



June 2022

Dear Early Childhood Parents and Children,

Thank you for choosing Concordia! We are delighted to welcome you to the Concordia family! As we are about to conclude the 2021-2022 school year, we are excited about our preparations for a new school year that includes you!

For your convenience, attached is a Supply List for students who will attend Preschool and Pre-Kindergarten in the fall.

Also attached is a valuable resource, "Helping My Child Be Successful". This resource includes tips written by Concordia educators. We hope you find it helpful in understanding our philosophy of helping children feel confident in their learning. We value student characteristics of confidence, independence, and responsibility. The work families do at home now will provide a strong pathway to success for students when they arrive on campus in the fall.

Also attached to this letter is a list of common English phrases that would be helpful for your child to understand and be able to express verbally. We want your child to feel comfortable communicating his/her needs during the school day. If your child is learning English now, it is a perfect time to begin using these important phrases.

We are excited for you to join our Concordia Phoenix Family!

Blessings,

Dr. Drew Gerdes
Early Childhood Division Principal



2022 年 6 月

致各位学前部家长和小朋友们，感谢您选择上海协和国际外籍人员子女学校，同时也欢迎您加入我们的大家庭！随着 21-22 学年进入尾声，我们满怀激动地与您一起准备迎接新学年的到来！

本文中我们附上了我校幼儿园小班及中班学生的入学用品准备清单供您参考。

附件中还包含了一份由我校学前部教师精心编写的小贴士——“如何帮助孩子在校园中获得成功”。借此，我们希望能帮助大家更好地了解学校的教育理念，理解我们如何帮助学龄前儿童在学习中建立自信。在 Concordia，我们重视培养学生自信、独立以及负责的性格特点。我们一贯认为家庭教育活动尤为重要，在此真诚地希望通过分享上述信息可以帮助大家更好地开展家庭活动，帮助学生在秋季入学过程中更好地完成家校过渡。

另外附上一份日常英语词汇表，希望能帮助您的孩子在学校生活中更好地与老师和同伴交流，同时也能更好地表达自身需求。如果您的孩子正处于学习英语的阶段，我们鼓励他们从这些常用的表达方式开始。

再一次热烈欢迎您加入我们协和国际大家庭！

学前部校长

Dr. Drew Gerdes



Preschool & Pre-Kindergarten at Concordia

We are really excited that you are joining the Concordia Phoenix Family!

*Please know that all students are to come to school fully toilet-trained and are expected to be independent when using the toilet.

*All students are expected to be able to feed themselves. This means they know how to use eating utensils independently.

Please find below a "Supply List" of the items for you to bring on or before the first day of school:

- A backpack (approx. 36cm x 28cm) that can hold your child's lunchbox (morning snack & home lunch) and a library book
- Emergency set of spare clothes that includes underwear, socks, and shoes (these items will be left at school and should be changed seasonally)
- A small sleeping bag and optional small pillow that can fit in the top of your hallway cubby (The Junior Sleeping Bag from Decathlon is ideal. It washes well.)
- A water bottle (that is easily managed and able to be refilled by your child)
- A healthy snack (fresh or dried fruits, raw vegetables, crackers, cheese, seaweed)
- School lunch card, or your child's home lunch. (Note: every child should bring a morning snack)
- A small pack of wash-ups/wet wipes
- Your child should wear school shoes that can be put on and taken off independently. (Velcro straps are best; no Croc-type or flip-flops are permitted. Shoes must allow children to fully participate in all activities with safety. Slippers are not worn at school. Boots are to be changed out of for inside wear.)
- A sweater that your child can independently put on (as the season dictates)

Please feel free your child's teacher more questions about needed supplies during the Before-School Orientation Day. Successful Start Program will provide families an opportunity to visit the classroom and transition well. We utilize strong, research-based practices to help ensure teachers, parents, and students start the year off well.



协和国际幼儿园小班和幼儿园中班

感谢您选择协和国际！

* 我们希望所有学生入校前能完成如厕训练，具备独立使用卫生间的能力。

* 我们希望学龄前儿童能够自主就餐，即具备独立使用餐具的能力。

烦请参阅以下“入学准备”明细，明确第一天上课需要准备的用品：

1. 一个可以装下学生饭盒和图书的书包（大概尺寸：36cm * 28cm，饭盒里装点心和午餐）；
2. 当季备用衣物，包括内衣裤、袜子和鞋子（替换的衣物需要放在学校里，然后定期更换）；
3. 适合学前部走廊储物柜大小的睡袋，并根据个人需要准备枕头（推荐迪卡侬中等易洗睡袋）；
4. 一个水壶（建议携带简单易操作的水壶，方便孩子自己装水）；
5. 一份健康点心（新鲜水果、生蔬菜、饼干、芝士、海苔）；
6. 学校午餐卡，或家庭自备午餐（注：每位学生都需携带除午餐外的点心）；
7. 一小包湿纸巾；
8. 建议孩子穿易脱易穿的学生鞋（推荐尼龙搭扣的鞋子；不能穿洞洞鞋或人字拖。鞋子应适合孩子安全地参与所有活动；学前班学生不能穿拖鞋；靴子需要在进入室内前换好）；
9. 一件您孩子可以独立穿戴的外套（请准备当季衣物）。

如果您有任何问题，欢迎在迎新会上与您孩子的班主任进一步沟通。您可以在迎新会当日参观教室，届时我们也将准备各种活动帮助小朋友们更好地完成入学过渡。我们将竭尽全力，积极采取科学有力的措施来帮助教师、家长和学生成功开启新的学年。

Helping My Child Be Successful at School:

An important discussion to have with your child is explaining the start of school. Explain that parents will say goodbye for a few hours and return to pick them up after a fun day with friends. Also, encouraging your child to be self-reliant in his learning will help prepare him for life in school.

Below are 11 tips written by Concordia's EC faculty to help promote school success for your child:

1. Read daily with your child

Reading and talking about books, in any language, helps to build vocabulary, a strong parent-child relationship, and a love for books.

2. Encourage children to be responsible and independent

Offer support and guidance as they solve problems, yet allow your child to have the freedom to make choices and learn from mistakes. Mistakes are to be celebrated as a necessary part of the learning process.

3. Begin with small tasks

Divide big tasks into smaller ones. As your child completes small tasks successfully, move on to larger ones. Compliment your child when they complete challenging tasks. An expert at anything was once a beginner!

4. Plan "free-play" periods throughout the day

Children need time to make their own rules, to pretend, and to establish boundaries. While appropriately supervising, allow time to observe and play with your child.

5. Schedule daily chores

Using a chart, make a graph of expected chores for your child. Rotate chores daily or weekly. As your child completes the work, he places a sticker by his name. Include such activities as feeding the fish, watering plants, returning books to the shelves, keeping the playroom neat, and other chores appropriate for the age.

6. Help children manage their own time

Are there children who can't seem to find anything to do, even when presented with several activities? Help children who struggle with time management by structuring their free play and activities.

7. Provide options and choices when possible

Begin by presenting children with two choices; move to three as the child matures. This develops independent thinkers and learners and gives ownership of the activity to the child.

8. Finish what you start

Even small tasks should be completed. Praise your child for following directions. Redirect and re-teach when necessary.

9. Return items to their proper place.

Label shelves and containers with pictures and words. These cues will help remind children where supplies are stored while promoting language and literacy development.

10. Encourage children to ask for assistance when needed.

If further assistance is needed after your child's attempts to problem solve, encourage your child to be comfortable to seek others (teachers, classmates, or siblings) as a resource.

11. Promote friendships.

By making friends, children are able to develop a positive self-image and express empathy and care for others. Encouraging friendships through similar interests or activity helps your child establish a place within the group, which fosters a feeling of success.

如何帮助孩子在校园中获得成功？

我们鼓励家长在孩子正式开启校园之旅前和他们一起讨论“什么是上学？”。家长们可以和孩子们说自己只是先离开几个小时，他们可以在学校和小伙伴们先玩上一段时间，随后自己就会来接他们回家。平时注重培养学龄前儿童的独立自主能力，可以为孩子的校园生活打下良好的基础。

以下是我校学前部的教师们针对帮助孩子们适应校园生活提出的 11 点建议：

1. 每天陪孩子阅读

用任何语言阅读交流书籍，帮助孩子建立词汇量、增进亲子关系，并培养孩子们爱读书的好习惯。

2. 培养孩子的责任心和独立自主的能力

当孩子在解决问题的时候，家长可以给予适当的支持与引导，并同时确保孩子拥有自由发挥的空间，让他们在错误中学习。我们认为错误是学习过程中不可分割的一部分。

3. 从小事做起

把大任务分成几个小任务。当孩子成功完成了小任务后，再鼓励他们接受更大的挑战。在孩子完成挑战性任务后给予适时的赞赏。我们相信，九层之台起于累土，每一个孩子都能成为明日之星。

4. 每天安排自由活动的空间

孩子需要时间创建自己的王国。当孩子沉浸在自己的游戏中时，家长可以从旁观察，参与其中，同时提供适当的监护。

5. 安排日常家务

家长可以为孩子制定一张每天 / 周家务表，内容可以包括喂鱼、为植物浇水、把书还到书架上、整理游戏室等其它适合孩子年龄段的家务。当孩子做完一次家务时，让他在自己的名字下贴上贴纸。

6. 帮助孩子安排自己的时间

大家有没有碰到这样的情况：供孩子选择的的活动虽然有很多，但他们却不知道做些什么？这种情况下，家长可以帮助孩子们安排自由玩耍和活动的空间。

7. 尽可能让孩子自己做选择

家长可以尝试先让孩子学会二选一，随着孩子的成长，再将选择增加至 3 种。这有助于培养孩子的自主意识以及独立思考学习的能力。

8. 做事要有始有终

任务不分大小，只要开始就一定要完成。如果孩子听从教导完成了任务，家长就应该给予表扬。如有必要，家长可以重复教导。

9. 把物品放到适当的地方

给架子和储物柜贴上图片或文字标签，帮助孩子学会分门别类放置物品。这些标签还有助于促进孩子语言和识字能力的发展。

10. 鼓励孩子主动寻求帮助

如果孩子在尝试之后无法独立解决问题，鼓励他 / 她主动向老师、同学或其他兄弟姐妹寻求帮助。

11. 鼓励孩子多交朋友

交朋友能增强孩子的自我认同感，也能让他们更懂得关爱他人。鼓励孩子寻找具有相同兴趣爱好的朋友并尝试融入集体，这将有助于培养孩子的成就感。

SAY IN ENGLISH - Please help your child be able to pronounce these English phrases and know what they mean.

口语练一练：请帮助您的孩子学说以下日常英语，并理解其含义。

Toilet please 上洗手间	
Can I play? 我可以玩吗?	
Water please 喝水	
Eat please 吃东西	
Stop please 停一下	
Thank you 谢谢!	
Help please 能帮忙吗?	
I'm hurt 我受伤了	