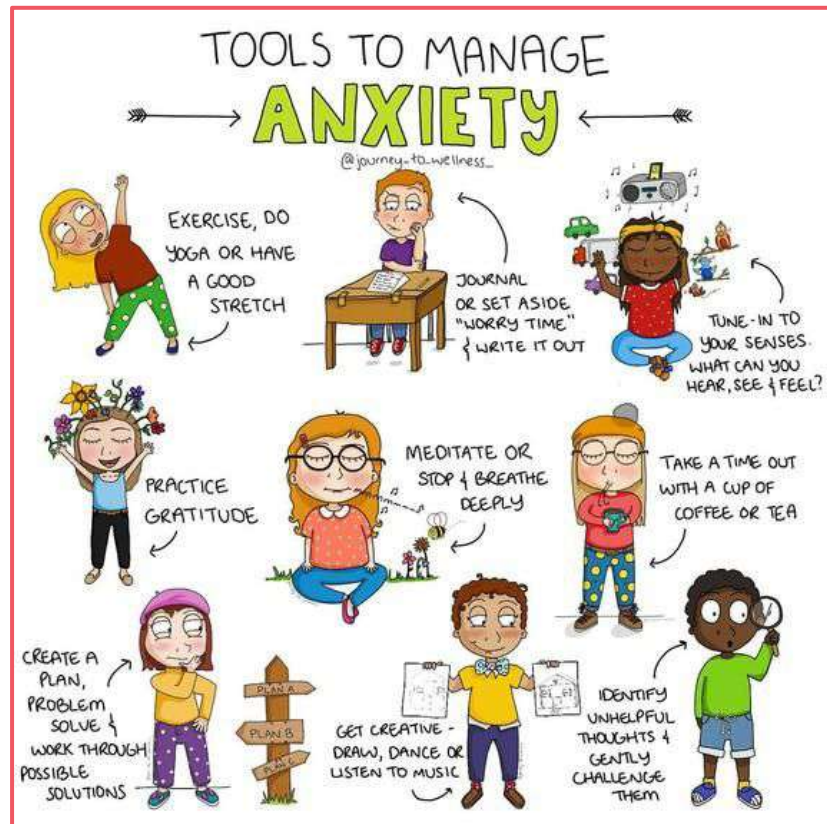
Mindful of our emotions...

Anxiety is an extremely common but nonetheless extremely disruptive experience. Dealing with anxiety can mean sleepless nights, missed opportunities, feeling sick, and full-blown panic attacks that can keep you from feeling like your full self.

Having the tools to confront, dissolve, or embrace your anxious thoughts and feelings can be the empowerment you need.

Check out these resources that can help support feelings of anxiety.

- ★ [Practices](#) for resilience
- ★ [Mindfulness exercises](#)
- ★ Top [APPS](#) for 2021





POSITIVITY



Supporting each other...

Please don't be afraid to reach out to one of your friends or family members if you are not feeling great or in the best mood! *It's always better to reach out to someone about your problems rather than dealing with them by yourself.*

Watch the TED Talk videos that discuss: anxiety, stress and why helping people can make you happy.



- ★ For more information about emotional health and supporting others- click in the link : [Student Health Service HK](#)
- ★ Here are some activity suggestions that will help brighten you and your friends day:
 - Playing [video games with friends](#)
 - Listen to relaxing [music](#)
 - Making art and [crafts](#)
 - Watch a [movie](#)

Thank you Liane Thang 7E



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Stay Positive...

How to be positive?

Read the ideas to help you turn a negative situation into a positive one and be **HAPPY**.

- ★ Try not to think the worst in situations.
- ★ Charge others with your positive energy too!
- ★ **This video may help to be positive all the time!**



Thank you Alena 7N

Honesty- Don't be afraid to say how you feel.

Ask your friends how they are!?

Participate in healthy lifestyle choices.

Passion- What do you do to feel better?

You should know - it is OK not to be OK!

HOW TO STAY POSITIVE IN A NEGATIVE SITUATION

Questions to ask yourself

- 1 **IS THIS WORTH GETTING UPSET OVER?**
- 2 **WHAT IS THE LESSON HERE? WHAT CAN I LEARN FROM THIS?**
- 3 **AM I OVERREACTING OR OVERTHINKING THE SITUATION?**
- 4 **WHAT IS THE POSITIVE I CAN TAKE AWAY FROM THIS?**
- 5 **HOW IS THIS MAKING ME A BETTER PERSON?**
- 6 **CAN I CONTROL THE SITUATION?**
- 7 **WHAT CAN I DO RIGHT NOW TO MAKE MYSELF FEEL BETTER?**
- 8 **HOW CAN I SEE THE SITUATION WITH LOVE?**

Positive and Relaxing Music...

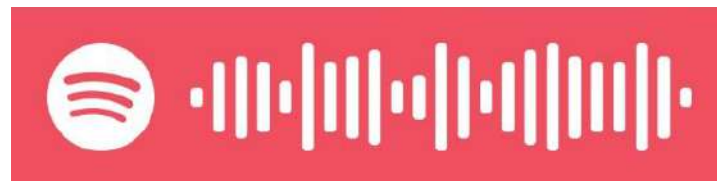
Music is proven to improve your **mood, productivity, memory and overall well being**, you can also listen to this playlist when you are stressed and need a break!

★ Check out these spotify playlists for a good mood booster!

- [Positive Vibes](#)
- [Scream the lyrics](#)
- [Chill Vibes](#)
- [Oldies but goodies](#)

★ Lofi Hip Hop is great studying, and anytime you would like to relax

24/7 Lofi hip hop stream



Scan on spotify to open - **Relaxing, fun & upbeat**
This is a playlist with songs for you to enjoy, here are some songs that we personally chose to share, all of the music on the playlist is suitable for all to enjoy :)

Thank you Cherry, Jasmine, Onnie, Kaydence, Audrey 10F



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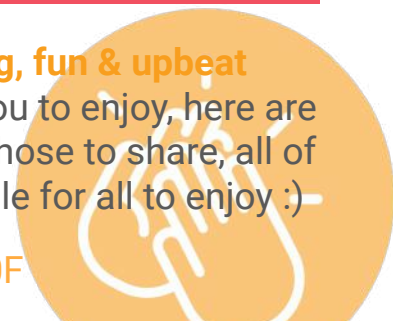
Positivity



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HEALTH



Let's get physical...

Strengthen your core.

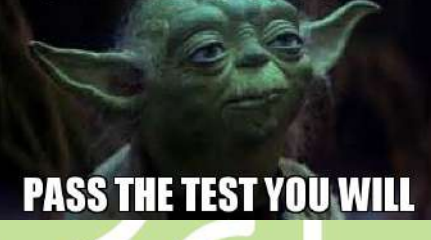
Week	1. Half sit-up	2. Standard sit-up	3. Twisted sit-up	4. Weighted sit-up
				
Mon	1 - 3 sets x sit-ups 30 seconds*	1 - 3 sets x sit-ups 30 seconds	1 - 3 sets x sit-ups 30 seconds	1 - 3 sets x sit-ups 30 seconds
Tue	1 - 3 sets x sit-ups 30 seconds	1 - 3 sets x sit-ups 30 seconds	1 - 3 sets x sit-ups 30 seconds	1 - 3 sets x sit-ups 30 seconds
Wed	2 - 4 sets x sit-ups 45 seconds	2 - 4 sets x sit-ups 45 seconds	2 - 4 sets x sit-ups 45 seconds	2 - 4 sets x sit-ups 45 seconds
Thu	2 - 4 sets x sit-ups 45 seconds	2 - 4 sets x sit-ups 45 seconds	2 - 4 sets x sit-ups 45 seconds	2 - 4 sets x sit-ups 45 seconds
Fri	Rest day	Rest day	Rest day	Rest day
Sat	3 - 5 sets x sit-ups 60 seconds	3 - 5 sets x sit-ups 60 seconds	3 - 5 sets x sit-ups 60 seconds	3 - 5 sets x sit-ups 60 seconds
Sun	3 - 5 sets x sit-ups 60 seconds	3 - 5 sets x sit-ups 60 seconds	3 - 5 sets x sit-ups 60 seconds	3 - 5 sets x sit-ups 60 seconds

- ★ Try the popular Pilates videos
- ★ Start the weekly challenge.
- ★ Practice the Plank every day for 1 minute.
- ★ Listen to Yoda!

fitness BLENDER.COM



DO THE SIT-UPS YOU WILL



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How to get a better sleep ...



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- ★ Plan for **eight hours of sleep** into your daily schedule and keep that **same schedule** for both weekdays and weekends.
- ★ Create a consistent **pre-bed routine** to help with relaxation and falling asleep fast.
- ★ Keep your bedroom **cool, dark, and quiet**.
- ★ Avoid **caffeine and energy drinks**, especially in the afternoon and evening.
- ★ **Putt away electronic devices** for at least an hour before bed and keep them on silent mode to avoid checking them during the night.
- ★ Set up your bed with **supportive pillows**.
- ★ Try listening to **ambient music** to relax you.



Thank you Samrin 11D

Healthy recipe ideas...

Why is healthy eating so important?

Eating well is necessary for good health and wellbeing.

- ★ It reduces our risk of type 2 diabetes.
- ★ Helps us to maintain a healthy weight.
- ★ Reduces the risk of high blood pressure and high cholesterol.
- ★ Reduces the risk of developing cardiovascular disease.
- ★ Helps to develop strong bones, healthy skin and fight infection.
- ★ Improve our mood and energy levels.
- ★ Improved memory and brain health.



Here are some delicious, healthy recipe ideas that you could try out!

Thank you Jaeyun 8E



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PURPOSE



Resilience

Achievement

Growth Mindset

Cognitive

Grit

Curiosity

Purpose

Engagement

Perseverance



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Hand Eye Coordination Skills

Hand eye coordination, is the coordinated control of hand movement with eye movement. It's very important for a lot of sports.

Why don't you have a go at juggling?
Here is a simple tutorial in how to juggle!

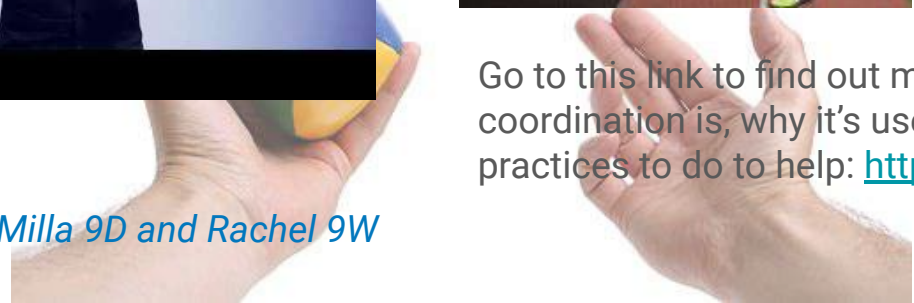


You can also practice these skills at home...



Go to this link to find out more about what Hand Eye coordination is, why it's useful and some more practices to do to help: <https://gmb.io/coordination/>

Thank you Milla 9D and Rachel 9W





Build your Growth Mindset

Growing your mindset can help you be stronger and when facing new opportunities followed by possible challenges. It can help you develop a new skill. Changing the way you think, changes the ways you learn.



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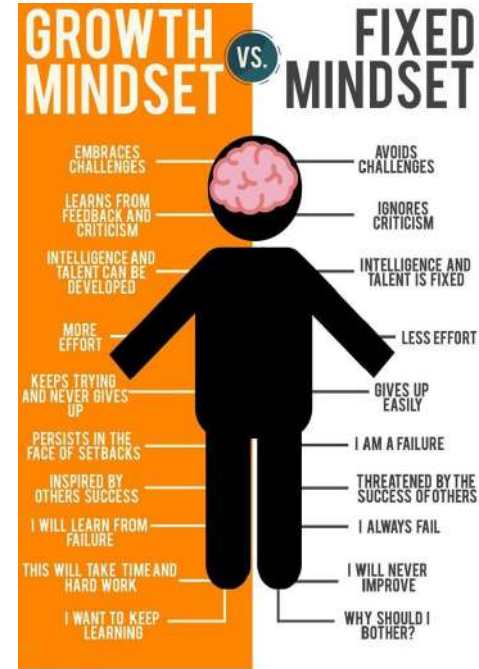
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When one embraces growth mindsets, you can learn more about perseverance and mistakes. To view challenges and failures as an opportunity to learn.



Carol Dweck explains the importance of developing and growing your mindset. It emphasizes the significance of adding 'yet' when discouraged.



Thank you Rachel 9W & Timmy 12W

Perseverance skills...

STUDY EFFECTIVELY

- ★ Make clear notes
- ★ Keyword Mnemonic
- ★ Doing past papers over and over....
- ★ Highlight the important details
- ★ Use flashcards.
- ★ Try to explain to someone younger or someone who understands less.
- ★ [12 tips for successful studying](#)



Thank you, Tracy, Kit Kit and Alex



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A diverse community
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