



Educate, Nurture, Inspire Excellence

Principal Helen Swan

One of the wonderful areas that I am very proud of at Green Oasis School is the importance we all place on nurturing. It is an important part of our Vision and when I ask parents why they send their children to Green Oasis, having that word nurture in our Vision is an important reason.

A dictionary definition of Nurture states:

1. to take care of, feed, and protect someone or something, young children or plants, and help him, her, or it to develop
2. to help a plan or a person to develop and be successful

Cambridge

Dictionary

So using the above as our definition it sits very nicely into our whole philosophy of educating our students to be inspired to excel through being nurtured!

When we use the word nurture we acknowledge that we have a role to play in ensuring our students reach their full potential not only in academic studies but they become the best possible version of themselves they can be. It is important that we given them challenges which enable them to be successful of any level. We are committed to building confidence, self esteem and above all set the foundation of who they will become as caring, respectful, aware and educated adults.

The terms I use above are not be coincidental, as being caring, respectful and aware of both situations and people around them is all about nurturing. As a school we need to ensure they do learn about the above in a safe and happy environment. Discipline, consequences and boundaries are all part of nurturing. Students need these to learn what is acceptable to live and work in a community.

We are also here for students who may face troubles not only with academics but also social and emotional struggles. Again our staff are ready to support not only the child but also families when that support is needed. We have pastoral structures in both primary and secondary schools which is designed to support our students. This includes Ms. Morana our school counsellor.

Ms Morana's role is to support the students with emotional and behavioural challenges. Through the whole child approach, the counsellor works as an integral part of the student's school team to support ongoing development in the promotion of learning and wellbeing.

We also have our Student Affairs Department who can work with parents to ensure they meet and talk to the appropriate teacher. Our Deputy Head of Primary, Mr Cochrane, is there to support students both with discipline matters but also to guide children. In secondary with have year level leaders whose roles are to help students who find day to day tasks a little difficult.

If we can ensure students feel safe, happy and above all nurtured at school, this will help them feel more confident to face the challenges that await them as they move through their educational life. Please feel free to talk to anyone of our staff if you would like to learn more about the importance of "Nurturing".

New Start New Wish

Head of Secondary Robert Ledlie

The 2019-20 school year is off to great start, and I would like to identify some of the exciting and significant things that are happening at Green Oasis School this year.

This year is a significant one for us, as it will be our final year with KS 4 students. This means that we have 3 departing classes this year, as yr 9, 10 and 11 students will all be leaving us in June. We are planning several events to support these 3 groups of students as we hope to send them into the future full of confidence in their own abilities. If last year's IGCSE scores were any predictor, the goal of achieving 100% passing marks is within reach!

As GOS Secondary School transitions into a Middle School model, parent support becomes ever more important. Our students will be graduating and leaving us at a younger age in the future, and it is very important that we recognize the stress that this puts on them. GOS will be working this year to inform parents how they can support their child through this time of stress and turmoil, and I look forward to have the chance to work with all of you to support our students.

Our new auditorium, which will be opening soon after significant renovations and improvements, also provides us with a great center to speak with students and parents. Our introductory assembly with students, normally held at the beginning of September, will be held in October once the auditorium is opened. This will be my chance to set a student focus for the year, which this year will start to revolve around growth mindset. Students will have the chance to reflect on their learning and set goals after Parent Teacher conferences at the end of October, and parent support will greatly enhance this. The goal is give students the skills that they need to set their own learning goals and create a plan to follow, allowing them to increase their independence.

I hope everyone has a great year. We will continue to do our best to support and educate your children. As always, please stay in touch with teachers if you have any concerns.

Happy 2019/20!

庆祝新中国七十华诞朗诵比赛结果揭晓

GOS Secondary Chinese Department organized students to hold a Reading & Recitation Competition to celebrating the 70th Anniversary of the Founding of the People's Republic of China in September. There were a lot of students taking part in the events. And the following students had already tremendous performance during the activity:

Y7七年级:

孔桢Jolina Kong, 李鹏宇Wyatt Li, 邹易辰 Andy Zou, 陈瀚杰Jeffrey Chen, 刘初静Jenny Liu

Y8八年级:

黄芷青Adele Huang, 赵若言Sarah Zhao, 王意然Noel Wang, 邓佳韵 Karen Deng, 刘颖霖Charlene Lau, 黎云志Thomas Li, 张馨予Yoyo Zhang, 林小妍Coco Lam, 李卓衡Dalesun Li, 香嘉澍Joshua, 李约儒Amy Li, 赵颖瑜Amy Zhao, 袁诗曼Anne Yuan, 黄子翔 Alex Huang

Y9九年级:

吕元之 Lyu Anthea, 陈乐嘉 Lucy Chen, 丁诗芸 Shelrina Ding, 谭小玉Kerry Tan, 谢紫依Jenny Xie, 陈悦嘉Olivia Chan, 秦宇轩Owen Qin, 施家熙 Marco Se, 周逸轩 Alan Zhou, 方雨欣Abbily Fang, 邱乾David Qiu

Y10十年级:

林乐潼Angela Lin, 李靖怡Lydia Li, 张喆Christine Zhang, 吴若桐Olivia Wu, 胡依佳Judy Hu, 米开睿Kerrie Zhuge, 吴冬仪Athena Wu, 张臻Vara Zhang

Y11十一级:

郑弓量Clone Cheng, 唐楚涵Jerry Tang, 邓佳琦Rachel Deng, 杨航Marissa Yang

喜报: 2019年IGCSE和GCSE考试取得了优异成绩

Head of Secondary Robert Ledlie

上一年的毕业班学生在IGCSE和GCSE考试中取得了优异成绩, 这是他们努力的结果, 是老师努力推动他们的结果, 也是他们得到家人支持的结果。在303项考试中, 只有5项得分低于C, 总体通过率为98.4%。我们所有37名毕业生都获得了至少5个C或以上的分数, 这是城市绿洲学校的最佳成绩。我非常期待他们在A-levels和大学里取得的成绩, 我知道他们都会有光明的未来。

Last year's graduating class scored exceptionally well on their IGCSE and GCSE exams, a product of the work they put in, the efforts that their teachers made to push them, and the support they received from their families. Out of 303 tests taken, only 5 scored lower than a C, giving us an overall pass rate of 98.4%. All 37 of our graduating students earned at least 5 passing marks of C or better, a first for Green Oasis School. I am looking forward to hearing of their successes on A-levels and in university, and I know that they all have bright futures to look forward to.

2019年IGCSE/GCSE成绩Results

A*	A	B	C	D	E	Totals 总计
76	104	70	48	4	1	303
25.1%	34.3%	23.1%	15.8%	1.3%	0.3%	100%

在文学科目中有三个A, 计入A*。

Year of Literacy 细水长流话阅读

subject area.

今年，我们的重点是提高文字素养（literacy），不单单对英文和中文而言，还包括其他所有学科。每个学科的老师都有责任提升学生的文字素养，确保学生能够掌握并正确运用该学科的用语习惯。

This year the focus at Green Oasis School will be on Literacy. Not just the study of literacy in English and Chinese but across all subjects. Each subject will be responsible for teaching literacy and ensuring students have the vocabulary and knowledge of how to use the literacy appropriate for the particular

剑桥词典对Literacy的定义如下：

The Cambridge Dictionary definition of Literacy is as follows:

Literacy 名词

1. 读写能力

2. 关于某特定学科的知识，或特定类型的知识，如计算机知识

"Literacy noun

1. The ability to read and write.

2. Knowledge of a particular subject, or a particular type of knowledge: e.g. Computer literacy"

因此，阅读是文字素养的主要部分。在这个科技时代，各种讯息铺天盖地，阅读的重要性不言而喻。阅读总是妙不可言的消遣，是收集知识的宝贵方式，它还能让我们触摸历史人物，经历历史事件。

Reading therefore is a major part of being literate. In this age of technology, fast paced information gathering, tweets, fast paced searches for information and information being given to us over the television etc, the importance of reading a book is beginning to gather momentum. Reading has always been a great past time, a valuable way of gathering knowledge and a way of allowing our imagination to go to far-flung places through words painting an image of new and old worlds, exciting characters, historical figures and events.

作为文学素养年的一部分，绿洲学校始终致力于阅读，帮助学生取得学业的成功。然而，阅读不仅仅是为了我们的学生，也是为了整个学校的每个人。我们希望大家能以阅读为乐。我们鼓励大家用英语、汉语或其他语言阅读。通过阅读，获得安慰、平静和快乐！

So as part of the Year of Literacy, Green Oasis School is focussing on reading, as this will help students be successful. Reading, however, is not just for our students but for all members of our community. We would like to see all our community reading fiction and non-fiction for enjoyment and for study. We encourage people to read in English, Chinese or a language of their choice. Enjoy the solace, the calm and the joy you will gain from burying yourself into the pages of a good book!

问题是，为什么我们要阅读？研究表明，阅读对老年人和青年人有很多好处。

Now the question that needs to be asked is: Why are we being asked to read? Good question and the benefits of reading for old and young have been studied with results that show that there are many advantages for of us if we spend time reading. Below are a few of the reasons and benefits that we will gain from reading. These are both for adults and even more importantly in the context of this article are the benefits students of all ages will gain from enjoying a good read.

阅读的理由

Reasons to Read

刺激大脑——阅读能活跃大脑。我们锻炼身体，保持健康。阅读有助于我们更投入，集中精力学习。 **Mental Stimulation** – by reading we are stimulating the brain. We are exercising and keeping it healthy. Reading helps to keep us engaged, interested and learning.

缓解压力——读书有助于摆脱压力。我们可以想象把我们带到新的地方，参与有趣的人物。这将有助于缓解紧张的一天，只是溜走，带来平静和安宁，帮助我们更好地应付我们忙碌的生活压力。 **Stress Reduction and bring tranquility to our lives** – reading a great book can help leave the stress of the day behind. We can use our imagination to transport us to new lands and be involved with interesting characters. This will help with the tension of the day just slip away and bring a calm and tranquility to help us better cope with the stresses of our busy lives.

积累知识——这肯定是最重要的理由。阅读能增长知识，增长见识，丰富兴趣。 **Knowledge** – this must be one of the most important reasons to read. It is simple reading increases your knowledge whether it is for school, study or in an area of interest for you. Reading will increase your knowledge and thus make you more interesting and ready for your studies.

扩充词汇——阅读当然能提高我们的词汇量。在阅读中，我们能接触新词和新用法。这能提高我们的语言运用能力。 **Vocabulary Expansion** – of course by increasing your reading it stands to reason you will be increasing your vocabulary. Reading will introduce to new words, new phrases and ways of using words you already know. This will make you more articulate and more confident in your use of words.

提高写作——阅读优秀书籍能提高我们的写作水平，积累写作素材。 **Better Writing Skills** – this goes with the above. Reading a well written fiction or non-fiction book will help us be exposed to creative and interesting writing. We can then take these and use them to create our own interesting prose.

锻炼记忆——读小说的时候，我们必须记住人物、情节、环境。读得越多，需要记得也越多，但这项活动对大脑大有裨益，记忆力就在这个过程中提高的。 **Memory Improvement** – when you read a novel, it is important you remember the characters, the scenes and the plot. The more you read the more of these you will need to remember. This is a big ask for our brain, but the more we do this, the more our brains will increase our memory!

活跃思维，集中精力——这对学习、工作、娱乐至关重要。阅读时，我们会不时遇到新东西，为此不得不努力思考消化，然后运用到自己的学习、工作和社交中。 **Improved thinking skills, focus and concentration** – these are really important in study, work and play. Reading is a wonderful way to do all the above. When we read, we are at times confronted by new ideas that perhaps are new to us. We are challenged to think about these things, we have to focus on these opinions and concentrate to get through a difficult passage that we are reading. All of these will then transfer into our studies, our work and our interaction with others.

帮助睡眠——我们经常告诉家长，让学生养成睡前阅读的习惯。不独孩子如此，家长亦然。睡前阅读有助于舒缓紧张情绪，轻松愉快进入梦乡。 **Reading before bed can help you sleep** – we often tell parents to read with their children as a bed time ritual. It is not only for children but for adults as well. Reading before sleeping will help us to release the tension of the day and relax us to stop thinking about the troubles of the day.

阅读好处多多。今年，我们会鼓励学生阅读，并请您也协助孩子在家养成阅读的习惯。我们鼓励学生用不同的语言阅读。父母可以给孩子们朗读，也可以让孩子们给你朗读。这就是阅读的最后一个理由——传十，十传百！如果你的孩子看到你在读书，并且乐在其中，他们也会成为“书虫”。父母以身作则，孩子也会有样学样。

So as you can see there are many good reasons to pick up a book and read. This year we will be encouraging our students to read and ask for your support to continue this at home. We encourage the students to read in different languages. Parents can read to their children, with their children or have the children read to you. Which brings me to the last reason for all of us to read; it is contagious! If your children see you reading and being excited about a book, they too will get the reading 'bug'. If you as parents are positive about reading, children will follow suit.

未来一年，我们将继续鼓励阅读，为学生创造阅读机会，继续增加图书馆藏书。以后，我们将陆续发布关于文字素养和阅读方法的文章，帮助学生在各个科目中提高文字素养，为日后成功铺平道路。大家阅读愉快！

Throughout the year we will continue to encourage reading, give opportunities for reading at school, and of course continue to add to our collection of books in the library. Over the year there will be more articles on Literacy and more ways we can support our students to be truly literate across a range of subjects and achieve the success they deserve. Happy reading everyone!

Helen Swan Principal
校长海伦·斯万

GOLDEN WEEK HOLIDAY 十一黄金周

Helen Swan Principal



我们祝愿所有家庭、朋友和学生国庆节快乐，黄金周快乐。

The Green Oasis Community would like to wish all our families, friends and students a wonderful National Day and happy Golden Week.

Anniversary to all our Chinese families and staff. We know it is going to be a special day.

走在街上，看到周围悬挂的横幅和旗帜，我们兴奋不已。显然庆祝活动开始了。我谨代表学校全体教职员向所有中国家庭和员工，祝贺中华人民共和国成立70周年。众所周知，这将是一个特别的日子。

Looking around Shenzhen at the banners and flags being put up around the city there is a feeling of excitement and celebration begin to be created. On behalf of everyone at GOS I would like to say Happy 70th

我们也希望每个人都能享受美好的假期。最近天气很好，希望大家继续享受家庭时光。祝愿大家度过安宁祥和的假期。

We also hope everyone enjoys some well earned rest of the National Holidays. The weather has been super and hopefully this will continue for you all to enjoy family time together. We wish you all a safe and restful time over the holiday period.

我们非常兴奋地告诉大家，待开学后，翻新的礼堂将开放。新礼堂经彻底改造，容量增大了很多，将非常适合表演和参观。

When school returns we are very excited to announce our auditorium will be reopened. The space has been completely revamped and the capacity expanded. It truly is going to be a very special place for performances and visitors.

为庆祝新礼堂落成，我们会组织一系列讲座，包括：

To celebrate this we will be holding a number of parent talks. These include:

10月17日校长论坛——家长如何定位自己在孩子教育中的角色

Principal's Talk- Thursday 17th October- A welcome to all parents and their role in the education of their children.

10月底深国交校长Mobsby先生将面向9-11年级家长，讲解转读深国交的事宜。

Neil Mobsby from SCIE will also be giving talks to Year 9, 10 and 11 parents in late October regarding the transition to SCIE.

届时，我们会提前通知大家。谢谢您。

We will let all our parents know about these events on return for the holidays. In the meantime enjoy the break. Thank you.

Art at Green Oasis School! 美术在绿洲

Written by Susan Huang 黄素云

During the Summer and Autumn semester, students have had the opportunity to explore the world of the Arts. As ever, the classrooms are busy in activity and discussion, painting, drawing, study of artists and art themes, imaginative designs and composition.

September 2019 is particularly vibrant with colour this season! We have put together a range of images through the year groups, including summer learning as some of the new work is in the early stages of design in the first few weeks of our calendar year.

There will shortly to be a display of new work in the feature areas around our School including the Green Oasis School Library, our reception and stairwells.

Another feature of the Department this year is our drive to include student leadership in our extracurricular focus. Students have been invited to lead whole school Art competitions, have a voice in the style of presentation of school learning, and enjoy participation in the display events in the school.



在夏秋季学期，学生们有机会探索艺术世界。与以往一样，他们在课堂上讨论，作画，研究艺术家和艺术主题，进行、富有想象力的设计和作文创作。

2019年9月这一季色彩格外鲜艳！我们按年级整理了一系列图片，其中一些新作品尚处于草创阶段。

不久将在我们学校的特色区域，如图书馆、接待处、楼梯，展出新作品。

美术组今年的另一个特色，是努力把学生领导力纳入课外活动。我们邀请学生主导全校美术比赛，以校园学习生活的方式发声，并参与学校的展览活动。



Year 9 Printmaking Portraits. Students investigated portrait drawing, charcoal, ink and line. They then took their learning to investigate portrait artists from around the world. The final piece is a press print over a tissue background.

Year 7 Still Life Collage inspired by the artist Gordon Hopkins



Year 6 Van Gogh inspired Paintings. Students investigated warm and cold colours and the painting lines and shapes used by the artist.

We are the Explorers 我们是探险家

作者：Y20 陈柳如老师 Joanne

大陆是我们返校后第一个学习主题。大多数学生们仍陶醉于节日的欢乐中，所以我们设计一个比较有趣课程导入我们的主题。我们和学生们一起了解了一下各个不同种类的探险家以及他们需要携带的装备。接下来，我们就让孩子用硬纸做成装备，让自己看起来像一名探险家。

Continent was our first topic when we returned to school. Most students were still reveled in the joys of their holiday, so we had an interesting start for our topic. We described explorers and their equipments together and then the children used templates to look like explorers.

孩子们迫不及待的想开始他们的探险，他们对我们赖以生存的地球大陆充满了好奇。我们和孩子们解释了什么是大陆以及是什么因素让每个大陆都是如此的唯一。

Students can't wait to explored, they were so eager to learn more about the continents in our earth and we explained what a continent is and what factors make each continent unique.



我们展示了一些关于澳大利亚大陆的相关物品让孩子们有更直观的了解。

We showed the items from Australia Continent to students.

老师带上非洲发箍展示非洲大陆的特色物品给孩子们看。

Teacher wore the African hair band and showed the items from Africa Continent to students.

当我们在学习非洲大陆的时候，孩子们很好奇，为什么非洲热，我们深圳也热。于是我们一起学习了赤道的相关知识。

When we were talking about Africa continent, students were so curious about the weather in there. They wanted to know why it was also so not in Shenzhen, too. So we learned something about equator.

当孩子对南极洲的气候以及当地的情况有了大概的了解之后，学生们需要像一个探险家一样思考，如果我们需要再南极洲生存下去，他们应该带些什么装备呢？

About the Antarctica, when the students had a general idea about the weather and condition over there, they needed to think as explorers and figure out if they need to live there, what do they need?



学生们通过了两周的主题课时间，了解到了世界7大洲的大概情况。能体会到，孩子们对这个世界的充满了好奇。同时也希望这两周的主题课学习，能让他们更好的了解这个世界，认识这个世界。

We took two week lessons on topic for outlining facts about the 7 continents. We can feel that the students were full of curious about this world. Hoping after these lessons, they can have a better know and understand this world.

2019年深圳体彩杯获奖情况和参赛感受

70 程子凡 Fancy Cheng

6月7日-9日，2019年深圳市体彩杯锦标赛在深圳市跳水馆拉开战幕。此次比赛是一年一度的深圳市最高级别的游泳比赛。1121名参赛者分别来自福田，罗湖，南山等9个区，其中包括俱乐部的业余运动员和体工大队的专业运动员。

Jun7-9, the 2019 Shenzhen Sports Cup Championship kicked off. It is the highest level swimming competition in Shenzhen every year. 1121 participants came from 9 districts, including Futian, Luohu and Nanshan etc. Including amateur athletes of the clubs and the professional athletes of the sports team.

按照年龄，我是12岁组。我的主项是仰泳，所以我报了仰全能（50米仰泳，100米仰泳，400米混合泳，800米自由泳）。经过2天4项激烈的角逐，最终我取得了女子12岁组仰全能亚军。这个亚军十分不易，因为我作为业余选手，这是我跟体工大队的专业运动员进行拼搏后得来的。知道这个结果后我十分激动，在紧张的学习之余，我坚持每晚2个小时5000米的高强度训练，付出总是有收获，这是永远不变的真理！

I am in the 12-year-old group. My main event is backstroke, so I applied for backstroke all-around. After two days fierce completion, I finally won the runner-up in the women's 12-year-old group. I was extremely excited to hear this result. This is what I got it after struggling with the professional athletes, Yeah!!! I deserved it! No pains, no gains. For sure I will continue my 2 hours with 5000 meters training every day.

另外，每个区选拔4名优秀选手参加接力赛，我如愿被选上福田区的代表之一参加4x100米自由泳接力赛。本来我就很喜欢团体合作的接力赛，又能跟体工队的大牛们一起合作玩接力，我就更加兴奋了。轮到我这一棒，什么也不多想，玩命的往前冲，最终我们获得接力亚军的成绩，为福田区争光！

In addition, each district selected 4 outstanding players to participate in the relay race. I was lucky selected as one of the representative of Futian District to participate in the 4 x 100m freestyle relay race. I really liked team competition, especially play with the professional athlete as a team, its make me very exciting, don't think too much but just rush forward. Finally we got the relay runner-up results. Win a medal cup for Futian!



我从6岁参加游泳训练到现在已经6个年头了，其中的酸甜苦辣只有我自己知道。那种疲惫到极限还要继续游，被教练骂哭后在泳池里哭哭啼啼的心情别人是无法体会的。

I have been swimming training since I was 6 years old. Sometimes I want to give up when the coach scold me badly, and when my body even cannot move after the extreme training, but all this thoughts will disappear once I jump into the lovely blue swimming pool.

2018年暑假整整两个月的时间，我每天都在训练中度过！功夫不负有心人，去年11月全国U系列比赛中，最终我达到了国家二级运动员的水平，这是我游泳生涯中的一个重要里程碑！

In the Y2018 summer vacation, I spent every day in training. Hard work pays off! Finally I reached the national level-two athlete during the national U series completion last Nov. This is a key milestone in my swimming career.

在6年的艰苦训练中，我跟教练之间结下了深厚的感情和眼神的默契，也结识了一群一起训练的战友，我们一起被教练骂，一起被罚，我们苦中作乐，互相调侃着，互相安慰着，互相温暖着.....

During the 6 years of hard training, I have formed a deep relationship with my coach, Thank You, Ms King! And also I met a group of comrades who were training together, we have fun in pain, we enjoy success together.

游泳，让我学会了忍耐，学会了坚强，也在比赛的失败中学会了乐观面对！游泳，让我因运动的存在而让我的生活变的更加丰富多彩！

Swimming let me learn to be patient, to be strong, to be optimistic in the failure of the competition! Swimming also make my life more colorful!

姜子玉在深圳市“体彩杯”少年儿童锦标赛以及“西子”杯青少年艺术体操俱乐部邀请赛上获得多项金牌

作者：姜子玉

我是Y3G班Jasmine，我是从4岁开始跟妈妈练习艺术体操，到今年已经4年了！凭着刻苦努力和取得的优异成绩，我现在是广东省艺术体操队的小队员了！

Hello! My name is Jasmine, I am in Y3G. I've been practicing Rhythmic Gymnastics with my mother since I was 4 years old. With hard work and excellent results, I am a young member of the Guang Dong Art Gymnastics team now!



在2019年7月20号至21号的深圳市“体彩杯”少年儿童锦标赛上，我代表福田区获得了U10组个人团体、个人全能、绳操、球操、纱巾的5块金牌！并且获得体育道德风尚奖！

From the 20th to the 21st of July 2019 I was at the Shenzhen Sports Cup Children's Championship. I won 5 gold medals. These were in the U10s individual group, the individual all round, rope exercises, ball exercises and gauze towels on behalf of Futian District! I also won the Sports Morality Fashion Award!

此外我还参加了8月17号在杭州举办的2019年第五届“西子”杯国际青少年俱乐部邀请赛，在与全国各地及马来西亚、泰国、香港的小朋友同场竞技中，我代表深圳星屹灵动艺术体操俱乐部，沉着、冷静，获得了U8组个人绳操第一名，徒手第二名以及全能第二名！

In addition, I participated in the 5th "XiZi Cup" International Youth Rhythmic Gymnastics Clubs Competition that held in Hangzhou on the 17th of August 2019. On behalf of the Shenzhen Star Art Gymnastics Club I competed against children from all over the country, Malaysia, Thailand and Hong Kong, and I won the first place for the personal rope in the U8s group, I won second place with the free hand, and second place for all round!

虽然我取得了一些成绩，但这得益于教练妈妈、老师们，对我平时的要求很严格！训练中我也有过累的时候偷懒、闹情绪，比赛时我也会很紧张、不安，但妈妈和老师们都帮我一一开导克服！在我取得一点进步时，给我鼓励和肯定！特别是比赛当天早上6点还要起床帮我化妆、盘头，到达比赛场馆，帮我拉韧带、做基础训练热身、准备候场，在这里我要感谢妈妈、爸爸的陪伴！感谢大姐姐、老师们对我平时的帮助和关爱！在这里道一声你们辛苦了！

Although I have made some achievements with the help of my mother (the coach) and my teachers, my training is very strict! I can often get lethargic and emotional when I am tired. I get nervous and uneasy during competitions, but my mother and teachers help me to overcome my worries one by one! When I make some progress, they give me encouragement and affirmation! On the days of the competitions at 6:00 in the morning, they help me to get me up and get ready. They bring me to the venue and help me with stretches and warming up so I can be ready for the competition. I would like to thank my mother and father, my big sister and teachers for all of the help, love and support!

虽然暑假没有出去玩，训练比赛也很枯燥！很辛苦！但我站在最高领奖台，看到收获的金灿灿的奖杯、奖牌和证书，我感到很开心！感到自己的努力没有白费！通过训练比赛我锻炼了自己勇于克服困难，不怕吃苦的性格和不服输、追求更高更强的精神！

Although during the summer vacation I did not go out to play, the training was often very boring and hard but when I was stood on the top of the podium and I saw the golden trophies, medals and certificates, it was all worth it because I felt very happy! I felt that my efforts were not in vain! Through the training and competitions, I exercise courage to overcome difficulties and never give up, because of this I am always in pursuit of a higher and stronger spirit!



成绩的取得只能代表过去，我不能骄傲和满足！在今后的训练、学习中我还要不断努力、克服新的困难和挑战，严格要求自己，争取在训练和学习中不断取得好成绩！

The achievements can only represent the past I cannot be satisfied! In my future training, I will still have to continue to work hard and overcome new difficulties and challenges. I strive to continue to achieve good results in training and learning!



张曦月获广东省首届青少年花样滑冰锦标赛队列滑第一名和单人赛第二名 Eleanor, Excellent Skater

8月20-22日，我校7G班张曦月同学代表深圳文化广电旅游体育局参加了2019年广东省青少年花样滑冰锦标赛，这是广东花样滑冰最高级别的比赛，也是广东历史上首次举办花样滑冰的青少年锦标赛，具有重要的历史意义。张曦月同学在本次比赛中新获女子单人赛第二名和队列表第一名，为深圳市夺取了荣誉，也为我校增添了光彩！

Zhang Xiyue (Eleanor, 7G), who represented Shenzhen to attend Guangdong Junior Figure Skating Championship in 2019, ranked the second in the women's single and won the first with her teammates in the synchronized skating. As the championship is the highest level competition in Guangdong, ranking top undoubtedly means a great honor and shows her excellence in skating.

张曦月同学从5岁起就开始从事花样滑冰运动，至今已坚持了7年多。赛后张曦月同学接受了记者采访，采访中她介绍到，虽然训练中充满了汗水和伤痛，但她认为花样滑冰是一项充满了魅力的运动，她深爱着这项运动，也正是这种热爱让她克服了伤痛和困难，进而坚持到了今天。“不积跬步无以至千里，不积小流无以成江海”，经过她多年的努力和点滴进步，如今她已通过国家花样滑冰8级步法和7级自由滑测试，并曾在第二届全国青少年运动会、全国花样滑冰少年系列赛和全国俱乐部联赛中，均取得了不错的成绩。用辛勤的汗水浇灌出了丰硕的果实！

张曦月认为激励她从事这项运动的原因除了兴趣使然外，更重要的是通过这项运动磨练了她的意志、培养了她的时间规划能力。从事这项运动需要耗费大量的时间进行日常训练，这就意味着要放弃假期和休息时间，如何利用有限的时间兼顾学习和运动就成了最大的挑战。她常常去冰场的车上，在冰场的休息室里吃饭、学习。虽然花费大量时间在花滑上，善于规划时间让她有效兼顾学习，成绩优异，曾获2018年第17届中国日报社“21世纪VIPKID杯”中小学英语演讲大赛汇丰银行赛区复选二等奖。还学习了芭蕾舞、书法、黑管等特长，目前已通过软笔书法八级，英皇芭蕾舞四级等级测试。

Think global but act local 绿洲动力，世界资源

鼓励孩子关注环境问题，尽己所能，为可持续发展的环境贡献力量是学校的基本办学目标之一。让绿洲的环保动力，成为世界的共同资源。2019年9月，城市绿洲学校代表校董事会及全体教职工，向深圳市红树林湿地保护基金会捐款20万元，旨在共同保护湿地。

To encourage children to be aware of environmental issues and take measures to ensure their community is nurtured for future generations is one of our GOS basic aims. The aim is global but we act locally. On behalf of School Board together with staff and students, GOS has made a donation in September, 2019 totaling 200 thousand yuan to MCF (Shenzhen Mangrove Wetlands Conservation Foundation) dedicated to conservation of wetlands.



如果您对实地保护也有兴趣，可扫描以下腾讯公益二维码。腾讯公益携手深圳市红树林湿地保护基金会在99公益日开展“共同守护地球之肾”的筹款活动，所筹款项深圳市红树林湿地保护基金会将会用于滨海湿地保育工作和环境保护事业。同时，您的1份爱心，我们也会放大5倍，与您一起共同守护地球之肾！



If you are also interested in wetland conservation, you could scan the following QR code of Tencent Charity Foundation to join Tencent's annual philanthropic campaign "99 Charity Day" for the donation for MCF. The donation will be used by MCF into coastal wetland conservation and public environmental protection. Also, your little sparks of kindness will be magnified by GOS, for you donate 1 yuan, GOS will donate 5 yuan at the same time, aiming to support "Protection of the Kidney of the Earth" with you.

在校员工及学生非常清楚地意识到环境的宝贵。我们将可持续发展的理念作为重要的行动计划贯穿于学校内部的节能减排及外部生态环境的保护。

The staff and students at Green Oasis are very conscious that our environment is precious. We regard the realization of sustainable development as an important strategy and carried out throughout GOS measures for energy and waste control as well as ecological environment protection.

城市绿洲学校做了哪些努力来保护环境？我们内部成立了回收环保社团。现在，每个教室都有回收箱，各楼层的走道和休息区也放置了分类垃圾桶，将垃圾分类做到实处。

What efforts has GOS made to protect environment? We have our very own recycling club and because of their work, now each classroom has a recycling bin. Waste sorting bins are set up in the rest area outside classrooms and corridors to put trash classification into practice.

环保社团和学校的服务部门还在各教室张贴了双语的温馨提示，提示老师和孩子们在不需要使用的情况下，及时关灯、关空调和关电脑。每年，学校还设立专门的环保日，鼓励学生讨论全球变暖的影响等相关环境问题，同时也鼓励孩子们着眼于校内的节能减排。

The club and the GOS services team have placed bilingual signs in each classroom remind teachers and students to turn off lights, air conditioners and computers when the room is not in use. Once a year we have an environmental day whereby students discuss the impact of global warming and other environmental issues and act locally by helping to improve the whole school environment.

作为国际化社会的成员，城市绿洲学校除了努力地在校内开展环保活动，还积极参与国际化的环境问题，不余力地在生态环境保护方面作出贡献。我们向深圳市红树林湿地保护基金会捐出的20万元善款，将会用于滨海湿地保育、公众环境教育、行业支持、科学研究。

As a member of the international community, GOS, while making great efforts to protect its own environment, has taken an active part in international environmental affairs, striven to contribute in the field of ecological environment protection. The donation totaling 200 thousand yuan to the MCF (Shenzhen Mangrove Wetlands Conservation Foundation) by GOS will be applied into four aspects including coastal wetlands conservation, public environmental awareness, support across countries and scientific research.



如我们所知道，湿地具有多种环境保护功能，包括净化水质、蓄水、固碳、促进营养物质循环过程等功能，也能保护海岸线的稳定以及作为植物和动物生存的栖地。而现在，湿地正以惊人的速度在全球消失，城市绿洲学校希望能为此做得更多。20万款项将会被用于深圳市红树林湿地保护基金会的2个公益慈善项目，其中15万元将用于帮助“守护地球之肾”项目，5万元将用于帮助“守护湿地守护红树林”项目。

As we know wetlands play a number of functions, including water purification, water storage, processing of carbon and other nutrients, stabilization of shorelines, and support of plants and animals. It is disappearing at an alarming rate across the globe, and GOS wants to do more. Totaling 200 thousand yuan donated by us will be applied into MCF's two public charity projects, 150 thousand yuan of it will be used to support "Protection of the Kidney of the Earth", and 50 thousand yuan will be used to support "Protection of Wetlands and Mangroves".

以下是城市绿洲学校捐助深圳市红树林湿地保护基金会的2个公益项目链接，如果您感兴趣，也可点击下方二维码进行了解。让我们一起为公益活动加油吧！

The following QR code is the link to the 2 public charity projects GOS has donated. If you are also interested in wetland conservation, you could scan it for more information. Let's join in this to share our kindness!



亲自看过的恐龙才是自己的恐龙

记一堂科学课

上一百堂美术的课，不如让孩子自己在大自然里走一天；教一百个钟点的建筑设计，不如让学生去触摸几个古老的城市；---龙应台

For a hundred classes of aesthetics, it is better to let the children walk in nature for a day; to teach a hundred hours of architectural design, it's better to let students touch several ancient cities; ---- Yingtai Long

这是我们上过的一堂科学课，课题是古生物。古生物陌生吗？非常“不切实际”。所以我们的学习地点在深圳仙湖古生物博物馆。

This was a science lesson we had, and the subject was paleontology. Are ancient creatures strange? Very "unrealistic." So we were studying at the Shenzhen Xianhu Paleontology Museum.

我在记录展示柜里恐龙蛋化石，你们知道这是哪里来的恐龙蛋化石吗？

玻璃柜下展示的是河南省西安市发掘的恐龙蛋化石。

I was recording the real dinosaur egg fossils in the display case. Do you know where these dinosaur egg fossils were found?

They were excavated in Xi'an, Henan Province.

大堂中央的就是真实的恐龙化石，想知道它是什么物种的恐龙吗？-并研马门溪龙

In the middle of the lobby is the real dinosaur fossil. Do you know what species of dinosaur it is?—Mamenchisaurus jingyanensis.

我们正在记录地球主要经历了哪几个纪？地理性历史上我们地球至少经历了12纪。

We are recording how many eras the Earth has experienced? At least 12 major eras.

我们在记录腔棘鱼，它是现存的活化石。

We were recording the spiny fish that is a living fossil.

参观完博物馆，我们井然有序并愉快的前往古生物植物园。

After visiting the museum, we went to the Paleontology Pavilion and enjoyed ourselves all the way there.

我们来到了古生物植物园，有幸能邀请到了古生物博物馆的老师为我们讲解。里面的树木比我们的年级都要大。

We came to the Paleontology Botanical Garden and were fortunate for having the expert of the Paleontology Museum to explain. The trees inside are older than our ages.



让我看看这颗古树里面有什么？

Let me see what is inside of the ancient tree?

猜猜这个板凳是大理石做的？还是真的树木化石？

Guess what this bench is made of? Marble? Or is it a tree fossil?

我们的活动是以小组形式开展的。和伙伴们在一起，我们可以发现更多分享更多。

Our activities were carried out in small groups. With our partners, we can find more and share more.

一路定有老师们的陪伴。安全有保障。



All the way must be accompanied by teachers so we are safe and secure.

最后，我们的活动在古生物博物馆前的“恐龙骨架”里完美收官。但关于古生物的知识都被我们吞到肚子里了。

Finally, our event ended in the "Dinosaur Skeleton" that is in front of the Paleontology Museum. But the knowledge about paleontology has been swallowed up by us.

城市绿洲学校爱心捐赠回顾

Title: A Smile for Body and Soul: A Review of GOS Charity Events

来自城市绿洲学校爱心捐赠机构——妙妙乐园 (Magic Hospital) 公益活动视频反馈，机构网站：<http://magichospital.org/>

Thanks video from the Magic Hospital

城市绿洲学校相关公益爱心捐赠：

GOS donations:

1.书包及文具捐赠至青海偏远山区学校

Backpacks and stationeries to a primary school in a remote area in Qinghai province.

2.奥尔夫音乐教具捐赠至贵州偏远山区学校

Orff Musical instruments to a primary school in a remote area in Guizhou province.

3.野生动物保护爱心集市

Fund Raising for Wild Animal Protection organized by Y6 (2018-2019)

本次活动是六年级科学学习中有关“生物进化”主题的活动延伸。筹集善款全部用于濒临灭绝的野生动物保护。

捐助机构网站：<https://support.wwf.org.uk/>

4.助学义卖活动

Fund raising of Educational Support to Remote Villages organized by Y9 (2018-2019)



活动筹集善款全部捐赠至北京桂馨慈善基金会，用于相关助学活动。

捐助机构网站：<http://www.greenandshine.org/english/>