



**Dear Parents of EMW Primary,**

We are heading into May and continuing our remote learning system with our students. We can learn from this period of time a few things. The importance of having routine in our lives and helping our children maintain their daily routines. The importance of cherishing the small pleasures in life, which differs for each person, but are important to look forward to and anticipate. The importance of human connection, understanding, tolerance and empathy. We are all in this together, through highs and lows, and we will with our human strength, persevere, become stronger and be more resilient.

In this edition of our newsletter, we will share information about the IB Programme from IB PYP Coordinator, Ms Jayanthi Nayak. Additionally, we will have some Grade 5 students share information regarding the journey students are going through in the PYP Exhibition. Our counselor, Sue Chun will share some parenting strategies and we include upcoming dates for events in the weeks to come.

**Co-Vice Principal of EMW Primary  
Karen Mathieson & Clara Li**



### ***DRESS UP DAYS:***

**29th April**

House T-shirts

**13th May**

Crazy Hair Day

**27th May**

Pajama Day

**10th June**

International Clothing / Colors  
from your country

**24th June**

House T-shirts

### ***Special Event Dates:***

**16th May – 20th May**

PYP Exhibition

**30th May – 2nd June**

Children's Day (June 1st half day)

**6th June - 10th June**

International Week

# Did you know...?

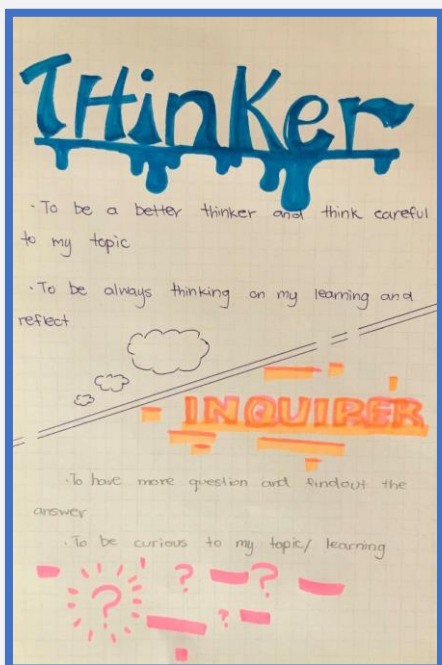
- By Jayanthi Nayak, PYP Coordinator

As an IB World School, we use the IB Programme Standards and Practices (PSP) to guide learning and teaching at our school. Standards and Practices help IB schools know the expectations. An example is the PYP Exhibition that Grade 5 students are engaged in currently.



The IB Practice of 'Students take ownership of their learning by setting challenging goals and pursuing personal inquiries' is seen in how all grade 5 students have chosen to inquire into topics that they are interested in. These are related to the environment, animal welfare, health and well-being, arts and culture and science and technology.

Students are guided through the inquiry process by their teachers and regularly reflect on their growth as learners. This is based on the following practices: 'Students demonstrate and reflect on their continued development of the IB learner profile attributes'.

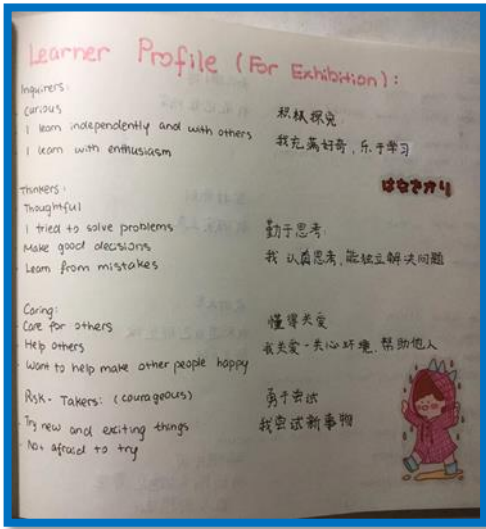


Nicole Jia

Oscar Wang (Zero Hunger)

## The Essentials

I think the most important skills for the PYPX is the inquirer, honesty and thinker. Inquirer for asking questions, finding out new things showing initiative and above all, centering the entire experiment around "why" and "how". Honesty for citing your sources, not copying others and finally being yourself. Thinker for everything in your experiment.

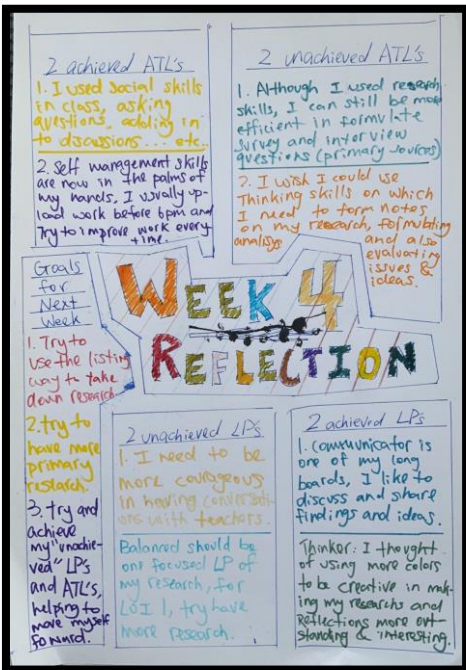


Selina Zhang

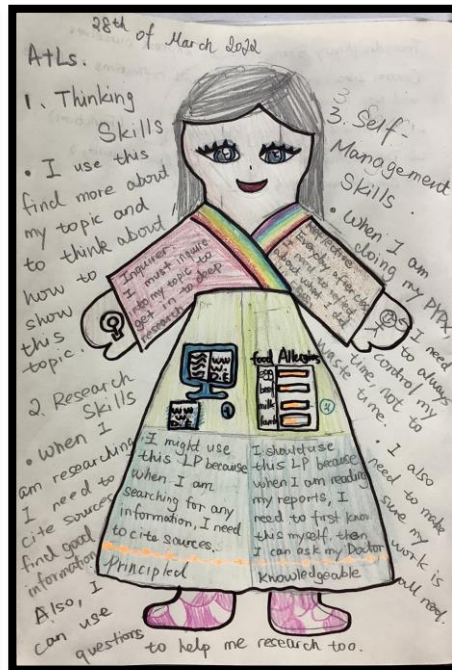


Veronica Sha

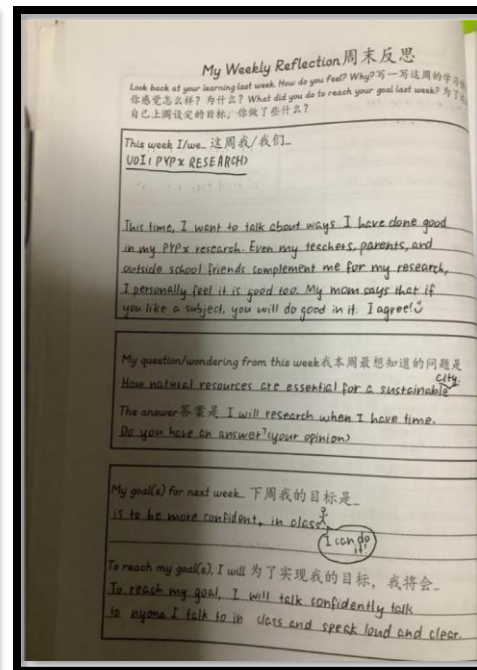
Students also set goals and reflect on skills they are developing. The practice 'Students actively develop thinking, research, communication, social and self-management skills' is connected to this.



Mundi Lu



Amanda Zhang



Nishka Nawani

# My Understanding of the PYP Exhibition

- By Ruby Lu

What is PYP Exhibition?

PYP Exhibition is an exhibition for us to show our learning process in primary school. It is a chance for us to present our learning creatively. It is also a chance for us to take action, to influence others, and to make a change. It is the last step of our primary school education and also a testament to our learning and hard work.

What have we done so far?

We first decided on a topic we are interested in, and then we were sorted into groups by the teacher according to our topics. Then we started to brainstorm on the topic we had chosen, listing out what we already knew about the topic and the questions we had on the topic. Next, with the questions in mind, we started to create our three lines of inquiry under the framework of key concepts, which is an important step because it gives us the directions to what we research. Finally, after confirming the lines of inquiry, we started our research. So far, most of the students finished the research for the first two lines of inquiry, while working on their primary research, creating surveys and questions to collect data or others' perspectives.

What are my feelings about PYP Exhibition?

In my opinion, PYP Exhibition is a fabulous way to show our final presentation of our learning journey in primary school. The thought of the PYP Exhibition made me excited about all the new things and knowledge that awaits me in this exhibition, excited about the chances I get to learn new things and present my learning in front of everyone. It surely is a challenging yet exciting opportunity to show our learning and hard work.

# My Understanding of the PYP Exhibition

- By Audrey Lu

In my opinion, PYPX is a project where students show their understanding throughout their primary school years. While working on our topics, it improves our self-organizing and perseverance, for there are many problems we face.

My topic is about nutrition and I will be focusing on healthy diets. Lately, me and some other students with related topics, were planning an interview. I am also working on a persuasive text in English class, for part of the action I am taking.

*“You can’t control the wind but you can adjust the sails” ~Anonymous*

Parenting in times of uncertainty comes with many stressful challenges. Remaining cool, calm and full of energy can help you get through the day well. Below are simple stress management tips and relaxation exercise that have proven to be useful.

## 5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

### You are not alone

- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

### Take a break

- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

### Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



### Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
  - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
  - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
  - Ask yourself, "What am I thinking now?"
  - Notice your thoughts. Notice if they are negative or positive.
  - Notice how you feel emotionally. Notice if your feelings are happy or not.
  - Notice how your body feels. Notice anything that hurts or is tense.

- Step 3: Focus on your breath**
  - Listen to your breath as it goes in and out.
  - You can put a hand on your stomach and feel it rise and fall with each breath.
  - You may want to say to yourself "It's okay. Whatever it is, I am okay."
  - Then just listen to your breath for a while.

- Step 4: Coming back**
  - Notice how your whole body feels.
  - Listen to the sounds in the room.

- Step 5: Reflecting**
  - Think 'do I feel different at all?'
  - When you are ready, open your eyes.