



Are You Prepared for Flu Season?

Seasonal influenza, more commonly referred to as the flu, is a viral infection caused by the influenza virus. Influenza is VERY contagious! It is therefore very important that you take steps to prevent the spread of the flu. While good hand-washing and hygiene practices can help, the flu vaccine remains your best defense against getting sick each year.

Yearly flu vaccinations are offered in the fall and continue throughout the influenza season. Early vaccination in September or October is advised when it becomes available. However, getting vaccinated in December or even later can still be beneficial since most influenza activity occurs in January or in the later winter months.

The flu vaccination is strongly recommended for those at highest risk for developing complications from the flu. This high risk group includes children between six months and 18 years of age, adults above 49 years of age, people with chronic diseases, pregnant women, health workers, and caregivers of those at high risk. Adults between 18-50 seeking to reduce their risk of acquiring the flu should also consider getting vaccinated.

If you develop flu-like symptoms and are concerned about your illness, especially if at high risk for complications of the flu, you should consult a physician.

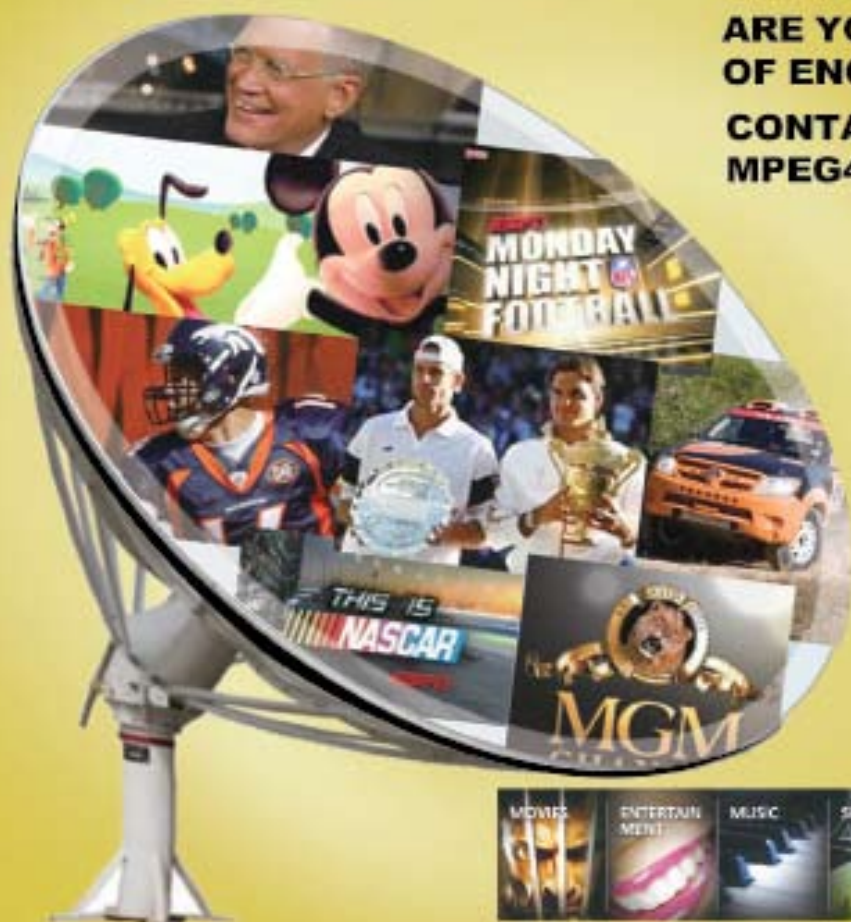
By Eunice Chen, MD
Family Medicine Physician / Chair of Family Medicine
Shanghai United Family Hospital

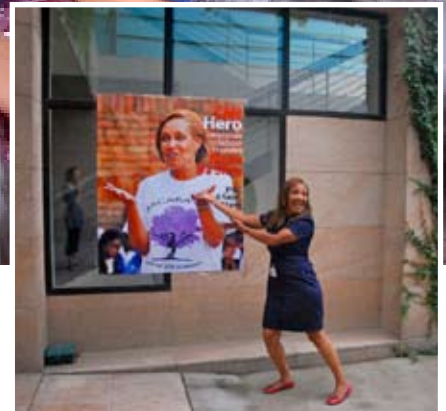
Get your imported flu shot at Shanghai United Family Hospital (SHU) for only RMB 88

SHU exclusively stocks a fourth generation virosomal flu vaccine from Berna, Switzerland, which is highly purified, has minimal egg derived protein, is free of preservatives, and offers excellent safety, tolerability and effectiveness. Stocks are limited so be quick.

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CNN Hero, Maria Da Silva, visits campus, inspires students

By Robert Burke, HS Mathematics Teacher, Puxi campus

PUXI CAMPUS

On September 20, Marie Da Silva, the founder of the Jacaranda School, landed in Shanghai to begin a nine-day visit. She had been invited to Shanghai American School to speak on the Puxi campus but when other international schools in Shanghai were offered a chance to have this CNN hero visit, they jumped at the opportunity.

Shanghai Singapore International, Hangzhou International and Concordia International School all heard Marie tell her story and learn more about what inspires this woman to do the work she does for the AIDS orphans of Malawi. No one went away disappointed after hearing her moving and inspirational story.

While on the SAS Puxi campus, Marie attended a PTSA meeting, visited several middle school classes and later spoke at a whole middle school assembly. The following day, she took part in a HS assembly that was open to all high school students and their teachers and featured a moving performance of the

song, "Under the Jacaranda Tree" written by Paige Leishman and Leena Kulkarni, and performed by Paige Leishman and Laura Harder. On Friday, Marie visited classes in Grades 2, 3 and 5 and then had the opportunity to interact with students, teachers and staff at the elementary school.

While at the Jacaranda School in June, Marie commented on how impressed she was with the SAS students. She had asked me

Kelly Shin, Grade 4 Student

Marie Da Silva cares so much about children and their education that she gave up the house she used to live in as a child and made it into a school. If I were one of the Malawi kids that attend Marie's school, I would be very thankful of her. I totally agree that Marie. Da Silva is a true hero.

if all the students at SAS were like the 18 who visited Jacaranda and I had to admit that were. What Marie experienced in her few days here confirmed that, indeed, the stu-

dents of SAS are fantastic.

Marie was deeply impressed by the warmth and generosity shown to her while in Shanghai. Growing up in Malawi, she never dreamed that one day she would be in China and have this bond with such a group of caring people. We have not only changed her view of the world but we have done so much to change the lives of the students at the Jacaranda School.

Our school seemed just a little empty the day after she left. We have experienced something very special and Marie has taught so many wonderful lessons — lessons one cannot get from a textbook or within the walls of a classroom. She has shown us that one person truly can make a difference.

How to make a donation

In a continued effort to support the Jacaranda School, I have set up a donation page with First-Giving: <http://www.firstgiving.com/robert-burke>. Our goal is to raise enough funds to build Science classrooms so that the Jacaranda students have equal opportunity to pursue education in the medical and health fields. Currently we have reached 25% of

our goal. You can donate through our page or through our Jacaranda account with the finance office. Staff who would like to make a donation through payroll deduction can contact Chris Zhao to make that happen.

I have a large number of children's books and science textbooks from Grades 6-12 that have been donated and I would like to get them to the Jacaranda School. There are two options: either using direct shipment to Malawi or sending them to Marie in New York and she will add them to her container that will leave New York in December. I am wondering if any parent or reader of this article could help with this shipment either through a connection with a shipping company or through funds to have the books sent. These books would be a valuable resource for a school that lacks textbooks.

Please watch for updates on our progress, follow us on our donation page, or help us reach our goal. I will soon be looking for potential candidates for the next trip to Malawi and the Jacaranda School.

In the meantime check out this story on William Kamkwamba. His book, *The Boy Who Harnessed the Wind*, is an amazing story of how young boy from Malawi overcame unbelievable circumstances to make a difference. See: <http://www.good.is/post/african-dynamo/> On this site is a link to a great documentary and it is hard not to be inspired by this story. Last week he was a guest on the Daily Show with Jon Stewart, <http://www.thedailyshow.com/> The episode is from October 7.

With proper science education at the Jacaranda School, the sky is the limit.

Meredith Yang, Grade 12

Marie, although it has been nearly 3 months since I've visited Jacaranda, the impression you and the children have left has remained permanent. I can confidently say that not one of us has left Jacaranda unchanged. I strongly believe that you have instilled a sense of awareness in me - that has transformed my urge to help. We speak of community service, helping orphans, helping the old - but what does that really mean? Regrettably, I must admit that I, with many others, lose sight of what "service" entails. Service, much like learning, has become secondary to the goal of gaining a more competitive edge during the college application process. Yet, it was during this trip that I realized why I was doing all this to begin with. Seeing the results, the children, and the people that genuinely care - I began to see "service" in a different light. You have such a wonderful personality - and the inspiration you've given is priceless. Thank you so much for being you.

Yi Xin Lau and E Min Liu, Grade 6

Marie Da Silva's presentation here at SAS made me want to do the same thing when I grow up. CNN had made a really good choice choosing their hero because doing this can show the world how important it is to help your hometown. Kendrick Tan Gr 5

I feel like I've known her my whole life. She's a beautiful person who inspires each and every one of us to push away the garbage and do what's right with our lives. She also takes photogenic to a whole new level. I swear the woman has never taken a bad photo and I should know, I've taken over a thousand shots of her. Mr. "Paparazzi" Koontz

Marie Da Silva is a normal person who made such a big difference. Let's hope that SAS students can do that someday, too! Sanjana Sachdeva Grade 5

"No matter how much you have, you can always give..." That was the lesson Marie Da Silva taught us...no, INSPIRED in us. During her presence, she gave us the image of a mother. The way she talked about her school and the orphans showed that she really cared about what she knows and wants, a home for orphaned children...like a mother. Imagine, Marie built a school with the salary of a nanny, how about us? "What can we do?" She smiled as we asked that heart-breaking question, "You've done so much already. Marie hesitated. "Well, if you really want to help, you should pen pal one of my students...if you want, that is..." Why not? I thought. I want a pen pal! We had helped...we helped built the toilets...and now? HELP GET A PENPAL?? Wasn't life easy. Another question popped into my head. Why will being a pen pal help those orphans? Why do they even NEED a pen pal? They got each other! Isn't that just more homework for them? Soon, I found the reason to my selfish question: they want to communicate with the world... They want someone to care for them...Something all of you should know is that they don't only need donations to make their life better, they need a friend, they need LOVE. This is why we should help. Share your love and do your part!

Macrina Wang, Grade 4

After Marie Da Silva told all of us why she opened a school for orphans and children too poor to go to school, I just couldn't forget the phrase, "You don't have to be Bill Gates to give." Which is true. Lots of students and I were inspired to donate. I also have what Marie Da Silva told us stuck tight in my brain. "I wish I can plop a school here, and plop a school there." She had laughed, when she said it, because she believed it couldn't be true, or could it?



EAGLE ONLINE: To read more "reflections" go to: www.eagleonline.org and click on the PUXI CAMPUS tab and scroll to the story.

How do you get your kicks?

SAS teacher James Mulli and Head of Security James Linder will join forces to teach an **Introduction to Self Defense and Awareness** class. The class is open for everyone and no previous experience is needed.

The purpose of the class is to introduce students to self defense, develop a better awareness of their environment and engender self confidence and self esteem. The instructors will start with basic movements that emphasize balance, awareness, and an instinctive response to the most common problems encountered and will teach two basic approaches: *Krav Maga* and *Taekwondo*.

Krav Maga is an eclectic hand-to-hand combat system developed in Israel. It was derived from street-fighting skills developed by Imi Lichtenfeld, who made use of his training as a boxer and wrestler. It has since been refined for both civilian and military applications. Unlike most martial arts, *Krav Maga* is essentially a tactical defense skill. Its philosophy emphasizes threat neutralization, simultaneous defensive and offensive maneuvers. *Krav Maga* is still used by the Israel Defense Forces and several closely related variations have been developed and adopted by law enforcement, Mossad, Shin Bet, FBI and United States special operations forces. *Krav Maga* basic training emphasizes the following:

- Do not get injured or injure training partners.
- Employ pre-emptive defensive techniques
- Change quickly from defensive into offensive techniques (i.e., respond to an attack with overwhelming force), in the quickest time possible
- Use the most natural, quickest, reflexes of the body
- Exploit the opponent's vulnerabilities to their extreme

- Employ the aid of any available objects[8]

Krav Maga trainees learn to deal first with the immediate threat and then prevent further attacks, if necessary by neutralizing the attacker. Training is conducted in a methodical manner taking the practitioners' strengths and weaknesses into account

Taekwondo is a Korean martial art and the national sport of South Korea. *Taekwondo* may be loosely translated as "the way of the foot and fist" or "the way of kicking and punching." *Taekwondo* is the world's most popular martial art in terms of the number of practitioners. *Taekwondo* is known for its emphasis on kicking techniques. The rationale is that the leg is the longest and strongest weapon a martial artist has, and kicks thus have the greatest potential to execute powerful strikes without successful retaliation. In *Taekwondo*, students face the challenge of a rigorous and disciplined training program designed to develop "life skills" such as self-control, patience, confidence and courage. The program inevitably reinforces what is already being taught at home. In that respect, attending a good martial arts class would benefit both the bully by teaching him or her to respect others, and the bullied, by teaching them how to be in control during a situation or defend oneself if the need arises.

James Linder is the Head of Safety and Security at SAS. He was a police officer for the City of Santa Monica in Los Angeles California in the 1990's. While a police officer, he was assigned to the Defensive Tactics team. He instructed police officers, city employees, and civilians in basic self defense. The system he learned and taught is called *Krav Maga*. **James Mulli** is a 1st Dan black belt and has been studying *Kwon Jae Hwa Taekwon-do* for eight years. He taught self defense for four years at the Munich International School.

Grade 4to present concert —

"Dig It!"

The SAS Puxi Campus Fourth Grade classes will present a concert on Wednesday, November 4 at 9:05 am in the Performing Arts Center. The performance of "Dig It" is directed by Lily Chiang and Keith Falck.

You are invited to join us for this performance. The theme take you on a musical voyage through various civilizations of the past, including Egypt, Mesopotamia, Greece, Ancient Rome and the Asian Empires.

We hope you will enjoy the students' work that was involved in this collaboration project. The attendance and support of teachers and parents at this event and your continued support of the SAS Fine Arts programs is much appreciated!

—Lily Chiang and Keith Falck, Elementary Music, Puxi Campus

Puxi Campus Elementary School Book Fair

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Time: 8am – 3:45pm

Place:
Upstairs Café in cafeteria

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can't be reached. bliss. a few hours to me. maybe
i'll get some work done. but first a spot of dinner.
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nap. what's this? a duvet. and a flat bed. maybe
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Pudong Campus observes their Fifth Annual United Nations Day

Thanks to the untiring work of Rosy Giardini who was the driving organizational force behind United Nations Day and to parents and volunteers, the support of Katie Ferguson and the PTSA, as well as the school, the Fifth Annual Observance of United Nations Day was enjoyed by hundreds last Friday, October 23.

The event was held in the smaller of the two gyms in the high school and the cavernous hall was awash in banners, costumes, maps, flags and cultural artifacts from more than 25 countries around the world—countries like Lithuania, United Kingdom, Russia, Belgium, India, Bangladesh, Ireland and many more.

Some of the visitors were elementary school children who played games and had their "passports" stamped. Each country had a stamp. Children were issued passports and when their class visited the United Nations "hall" their mission was to go to each table and get their passport stamped.

"I think parents appreciate the way Shanghai American School celebrates our diversity," said Mery Montgomery, an elementary school parent. "We love the unique and diverse cultural community of which we're a part and we appreciate how this diversity enriches our experience together."



Top left (L-R): Amita Garg, Shoma Banerjee, Parvinder Ahluwalia, Priya Juneja, Kaveri Selvasesa (India); **Top middle (L-R):** Nancy Mei, Lisa Chen, Shirley Shao (Taiwan region); Katie Ferguson (Ireland). **Right of text:** Students gather at Russia hoping to get answers for their questionnaire; **Above:** Caroline Nilsson and Helena Ledel (Sweden). **Photos left starting clockwise from upper left corner:** South Africa, Russia, Chile, India, Belgium, Russia. **EAGLE** photos by Dmitry Shashkov and Timothy Merrill.

Middle School to host ACAMIS Chinese Talent Show

By Irene Gu, 2009-2010 ACAMIS Chinese Talent Show Organizer

On February 5, 2010, Shanghai American School, Pudong Campus Middle School will host the 2009-2010 ACAMIS Chinese Talent Show for all international schools in Shanghai.

One of our alumnae, Mr. Yih (pictured left) has been very generous in sponsoring the entire event. With his unyielding support, we are able to present every participating student an award and a free event T-shirt.



In addition, our sponsor will provide all participating students, teachers, and helping parents a Chinese traditional lunch on that day.

The performances will be held in the morning until 1:30pm. All participating students will be asked to arrive at the Pudong campus around 9:30am for registration and the opening ceremony.

There are three performance categories: Instrumental, Chinese singing/dance and Gongfu. The performance venues are the

library lecture hall, the auditorium and the middle school gym respectively. All music must be Chinese and the vocal music must be sung in Mandarin.

If you have interest in participating, there are several steps:

- Get a registration form from your Chinese teacher.
 - Tell your parents and get their permission.
 - Turn in your form to your Chinese teacher.
 - Remind your Chinese teacher to turn in the form to the corresponding person below:
- Puxi Campus ES: Joan Xu
 Puxi Campus MS: Celina Li
 Puxi Campus HS: Belinda Bian
 Pudong Campus ES: Cathy Weng
 Pudong Campus MS: Kathy Chen
 Pudong Campus HS: Jane Sun
- Practice with your teacher or friends to improve your skills

In December, please check your performance information on the Talent Show blog: teachers.saschina.org/chinesetalent-show

You can also find a lot of useful information regarding the event on this blog.

Come join us for this special event! Show your Chinese language and culture talent skills to the entire city of Shanghai. Believe it or not,

you are that brilliant star!!

Any questions regarding this event, please contact: Irene.gu@saschina.org.

RELIEF, con't from page 15

even imagine having your family swept away from you by the relentless uncontrollable waters?

But even these people who have had everything taken from them ...
 Even the locals who live under a bridge on a wooden shelf over the mud ...
 Even those who live in a small school classroom with 50 other families because their homes are gone ...

*Still have hope.
 Still thank God they are still alive.
 Still smile, and maintain their happiness
 Still cherish all the little things.*

This is what life is made of.
 Their sadness is only a little part of this life.

Their ability to recognize the goodness, even in their situation is what makes their life real.

Life is still present, because of the fact that hope, happiness, trust in God, cherishment, and even the sadness are all still there.

VISIT
THE EAGLE ONLINE AT:
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Professional Development, con't from page 18

he has conducted for JPL and Apple Inc. in which he has shown many hundreds of educators how to integrate technology into their math and science curricula. Michael has also taught at the high school and graduate school level.

Bruce Payne is currently a graduate school instructor at Claremont College in Southern California in the school of education. He has worked as a classroom science teacher and administrator, and has done special project work at NASA's Jet Propulsion Laboratory amongst a long list of other special consultancy and projects.

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*Shanghai American School hosts APAC Rugby ... but the questions linger ...
What is rugby and why do these boys (and girls) love to play it?*

Rugby for Rookies



HISTORY OF RUGBY AT SAS

- ◆ 1920–1950: Shanghai American School competes in American football competing against Chinese universities, American marines.
- ◆ 2003 – SAS plays its first rugby game versus the SRFC Junior Crabs
- ◆ 2004 – SAS hosts its first game vs. the French International School
- ◆ 2005 – Rugby becomes an APAC invitational sport. SAS Puxi boys hosts China Cup and loses in the final to HKIS.
- ◆ 2005 – Girls touch rugby begins at SAS Puxi. SAS Puxi girls win APAC touch rugby at Brent International School.
- ◆ 2006 – SAS Puxi wins China Cup at ISB
- ◆ 2007 – Girls contact rugby begins at SAS Puxi
- ◆ 2007 – SAS Puxi hosts and wins China Cup . Wins APAC at HKIS
- ◆ 2008 – SAS Puxi wins China Cup; SAS Pudong inaugural season; SAS Puxi wins APAC at SAS Pudong
- ◆ 2009 – SAS Puxi and Pudong play in 1st Annual IRB Shanghai 7's.
- ◆ 2009 – SAS Puxi hosts APAC Championships

EAGLE photos by Michael Sheehan

S

By Ed Kidd, HS Vice-principal,
Puxi campus



Since 2003, the popularity of rugby has spread rapidly on both campuses of Shanghai American School. Thanks to the leadership and inspiration of girls coaches like Laura Cowan, Sara Toa, Scott Hossack and Kristi Page, and boys coaches Jake Toa, Julian Thornbury, Terry Leipold, David Dachpian, Mata Mataio, and myself, as well as former teachers Paul Wooton and Michael Johnston, a tradition and spirit of rugby has tackled the student body.

The Spirit of Rugby

One of the reasons why rugby has such a following at SAS and around the world, is the tradition and spirit that surrounds the game. Universally, rugby espouses an ethos of teamwork, loyalty, courage, integrity and sportsmanship. It's a game that is uniquely inclusive rather than divisive. In this spirit, the Puxi campus boys teams have adopted the "Band of Brothers" as their motto. References to the famous soliloquy from Shakespeare's *Henry V*, the words bespeak the loyalty, discipline and *esprit de corps* that form

October 30, 2009

the foundation of the team's success. The Puxi campus varsity boys have won four China Cup championships and two APAC crowns. A number of former Eagles now compete on university or club teams in England and the U.S. (See sidebar on page 28.)

The Future of Shanghai Rugby

This has been an exciting year for rugby in Shanghai. The Shanghai Rugby Football Club is building a spectacular new complex in Waigaoqiao. This September it was the home for the first annual, IRB sanctioned Shanghai Sevens tournament. IRB (International Rugby Board) has recently stationed their China rugby development officer, Mr. Jarrad Gallagher, in Shanghai. Gallagher conducted coaching certification clinics and a player "Rugby Ready" course on both Puxi and Pudong campuses. Shanghai school rugby is slowly developing. Although SAS is currently at the top of the pack, rugby programs are developing at Dulwich College, BISS Pudong and Puxi and Rego International School. The dream is that one day, school and club rugby in Shang-

The EAGLE 27



Did you know? The defending Olympic gold medalists in mens' rugby is the USA.



A Few of Our Eagle Rugby Alumni

- Amy Liu—U. of California at Davis
- Steven Schneider—Wake Forrest
- Drew Venkatramen—Vanderbilt
- Paul Yu—Georgetown University
- Devan Firoozi—London Scottish RFC
- Emily Browing—U. of British Columbia

Rugby football is a game I can't claim absolutely to understand in all its niceties, if you know what I mean.
—P. G. Wodehouse

RUGBY, con't from page 27

hai will be as ubiquitous and successful as that found in Hong Kong. Readers for whom rugby is an unfamiliar game will benefit from a careful read of the glossary in the "Rugby for Rookies" sidebar on this page. Then come to a match and cheer for the home team!

Rugby for Rookies

Scrum: A scrum occurs when the ball is put back into play after an infraction such as a knock on and each team's forwards lock together in a set manner, trying to position the scrum so that each team's hooker can kick or "hook" the ball back to the number 8 and gain possession for their team.

Try: A try is the rugby equivalent of a touchdown in American football. A try is scored by touching the ball down, with pressure and under control, in the opposition goal area. Tries are worth 5 points.

Drop kick: A kick for goal taking during open play by allowing the ball to drop to the deck and then kicking it through the goal posts. Drop kicks are rare and are worth 3 points.

Garry Owen: A kick which is high in the air, normally short enough that you can pressure the receiver or can collect it yourself.

Knock On: Losing, dropping, or knocking the ball forward from a player's hand resulting in the ball being awarded to the other team in a scrum.

Lineout: The setplay restarting play after the ball has been taken out or kicked to touch.

Maul: A maul occurs when the player with the ball is wrapped up, but not taken to the ground and players from both sides bind together to push the ball forward (or backwards in the defenses case).

Ruck: Typically after a runner has been tackled and released the ball players will both rush to the ball to try and gain possession of it. A ruck is formed when any combination of three players from both teams bind together over the ball to try and push over and gain possession.

Grubber: A kick of the ball which causes the ball to bounce and roll along the ground with the intention of being recollected. Often used to attack with on offense.



THE PHOTOS FOR THIS STORY were taken during the recent APAC rugby tournament hosted by Shanghai American School at its Puxi campus. For tournament results, see **STeve Doleman's** column on page 34. **EAGLE** photos by Michael Sheehan.

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SAS dominates touch rugby tournament again

By Lou Wegener, Puxi Campus CISSA Coordinator

SAS participated in the annual middle school coed touch rugby tournament hosted by Dulwich College Saturday, October 17, and for the second straight year our teams simply dominated the playing field. Eight international school teams were divided into two groups or "pools" to play a round robin format with the top two teams from

27-1 in their first four matches and was eager to get another shot at the defending champion, the Puxi campus team.

The final was a thrilling defensive struggle with both teams trying to penetrate the other's defensive line to score a try. After Pudong tied the game, the game remained finely balanced with both teams having opportunities to score until Puxi managed to score the deciding try on a disputed play deemed a try by the Dulwich referees.

While those two teams were battling it out for the gold medal, the Puxi campus second team was trying to defeat a very fast YCIS team to earn the bronze medal. Since regulation play ended in a 1-1 tie, the overtime format took effect. One player from each team was removed making it easier to score. After two minutes it was still a draw, so another player was removed making it four on four. Finally, with only three players left per team, Ian Michaud scored the "Golden Try" making it a clean sweep of the medals for SAS teams.

Jonathan Hanitio and Kiah Love-Latzky were the Puxi campus recipients of the Coach's Choice- Most Valuable Player medal. Jonathan, along with Douglas Lu, was our offensive threat in every match while Kiah played stellar defense especially in the consolation match.

Although the Pudong campus team named Travis Pruprak as



each pool advancing to the semifinals.

Puxi Campus sent two teams and Pudong Campus registered one for this year's Dulwich Cup. The two west campus teams (Puxi) were coached as one squad by Tony Erni and Lou Wegener until the final practice the day prior to the tourney when team selections were decided. After the round robin, the east campus (Pudong), coached by David Hope and Cody Howitt, was undefeated in their pool as was the Puxi campus first team coached by Tony Erni. The other Puxi campus team finished second in their pool losing only to their brother campus, Pudong's talented squad.

This meant that the two Puxi campus teams had to square off in the semis with the winner advancing to the final and the loser competing for third place. The Pudong campus team meanwhile had to defeat a skillful YCIS Puxi team in the other semifinal.

The Puxi campus first team narrowly defeated the Puxi campus second team by a 2-1 score while the Pudong campus rolled over Yew Chung 5-1 in the other semifinal.

This set up a rematch of last year's Dulwich Cup final between our two campuses. The Pudong campus team had outscored opponents



their Coach's Choice, the team as a whole really came together. Scores were made by several players including the efforts of both of our sets of twins, Levi and Noah Berg, and Sebastian and Oliver Christiansen. Royce Chen and Cleet Wrzeskinski scored utilizing their nimble moves. Very effective defense was supplied by Ivory Loh and Haley Beebee who shut down other teams on the line.

The fact that both campuses' teams have been very successful the past two years can be summed up by this compliment from another school's coach at the end of the tourney: "SAS teams always seem so confident and they fight to the finish, and I wish our coaches could instill that in our players."

I have a feeling that our two campuses will be fighting each other to the finish again next year at the Dulwich Cup.



TOP: Players from the Puxi campus gold medal undefeated team (L-R): First row: Joshua Tewes-McCoy, Sohini Mukherjee, Xenia Fong, Michelle Xu, Jessica Lu; Row two: Douglas Lu, Daniel Lai, Jonathan Hanitio, Coach Tony Erni; Row three: Bobby Roche, Alex Chiang, Jeffrey Zhang, Charlie Hu. **MIDDLE:** Players from Coach Wegener's bronze medal team (L-R): Front row: Ian Michaud, G Hao Lee, Hailey Tebbutt, Victoria Chou, Lily Tan, Kiah Love-Latzky, Stephen Smith, Matt Michaud; Row two: David Kwak, Richard Wu, Anthony Ng, Jason Yang, Coach Lou Wegener. **LEFT:** Back row: Coach Hope, Travis Pruprak, Haley Beebee, Royce Chen, Jeff Schwartz, Matthew Broussaud, Yiannis Sotiropoulos, Coach Howitt; Middle row: Noah Berg, Oliver Christiansen, Cleet Wrzeskinski, Sebastian Christiansen, Levi Berg; Front: Amanda Ledel, Nellie Thompson, Ivory Loh. Not pictured: Isaac Hing.

PUXI CAMPUS—Sports

Pudong campus tennis teams bring home the trophies



SAS Pudong campus tennis team wins the title at the SISAC Tennis Championships. Both the Boys and Girls tennis squads came out on top at the inaugural SISAC Tennis Championships hosted by Concordia International School—Shanghai (CISS) on October 17. Participating schools included SAS Pudong, Concordia International School, SCIS Hongqiao and SCIS Hangzhou.

Individual standings included:

Boys Singles Champion: David Huang
 Boys Singles Runner-up: Erik Barns
 Girls Singles Champion: Joy Lai
 Girls Singles Runner-Up: Emily Li
 Boys Doubles Champions: Levin Huang/Jeff Lai
 Boys Doubles Runner-Up: Frank Wu/Kenneth Zhou
 Girls Doubles Champions: Jae-A Park/Isabelle Lee
 Mixed Doubles Champions: Kevin Jou/Jessie Schroeder

Pudong Campus Girls Team takes SISAC Cross Country Championship; Cross-country continues to grow on both campuses

Pudong campus girls (LEFT) and Puxi campus girls (RIGHT) gather to accept their respective trophies at the SISAC Cross Country Championship awards ceremony.



The SISAC cross-country championship this year was held at the Shanghai Links near the Pudong campus of Shanghai American School with six teams participating, a total of 58 boys and 43 girls. It was a great turn out as cross-country continues to grow here in Shanghai.

BOYS

The Puxi campus Boys Team placed first and the Pudong campus Boys Team placed second. Here are the results:

October 30, 2009

SAS, Puxi campus: 34 points
 SAS, Pudong campus: 55 pts
 SMIC: 94 points
 SSIS: 100 points
 CISS: 113 points
 Dulwich: 150 points

GIRLS

For the fourth year in a row the Pudong campus Girls Team won the SISAC championship and will be a strong contender in APAC later this week in Guam. Here are the results:

SAS, Pudong campus: 25 pts

SSIS: 33
 SAS Puxi campus: 83 points
 SMIC: 93 points

Top 10 Pudong campus runners at SISAC Cross-Country Meet October 20, 2009:

BOYS

Phil Chun: 5th place
 Miles Nakai: 7th place
 Kyle Bennett: 8th place

GIRLS

Emily Albrecht: 1st place
 Emily Vogel: 7th place
 MaryAnn Carey: 8th place

Top 10 Puxi campus runners at SISAC Cross-Country Meet October 20, 2009:

BOYS

Bryan Law: 2nd place
 Johannes Bachhuber, 3rd place
 Shiang Lin, 4th place

GIRLS

Jen Kao placed in the top 10 with a time of 24.10.

—Steve Nakai, High School Mathematics/Pudong Campus

the COUNSELOR connection

It's not hard to get along — and it's fun!

OCTOBER — Conflict Resolution Month



October is “Conflict Resolution Month” in the elementary schools! Learning good conflict resolution skills gives students tools for handling everyday conflicts rather than physical fighting, name-calling, complaining to the teacher, or simply withdrawing. Students become aware of their choices in conflict situations, and are enabled to approach the conflicts in their lives with greater confidence and independence.

Puxi Campus Counselors

Eileen Knobloch Pre-K-1
Paul Stambaugh 2 & 3
Kristina Anderson 4 & 5

Pudong Campus Counselors

Jeanine Merrill Pre-K-3
Ed Woods 3-5

Introducing these skills to young children serves two important goals. First, the classroom becomes a more peaceful and productive environment where students and teacher together can focus more easily on the real business of learning and having fun. Second, students gain essential life skills that contribute to a well-rounded education; skills that will benefit them not just at school, but also at home, in their neighborhoods, and in their future roles as world-wide citizens.

It is also important for students to learn to define conflict:

- Everyone has conflict
- A conflict is a disagreement between people. When people want different things or have different ideas, they may have a conflict.
- Conflict is a normal and natural part of life. No one is bad because they have a conflict.
- Conflict can be positive. If we talk about our differences we can

learn new and better ways to respond to problems, build better relationships, learn more about ourselves and others. Both people in a conflict can feel like winners.

On the Pudong side, we have been learning about “Kelso’s Choices: Conflict Management for Children”. The program philosophy is simple: Each child is smart enough and strong enough to resolve conflict. Some of these skills include “Talk it out”, “Ignore”, and “Make a deal.”

Students also learn to identify the difference between small problems (one they can handle) and big problems (those that require the assistance of an adult). On the Puxi side, students learn a “Bag of Tricks” for handling conflicts. Students in Grades 4 and 5 will also be watching a DVD which addresses the conflicts that result from bullying. They will learn skills such as how to show confidence, use their best judgment, and follow their instincts. Both campuses use lots of rich children’s literature to reinforce these concepts and learn about good social behavior. We encourage you to discuss conflict resolution with your children, and, as always, if you have any questions or concerns, please let us know.

ES Pudong Campus “Counselor Café”

On November 12, 9–10am (prior to the PTSA meeting) we will host our second Counselor Café for elementary parents. At this session, the **SAS Child Protection Policy** will be presented. In addition, we will be giving an overview of the Parent Resources that are available here at SAS. Future topics will be discussed, so come with your ideas. We hope to see you all there!

PTSA News

International Fair 2009 Sponsors

The Puxi Campus PTSA International Fair 2009 is sponsored in large part by several local businesses. Shanghai American School would like to thank the following companies for their corporate sponsorship this year:

Platinum Sponsor



Gold Sponsor



Bronze Sponsor



Welcome to Shanghai American School

This school year, almost 50 new faculty and staff members have joined the SAS community. Here is another recent addition to the SAS staff:



Deborah Butcher

Deborah is coming to SAS as an Admission Officer on the Puxi Campus. Even before joining the Admission Team, Deborah was an active member of the SAS community as a parent volunteer. Choosing a career in public relations, she managed her own PR firm in the United States. While serving as a member of the Board in one of the non-profit organizations in America, she was involved in special events management where she and her team successfully raised funds through establishing key contacts in the community. Deborah graduated with a degree in Communications. She is here in China together with her husband and a daughter who attends 10th grade in the Puxi Campus.



Ausra Maggiar

Ausra, pronounced as "Aw-shra," is a new Teacher Assistant at the Puxi campus elementary school. She received her Master's degree in Business Administration from California Coast University. When she and her family were living in South Korea, she owned and managed a private English-Korean language school, where she also taught English as a Second Language to both young children and adults. Before being appointed to the TA position, Ausra also worked in sales and marketing in Luthania and as a part-time substitute staff at SAS.

PARENT TOWN MEETING, con't from page 17

tested. The school will work to inform parents that these procedures do exist and can be relied on.

SAS Governance:

SAS is a parent-owned school that is governed by a nine-member Board of Directors. Six directors are elected by the parents; three are appointed by the Board. The Board is a policy-making body that delegates operational management to the Superintendent whom it hires. The Superintendent, in turn, hires and manages the school's administrative team composed of a Deputy Superintendent, the six divisional Principals, and other central administrative officers representing such areas as business operations and advancement.

Facility Development:

The SAS Board of Directors has empaneled a Strategic Planning Task Force to review, among other things, the school's comprehensive facility needs over the next five years.

October 30, 2009

New Pudong Campus Road: Although the new road is now open to car traffic, a portion of it is not yet finished and local authorities will not open it to buses until the entire road is completed. It is impossible to know when that will be; SAS continues to be in frequent contact with the authorities, impressing them with the importance of opening that road to all traffic to speed travel time to the campus.

One School, Two Campuses: SAS is committed to operating parallel programs on its two campuses. In the past, differences between Pudong and Puxi arose because the Pudong campus was in a growth phase with a much smaller high school than the Puxi campus. That has changed; Pudong has now graduated two classes and is projecting a healthy high school enrollment of 550 for 2010-2011. The two programs are reaching parity across the board, but aligning academically and co-curricularly does not necessarily mean the two campuses will be identical. SAS is proud of the campus-specific characteristics that give a special feeling of uniqueness to the communities in each location.

At 8:30 p.m. on both evenings, the group broke up to meet with school principals to discuss questions and issues specifically related to the divisions.

The Superintendent will distribute by broadcast e-mail to parents a summary of the Town Meeting discussions. After two Board Forums on School Finances in November, the next Parent Town Meetings are scheduled for spring.

SPORTS ...

at Shanghai American School

Pudong Campus

By
Todd
Parham
Pudong
Activities
Director



High School Results:

SISAC Tennis Championships: Pudong campus Girls Tennis Team won the Girls Championship

- Girls Singles: Joy Lai, 1st Place; Emily Li 2nd place
- Girls Doubles: Jae A Park and Isabelle Lee, 1st place

Pudong campus Boys Tennis Team won the Boys Championship

- Boys Singles: David Huang, 1st place; Erik Barns, 2nd place
- Boys Doubles: Jeff Lai and Levin Huang, 1st place; Kenneth Zhou and Frank Wu, 2nd place
- Mixed Doubles: Jessie Schroeder and Kevin Jou, 1st Place

SISAC Table Tennis Championships

- Pudong campus Girls Team won the Girls Championship: Jenny Yun, Karissa Huang, and Elizabeth Lee
- Pudong campus Boys Team took 3rd place: Emily Yang Lan Lee and David Chen
- Pudong campus Girls Singles: Jenny Yun, 1st Place

SISAC Cross Country Championships (See story on page xx).

Upcoming High School Activities:

- October 30/31: ISB Beijing Halloween Meet @ ISB
- October 31: SISAC Volleyball Championships @ CISS, DI/DII Boys and Girls
- November 4: 8th APAC Dance @ Brent International School Manila
- November 5: 7th ACAMIS Table Tennis @ BISS PX
- November 13/14 Shanghai Cup Baseball @ CISS and SAS PX; game schedule on activities blog
- November 12-15: Hong Kong 7's and 10's Rugby Tournament
- November 16-22nd: MUN Travels to Singapore for THIMUN
- November 18-22: APAC Orchestra @ SAS PX
- November 18-22: APAC Choir @ Brent International School Manila
- November 19-22: HS Golf Tournament in Bangkok, Thailand
- November 19-22: SWST Swim Meet @TAS
- November 20-21: School Wide Swim Team @ SCIS
- November 26-29: SWST @ Singapore American School
- December 5: SWST @ SAS for Shanghai SISAC-CISSA Champs

Please check out our new activities blog: <http://teachers.saschina.org/pdactivities/>

Puxi Campus

By
Steve
Doleman
Puxi
Activities
Director



High School Results:

SISAC Table Tennis Results:

Congratulations to the 17 SAS-Puxi campus students who were a part of this past Saturday's SISAC Table Tennis Tournament. Despite the timing of the event (it happened before our season started), SAS had a strong finish. Senior Josh Yeung, junior Shawn Chen, and freshman Austin Chan brought home the 2nd place trophy in the open team division. Josh and Austin reached the quarterfinals in the singles division, and Shawn took home the 4th place medal.

In the girls' division, the SAS-Pudong campus team of Jenny Yun, Karissa Huang, and Elizabeth Lee won the team championship. The SAS-Puxi team of Wenni Chew, Emily Tang, Jessica Flohn, and Denise Xu played very well as they brought home the 2nd place trophy.

SISAC Cross Country

Success for both SAS schools at SISAC Cross Country Championships. On Monday, October 19, SAS SISAC 5km championship Cross Country meet for 2009 was run at the Shanghai Links Golf Course, Pudong. See story on page 31.

APAC RUGBY TOURNAMENT

In a thrilling, double overtime, 'golden point' boys' final, the HKIS Dragons prevailed over the SAS Puxi Eagles, winning their first APAC rugby championship, 10 - 5.

In the girls final, ISB Dragons defeated the SAS Puxi Eagles, 17 - 0.

Both girls and boys teams were voted the most sportsmanlike teams in the tournament.

SAS Pudong girls came in 5th.
SAS Pudong boys came in 4th.

Upcoming High School Activities:

October 31: ISB / SAS Swimvitational
Hosted at SAS Puxi; more details TBA

October 31: SISAC Volleyball Championships @ CISS
DI/DII Boys and Girls. More details TBA.

November 19-21: SASPX will play host to the APAC Orchestra

November 20-21: Ruamrudee Golf Tournament @ Bangkok

November 28: Santa Claus Swim Meet @ Singapore

Saturday, IB December 3-5: Theater play, *As You Like It*

menu supplied by Eurest Food Technologies

Monday November 2	Tuesday November 3	Wednesday November 4	Thursday November 5	Friday November 6
Macaroni and cheese Roasted chicken drumstick Steamed rice / Oven-baked potato sticks Sweet buttered carrots	Stir-fried chicken w/ lemon grass and green bean ES: Pizza Japanese ginger pork sauteed ES: Hot dog Onion rice Sauteed Bok choy	Beef Shepherd's Pie Mushroom chicken topped w/ puff pastry ES: Ham and cheese grilled sandwich Parsley rice/ ES oven-baked French fries Broccoli w/ carrots	Classic Chicken Curry ES: Mild Chicken Curry Beef tomato stew Mashed potatoes / steamed rice Cauliflower w/ carrots	Pan-fried fish steak w/ tartar sauce ES: Fish fingers Chicken Breast Cajun Butter potatoes / rice Sauteed bean sprout
Vegetarian				
Sauteed mixed veg	Samosas	Veggie Burger	Penne Napoli	Mushroom Quiche
Dessert				
Lemon Pie	Apple Strudel / ES: Popsicles	Carrot cake	Chocolate cake	Vanilla pudding

Eurest Cafeteria Phone Extensions: Pudong Campus — 3293 or 3290; Puxi Campus — 2561

Monday November 9	Tuesday November 10	Wednesday November 11	Thursday November 12	Friday November 13
Penne Carbonara Sliced chicken w/onion and mushroom in oyster sauce Steamed rice Side Caesar's salad	Mild yellow chicken curry Chunky Lamb Cacerole ES: Ham and cheese pizza Spinach butter rice Mixed greens	Beef sauteed w/ onions, peppers in creamy soy sauce ES: Salt and pepper pan-fried steaks Stir-fried chicken breast w/ olives, tomato rosemary and mushroom Steamed rice/ Broccoli and cauliflower	Gratin fish w/lemon butter dill ES: Homemade chicken nuggets Macaroni w/ ham and cream cheese Steamed rice Green beans and carrots	Nasi goreng w/ prawn chips ES: Chicken and shrimp fried rice Baked beef burger topped w/ salsa and cheese Carrot rice Assorted vegetables
Vegetarian				
Veggie burger	Spring rolls	Penne arrabiata	Mushroom pie w/ onions and bean sprouts	Peas and potato curry samosas
Dessert				
Butter cake	Egg Tart	Coconut and sago pudding	Brownies	Mini assorted muffins

blink

Elaine Costeira

MS French Teacher, Pudong Campus

If you could have one superpower what would it be? Invisibility.

What do you love about your job? Speaking French.

When you get chicken nuggets, do you ask for the ranch, honey mustard, barbecue, or ketchup? Honey mustard.

Are you a morning or evening person?

I'm a morning person, and I think that's because I've always enjoyed playing outside and because sunny days make me happy.

Are you a beach person or a mountain person? Why do you think that is? I think mountains are beautiful and I love hiking, but

October 30, 2009



I'm most definitely a beach person and I think that's because the beach/river was part of my upbringing in Brazil.

What are you reading right now? *Orientation Handbook, Professional Development Handbook, Now That's Shanghai.*

Has your life gone according to plan? Explain? No, it has gone better. I have done far more things than I thought I would.

Where do you call home and what do you miss about it?

Macapá is where I call home, and what I miss the most is the comfort of my parents presence.


Are you a MAC or a PC person? I guess since my personal computer is a Mac, I am a Mac person, but PCs work just fine too.

What person influenced you most in your life? My father and my mother.

What do you do in your spare time? I like to go dancing and watch movies.

blink is a weekly feature designed to introduce the SAS community to its new, first-year faculty and staff and to do so in a casual and relaxed format.

UPCOMING EVENTS

 Pudong Campus

 Puxi Campus

NOVEMBER — Pudong

- 5-6** • Student-Led Conferences/
Student half days

- 12** • Parent Book Club Meeting
 - "Counselor Cafe"
9-10 am, Library Lecture Hall
 - PTSA ES Meeting
10 am, Library Lecture Hall
 - PTSA EXCO Meeting
1pm - HS Conference Room
 - Board Forum on School Finances
7-9pm, at a location TBA convenient for parents in Pudong
 - High School musical performance

- 13** • High School musical performance

- 14** • High School musical performance
 - MS Jazz Band Playing @ Community Center Gala

- 17** • AP/IB Night for 10th Grade parents

- 18** • HS dance performance

- 19** • PTSA MS meeting
9am, Library Lecture Hall
 - PTSA HS meeting
11am, Library Lecture Hall
 - HS Booster Meeting
1pm, Activities Office

- 20** • ES Family Literacy Night

- 24** • 1st Season HS Activities Awards Night
 - Board of Directors meeting, Puxi Campus

- 25** • HS Winter Concert
7pm, Auditorium

- 26** • (PTSA) SAS Connect's

NOVEMBER — Puxi

- 2-6** • ES Book Fair
2nd floor Cafeteria

- 4** • ES Grade 4 Concert Performance

- 5** • HS Principal Coffee
10am, Performing Arts Center

- 5-6** • Parent-Teacher Conferences/
Student half days

- 9** • Board Forum on School Finances
7-9pm, Library Media Center, Puxi campus

- 11** • MS Principal Coffee
10am, Library Media Center

- 12** • HS Grade 11 Parent Networking

- 13** • ES PreK-Grade 2 Assembly
8:20am, Performing Arts Center

- 17** • ES Grade 2 music concert

- 18** • ES Principal Coffee
9am
 - PTSA Winter Bazaar

- 19** • ES Passport check

- 20** • Booster Spirit Day

- 23-25** • MS drama production

- 24** • ES Passport re-check
 - AP/IB Parent Information Night
 - Board of Directors meeting, Puxi campus

- 25** • PTSA meeting
 - Community Service Thanksgiving Dinner

- 26** • MS Counselor Parent Coffee

The Eagle Shop Business Hours:

PUXI CAMPUS: Monday to Friday 9:30am-2:30pm
PUDONG CAMPUS: M-F, 11am-1:30pm

The Eagle Shop is a great place to stock up on school supplies, PE uniforms and SAS logo items. USBs, calculators and umbrellas.

TUITION DUE DATE MOVED UP: Second semester begins immediately after the Winter Break. Invoices will be mailed to parents on September 29, 2009. Due date for payment is November 16, 2009 (not December 1, 2009 as in previous years). Thank you for your cooperation. If you have questions, please contact our Financial Controller, Rosanna Lee at 6221-1445 ext. 2120 or email her at rosanna.lee@saschina.org