



THRIVE

Island School:
A diverse community
where all learners thrive

AMAZING CONTRIBUTIONS MADE FROM THESE THRIVE AMBASSADORS IN TERM 2 & 3!

The design team: Hailey Lau 10N, Airi Tachino 10D, Alexandra Lai 9W, Maddie Tsai 9N, Vijay Narayanan 8F, Manashyu Gadia 8R



The monthly wellbeing slide top contributors: Alena Mavalvala 7N, Liane Thang 7E, Kate Yoon 8W, Rachel Yoon 9W, Milla Lamont 9D



The student voice & gratitude team : Audrey Leung 10E, Clement Kwan 10R, Ginny Park 10W, Alexandra Lai 9W.



THRIVE AMBASSADORS!

Our vision as a student leadership group is to take ownership of the Monthly Wellbeing!

"We want to help Island School see the bigger picture of wellbeing. Join and become part of our team, connect with others, take action and value what we do. Be proud that your contributions and efforts will be recognised and appreciated by many. Be your "best self", don't give up, and continue to be inspired!"

Thank you to everyone who applied this year! Applications will reopen next year and we hope to have a representative from each house and year group.

Thank you Ginny 10W & Alexandra 9W



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](#)



Mindful



Positivity



Health



Purpose

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

Student Gratitude Letterbox!



Sha Tin Wai

Jj Torejo (8D) - Caring, funny and helpful (Rosanina Palomba)

Karl Loynd (8E) - He is loyal to everyone and even strangers and cares about our environment and carries other people.(Kanna Takayama)

Kanna Takayama (8E) - For being like a sister to me.(Ember Yaranon)

Tai Wai

Hannah Lam (9R) - She is always volunteering and contributing in our form and helping out. (Ella Lau)

Clement Kwan (10R) - He has been really supportive and helping in many instances. He has also been a really nice mentor for me this year!! :D (Arnav Gupta)

Charcoal Wong (9D) - He gets all the work done when we are in a group and he is fun to work with! (Arnav Gupta)

**Thank you to everyone who has nominated someone.
We will start this again next year!**

Thank you Ginny 10W



Staff Gratitude Letter Box...



Ben Woods for filling up the water jug in the staff room on a daily basis. We appreciate you.
From Sha Tin Wai

Tom Peel for being a great Fleming support tutor, thank you for stepping in so much especially this term.
From Angela Worthington

Alifiyah Kasubhai for taking on a new role within the Design Department this year which has involved a lot of new learning and hard work on her part. She has carried this out admirably and has become an real asset.
From Mark Roper, Lucy, Gordon, Paul and Tim.

Lorraine Harte for her brilliant leadership of the PLC group including meticulously planned CPD for all staff.
From Beth Hall, Laura, Jo Burgon and Muthar Younis

Mari Herron For going above and beyond during the Y7 Activity Day. From Rach



INTERHOUSE PLAYLISTS

Not only can music be used for relaxing, it is also proven to improve sporting performances ! Please submit your favourite songs into [this google form](#). These will be played at our house events:

Da Vinci Fleming Einstein Nansen Rutherford Wilberforce

Please make sure your songs are :

- *Family friendly! (Non explicit)*
- *Upbeat and fun*
- *Best represents your house!*



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



Features for June created by the Student Thrive Ambassadors



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POSITIVITY : The benefits of laughing!

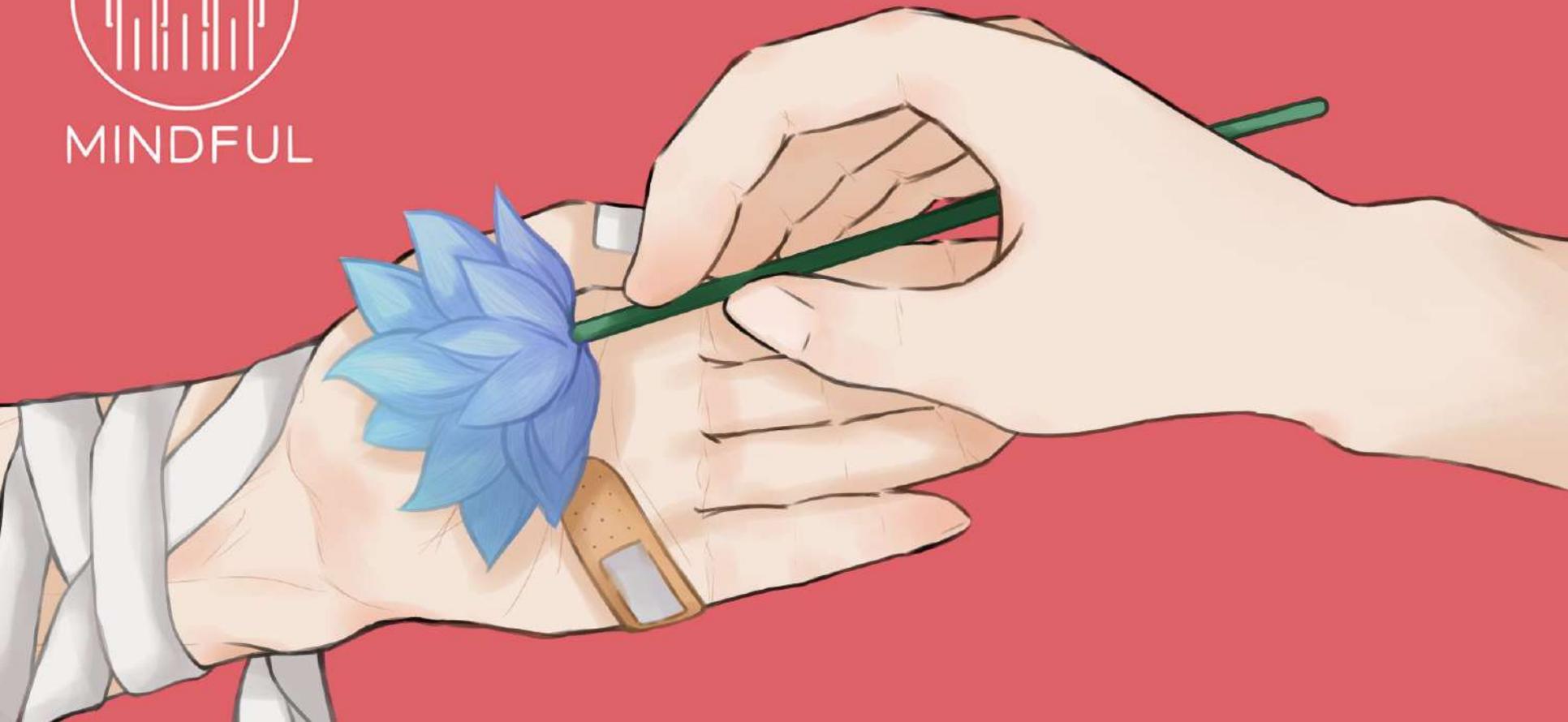
MINDFUL ACTIVITIES

HEALTH : Explorations PROJECT..... Are you in danger from inadequate food labels ??

PURPOSE : Mini Art Projects



MINDFUL





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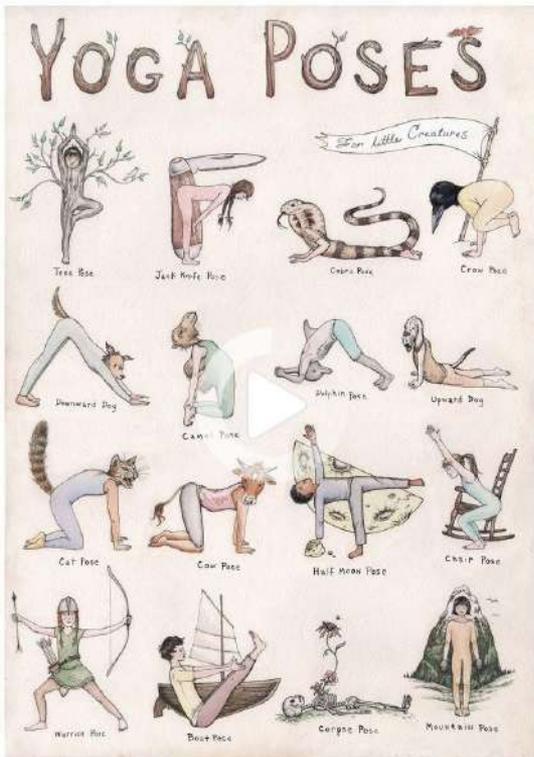
Health



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Yoga...

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



Watch the beginner yoga tutorial video! Just spend a 30 minutes to calm down and relax!



This is aimed for teens but can be also beneficial and fun for all ages!

Thank you Rachel 9W & Milla 9D



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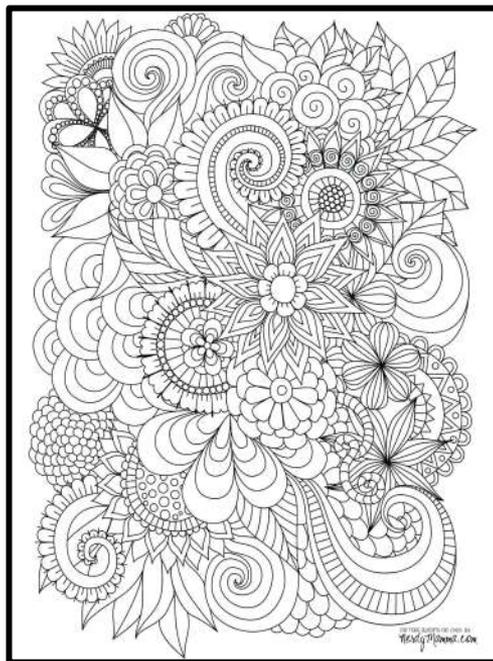
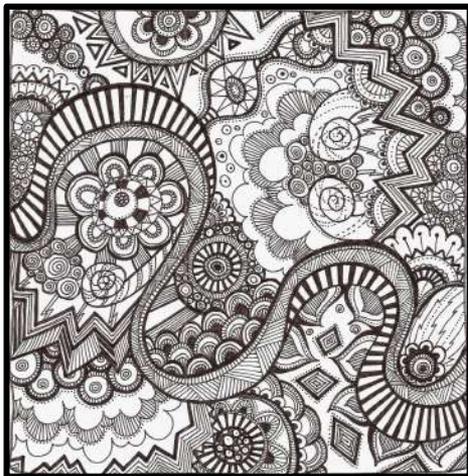


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Mindful Colouring

Mindful colouring or Zen colouring is a great way to relax if you like being creative. It helps calm your mind when you might be a bit stressed or sad, because it relaxes the fear center of your brain.

Here are some colouring sheets you can use. You can even do it if you have free time in between classes to calm your mind.



Here is a [website](#) you can use to get over 52271 free printable zen colouring pages from so many categories!

Thank you Milla & Anoushka 9D



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Brain Breaks ...

We use our brains so much everyday that it definitely needs a break! Here are some fun ideas for you to do!

- ★ Have a Dance off with your family and friends!
- ★ Bake or cook with your family!
- ★ Have a family meditation session!
- ★ Learn something new!
- ★ Play Dumcharades!
- ★ Play UNO!
- ★ Ask "Would you rather..?" questions to your family members and listen to their responses!
- ★ Learn magic tricks with cards!
- ★ Play Simon Says!
- ★ Listen to calming music!
- ★ Create a secret handshake with one of your family members!
- ★ Take a simple story like Cinderella and change the ending!



Having less screen time can avoid tired eyes!!

Thank you Anu & Annabel 8F



POSITIVITY





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Positive mindset...

What is a positive mindset? When you are happy and can think in a positive way.

How to have a positive mindset? Start your day off with a positive mind. Think of what you are thankful for. Think about how to avoid negative thoughts and confront them.

Why do we need a positive mindset? We need a positive mindset because it helps us to avoid stress and think clearly. If you are in a situation where you cannot cope, you **NEED** a positive mindset to get through.



I have a test today but I have revised... I will do well.

I am thankful for my friends, we are going out to dinner tonight.

I have so much work to do.... If I write a to do list I can get through it.

Thank you Nathan 9F

Explorations Project: Happiness...

Our group has chosen to focus on the Island School Community in Tai Wai campus and our goal is to promote happiness to our little community, by showing you the video that we created.



Please help us complete our survey for our community project.

[SURVEY LINK](#)

good things to tell yourself everyday

- ✿ i am worthy
- ✿ i am more than my appearance
- ✿ i am loved
- ✿ i am cared for
- ✿ i am strong
- ✿ i am beautiful
- ✿ i am a good person
- ✿ i am allowed to get rid of the toxic people in my life
- ✿ my body does not define me
- ✿ i deserve respect
- ✿ i deserve good things
- ✿ i do not need to justify my actions
- ✿ and most importantly, i can get through anything.

Thank you YoYo, Shannen, Jack and Brian Y9



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Laughing & Smiling Benefits

It's been proven by scientists that laughing or smiling can help improve your health as well!



Ron Gutman talks about the hidden power of smiling and the benefits! How many times do you smile a day? This video is a 7 minutes Ted Talk video, definitely would recommend to watch!



This ted talk video is by Sophie Scott she educates you about surprising facts about laughing. Just take 17 minutes to watch this video which not only informs but is also very funny!



Thank you Kate Yoon 8W



HEALTH





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HIIT Exercise...

Short bursts of intense exercise helps you **BURN FAT** and increases stamina.

Follow along one of these workouts or find your own online!

HIIT can burn **25-30% more calories** than other forms of exercise such as running, biking, or other cardio.

Benefits:

- ★ Quick and effective
- ★ Long lasting calorie burn
- ★ Building muscles
- ★ Improved cardiovascular health

THANK YOU TIMMY 12W



EXPLORATIONS PROJECT ...

What are the issues with inadequate food labels?

- ★ Many people are put at risk everyday - Most commonly people with food allergies and nutritional issues.
- ★ People can suffer from allergic reactions or worsenings in nutritional issues.
- ★ This is caused by poor management of food labels.
- ★ Food unawareness, allergic reactions and betrayal of religions are common consequences with the issue.

Arnav and the Explorations group



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Below is the link to a short initial survey which we would like you to complete after watching our video!



[Initial Survey](#)

How Can You Fight Insubstantial Food Labelling Issues?

Read food labellings

- Buying prepackaged products from more credible companies have more reliable food labelling.
- Usually, the more credible means the more reliable.
- This is an effective solution to bad food labelling as you are able to detect the effects of bad food labelling.
- More reliable food labelling also means more accurate, articulate and transparent nutritional information.



Call for revisions for food labelling regulations



- Calling for revisions or amendments to food labelling regulations in Hong Kong may be a way to reduce inadequate food labels.
- This is an effective as amendments can be made to weaker parts of food labelling regulations. As such inaccuracies or missing content regulations can be fixed.

Buy from more credible companies

- Buying prepackaged products from more credible companies have more reliable food labelling.
- Usually, the more credible means the more reliable.
- This is an effective solution to bad food labelling as you are able to detect the effects of bad food labelling.
- More reliable food labelling also means more accurate, articulate and transparent nutritional information.
- Some examples of companies that are transparent with their food labelling are kinder, Cadbury and M and M's.
- You could also just buy commodities that have only one single ingredient. Such as broccoli or cauliflower.



Make a list

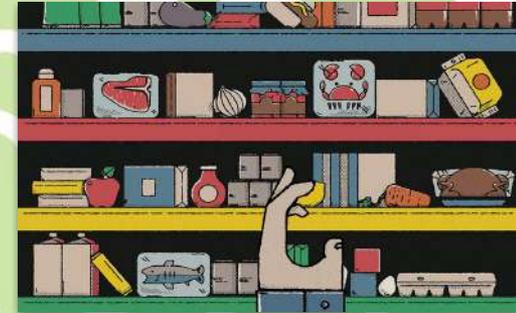


- Making a list of companies that are notorious culprit or infamous for their abnormal food labelling can be an effective solution for everyone including you.
- Lists can inform you of which companies or manufacturers are known to have bad food labelling. Hence, you can determine and identify which products are the subjects to put those the next time you go shopping for food products.
- Examples of companies with bad food labellings are Motts for 100% 'Heart Healthy', Healthy Life entire 'All Right'.

EXPLORATIONS PROJECT ...

How Can You Fight Insubstantial Food Labelling Issues?

- ★ Reading food labels may give you a glimpse into what is in the product - even if its vague
- ★ Call for revisions in food labelling regulations - You could call for amendments in food labels
- ★ Buying from more credible companies that are more transparent can provide you with better food labels and nutritional information
- ★ Make a list of companies that are notorious for their bad food labels.
- ★ **Below is the link to our detailed infographic, please have a look at it! SCAN IT!!**



Below is the link to a short final survey which we would like you to complete after you go to the grocery store next time!

Final Survey:
Arnav and his Explorations group



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PURPOSE



Resilience

Achievement

Growth Mindset

Cognitive

Grit

Curiosity

Purpose

Engagement

Perseverance

CREATIVITY :Art Projects...



Try some of these mini art projects you can do at home! You can also personalize the content within these drawings and experiment with the colours! Taking sometime to do some art can help you calm down as well!



This is a tutorial in how to draw a hummingbird! Follow this video and you can use the skills to draw your own favourite animal!



Try to draw your favourite scenes using these skills and this presentation! Once completed you can give it as cards, or even also frame it!



Thank you Rachel 9W



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Exam stress and anxiety...

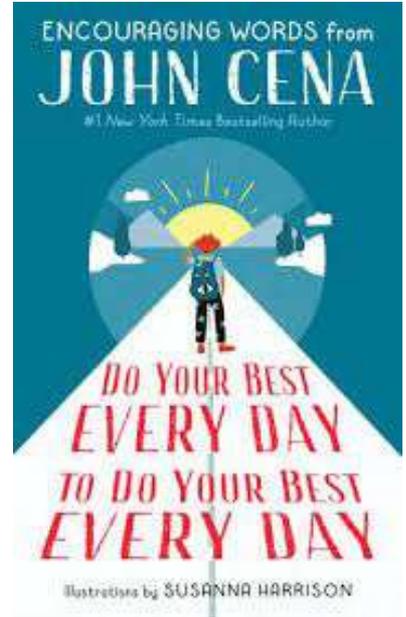


DO YOUR BEST... We are all students, we all suffer from exam stress during exam seasons. But there are ways to cope, to make you feel less anxious.

Watch these videos to learn how to deal with study or exam stress :)



Thank you Hailey Lau 10N



Read about doing your best!



Motivation...

Sometimes lack in motivation will affect your daily life. Whenever you feel a bit down or need a little motivation boost, try some of the motivational activities [LINK](#)

DO YOU FOLLOW THE 5 W'S
OF LIFE??



Watch this video to
increase your willpower!

The Five W's Of Life

Who you are is what makes you special.
Do not change for anyone.

What lies ahead will always be a mystery.
Do not be afraid to explore.

When life pushes you over,
you push back harder.

Where there are choices to make,
make the one you won't regret.

Why things happen will never be certain.
Take it in stride and move forward.

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