

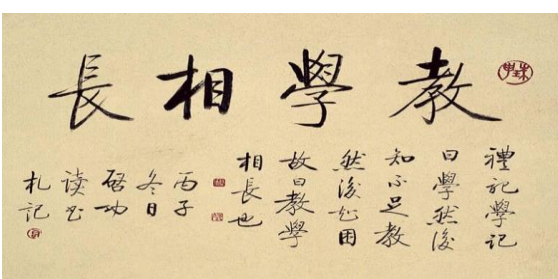
## Chinese Values

### 先哲之思

#### 教学相长 (jiào xué xiāng zhǎng) Teaching and Learning Promote Each Other

《礼记》有云：“学然后知不足，教然后知困。知不足，然后能自反也；知困，然后能自强也。故曰：教学相长也。”中国古人早已认识到，教学过程不只是教师影响学生的单向过程，而是师生交互影响的双向过程。在此过程中，教师教学与学生学习相互促进、彼此成就，教师与学生相互提升，双方都可以不断取得进步与提高。这其中不仅蕴涵着老师和学生互为主客体的关系，还揭示了在知识面前，教育者与受教育者的平等和谐关系。“学”因“教”而日进，“教”因“学”而益深。这一教育智慧，至今仍具现实意义。

The Book of Rites states: ‘Learning makes one discover their shortcomings, and teaching makes one discover that they still have room for improvement. To know one’s shortcomings, they must think about them, reflect upon them, and endeavour to undertake improvements; by knowing that one still has room for improvement, they can work hard to close the gap. Hence, it is said that teaching and learning promote each other.’ The ancient Chinese realised that the teaching process was not just a matter of teachers influencing students, but rather it is a two-way process of mutual interaction. In this process, teachers and students continuously make their own progress and improvements. The traditional Chinese approach to education emphasises the view that both teachers and students benefit from their interactions with each other, with both parties sometimes acting as the learner, and sometimes acting as the person bringing new knowledge and ideas to the relationship. Another fundamental view is that both educators and learners have equal status in the face of knowledge. ‘Learning’ is enhanced by ‘teaching’, and ‘teaching’ is deepened by ‘learning’. This educational wisdom remains relevant today.



Images: Teaching and Learning Promote Each Other  
图：教学相长



Image: Research in Education  
图片：教育研究

Source: <https://news.columbia.edu>  
图片来源：<https://news.columbia.edu>

## Quality Schools ...

### Undertake Practitioner Research

A practitioner-researcher is someone involved in formally analysing their professional context. They must evaluate not only the world as they observe it, but also the world they have experienced, and the world they have helped to create. Any practitioner-researcher has played a part in formulating and creating the environment they seek to analyse, and thus they will have preconceived ideas about what is successful, and what is unsuccessful, what should be changed, and what should be retained. Therefore, it is debatable whether this approach can ever result in truly impartial research.

Indeed, the human nature of all researchers ensures that they approach topics with preconceived ideas. Jackson (2013, p. 50) describes these as ‘the philosophical assumptions concerning beliefs, values, ontology, epistemology, and relationality. Since research is subjective, even the most scientific, positivist, objective, quantitative researcher will make subjective choices.’ Accordingly, some academics question whether any researcher can ever remove their ‘bias’ enough to ensure that research is truly impartial. This is even more difficult for practitioner researchers who are embedded in the research context.

Nevertheless, there are multiple benefits from practitioner-research, such as the unique perspective from which a practitioner-researcher can approach a topic, and the unique experience a practitioner-researcher can contribute to a research project. Therefore, the objective for high quality schools is to embrace practitioner research, while recognising its limitations.

## 优质学校

### 开展行业实践研究

行业实践研究员是指那些对自身专业工作环境进行正式分析的个人。他们不仅要评估自己观察到的世界，还要评估自己经历过世界以及他们辅助创造的世界。所有行业实践研究员都参与了他们所要分析的环境的形成和创造，因此他们对什么是成功和失败、什么应改变和保留存有先入之见。所以，行业实践研究是否能产生真正公正的研究结果还有待商榷。

事实上，人类的本性决定了任何研究员在研究课题时必然会带有先入之见。Jackson (2013年, 第50页) 将这种先入之见描述为“有关信仰、价值观、本体论、认识论和关系性的哲学性假设。由于研究是主观的，所以即使是最科学、最实证、最客观的量化研究员也会做出主观选择。”因此，一些学者质疑研究员是否能消除自己的“偏见”，真正确保研究的公正。对于身处研究环境中的行业实践研究员来说，这更是难上加难。

不过，行业实践研究也颇有益处，例如，行业实践研究员可以从独特的视角切入课题，并为研究项目贡献独特的经验。因此，优质学校的目标是接受实践研究，同时认识到其局限性。





## Scholar of the Week

见贤思齐



Image: László Rátz  
图: László Rátz

László Rátz was a Hungarian high school mathematics teacher best known for educating such people as John von Neumann and Eugene Wigner. Rátz was instrumental in reforming approaches to mathematics education. He sensed the need for a change and developed a complete and highly detailed set of workable techniques and materials for the teaching of mathematics. He concluded that mathematics embraces a number of spontaneously acquired elements which must be reinforced in the student. The study of mathematics must be interwoven with immediate experience.

He stressed the importance of mental calculation and the practice of estimating. Using his new materials and techniques he brought together sections devoted to the teaching of infinitesimal calculus and published them. He emphasised that the teaching of infinitesimal calculus must be centred upon the notion of functions. From the first school grade level on, teaching should endeavour to shape the students' mode of reasoning and develop in them the capacity to think in terms of functions.

László Rátz 是一名匈牙利的高中数学教师，以培养出计算机之父约翰·冯·诺依曼和诺贝尔物理学奖获得者尤金·维格纳而闻名。Rátz 推动了数学教育方式的改革。他敏锐地察觉到数学教育改革的需求，并开发出一整套完整且详细可行的数学教学技巧与素材。他总结到，许多数学要素是可以自发习得的，必须要在学生身上加以强化。数学学习必须与直接经验相结合。他强调心算和估算练习的重要性，利用自己总结的新素材和技巧，将有关微积分教学的章节汇集出版。他强调，微积分的教学必须以函数概念为中心。从第一阶段开始，数学教学就应努力塑造学生的推理模式，培养他们从函数角度思考问题的能力。

## Article of the Week

篇章见真知

'Calm, Clear, and Kind: What Students Want From Their Teachers' by Jenna Whitehead (University of California, Berkeley)

《冷静、清醒与友善：学生想从老师身上获得什么》Jenna Whitehead (加利福尼亚大学伯克利分校)

Years of research in the field of social-emotional learning (SEL) have demonstrated that when students have supportive relationships with their teachers, they experience better well-being and success in school. Also this remains true beyond just the early years of school, with middle and senior school students showing more positive outcomes when they are surrounded by caring and supportive teachers.

社会情感学习 (SEL) 领域多年的研究表明，如果学生与老师建立起相互支持的师生关系，他们在学校会更幸福和成功。不止幼儿园学生如此，初高中学生在老师的关爱和支持下也会取得更好的成绩。



## The Profession 术业专攻

### Learning Spaces 学习空间

Institutions that promote responsiveness, support and inclusiveness can leverage learning spaces to foster independent, adaptable, and passionate learners (JISC, 2006). However, in the age of accountability, how can education organisations establish evidence-based links between learning spaces and achievement? This is the question that Hunley and Schaller (2006) propose to answer with their framework.

The framework has been developed using a multi-factor methodology that yielded quantitative and qualitative data. The use of surveys, focus groups and photographs produced qualitative data, while quantitative data based upon learning outcomes was used to identify statistical patterns. This framework may offer a way forward on the critical question of assessment, paramount in most education settings, yet the framework's limited access to assessed learning outcomes may limit its practical applicability for many contexts.

提倡响应性、支持性和包容性的机构可以利用学习空间来培养独立、适应性强和充满激情的学习者 (JISC, 2006)。然而，在问责制时代，教育组织如何才能在学习空间与学习成绩之间建立有依据的联系？Hunley 和 Schaller (2006) 所提出的框架，旨在回答这一问题。

该框架的制定采用了多因素方法，得出了定量和定性数据。他们利用调查、焦点小组和照片得出了定性数据，同时使用基于学习成果的定量数据来确定统计模式。该框架也许可以为“评估”这一关键教育问题指明前进方向，但该框架对学习成果评估的参考量有限，可能会限制其在许多情况下的实际应用。

尽管如此，Hunley 和 Schaller (2006) 所开发的框架能够确定影响学习空间适宜度的三个关键因素。它们是：

- 学术参与度
- 教学方法
- 空间利用

有证据表明，理想的学习空间物理安排并不存在，这在很大程度上是因为理想与否取决于个人和环境的偏好。但总的来说，研究表明，当正规学习和非正规学习之间的界限被淡化，学习空间“舒适、开放、灵活、有吸引力”时，学生可以取得最佳学习效果 (ibid, p. 13.9)。如果从统计学来看，学习空间的设计对学习效果有显著的影响，那么我们绝不能忽视学习空间设计。

Nevertheless, the framework developed by Hunley and Schaller (2006) is able to identify three factors that evidence suggests are key to assessing the suitability of learning spaces. These three factors are:

- academic engagement
- pedagogy
- use of space.

The evidence indicates that there is no single ideal physical arrangement for learning spaces, in large part because the ideal varies depending on individual and contextual preferences. Overall, however, the research suggests that learning is optimised when sharp divides between formal and informal learning are softened, and when learning spaces are 'comfortable, open, flexible, and appealing' (ibid, p. 13.9). If learning space design can be shown to have statistically significant relevance for learning outcomes, it certainly should not be ignored.

## Teaching Tip of the Week

### 教学技巧

Teachers need to identify the qualities of their students' work and ensure that assessment is fair and efficient. Moreover, John Hattie identifies improving feedback as one of the most effective strategies for improving the learning experience. Rubrics are an important tool in these processes. When designed properly, a rubric can serve as an important standard for a classroom and a school. Properly designed rubrics support the learner's natural motivation to learn in the classroom. One of the keys to learning is the ability to recognise strengths and weaknesses. For this reason, feedback is an essential component of motivation and growth. It can encourage that innate desire to learn inside and outside of the classroom. By using rubrics, teachers can communicate each student's strengths and weaknesses in a fair and consistent manner. Rubrics are strongly correlated with validity. However, no assessment tool will be effective unless it is used consistently by trained teachers.

教师必须评估学生的作业质量，并确保评估的公正、有效。此外，约翰·哈蒂指出，提高反馈质量是加强学习体验的最有效的策略之一。在这些过程中，评价量规是一个重要工具。如果设计得当，评价量规可以成为课堂和学校的重要标准。设计得当的评价量规有助于激发学生课堂学习的自然动力。学习的关键之一是要能够认识自己的优势与劣势。因此，反馈是学习动力和成长的重要组成部分。反馈可以激发学生在课堂内外的学习欲望。通过使用评价量规，教师可以公正、一致地评估学生的优劣势。评价量规与强有效性密切相关。但是，任何评估工具都必须由经过培训的教师持续使用才能发挥效用。



## Resource of the Week

### 共享资源

Interactive Readalouds: Learning from Books Together.

互动朗读：一起从书中学习

These intentionally designed Interactive Readalouds by Regional Educational Laboratory West for teachers, families, and caregivers can provide far more than just a pleasant experience. They can foster literacy development by building language and comprehension skills.

美国西部地区教育实验室专门为教师、家庭和看护人精心设计了一些互动朗读活动，它们不仅能带来愉悦的体验，还能通过培养语言和理解能力来促进孩子的读写能力发展。

IES REL Regional Educational Laboratory Program

Image: Regional Educational Laboratory West  
图：美国西部地区教育实验室



Image: Eric Chen  
图：陈宝健

## Meet your Colleague

### 广交同仁

Name: Eric Chen

姓名：陈宝健

School (Workplace): ISA Liwan

学校（工作地点）：爱莎荔湾

Position: Helpdesk Service Specialist

工作职位：IT 技术专员

Home town: Guangdong Shunde

家乡：广东顺德

Favourite Chinese food: Cantonese Food, White porridge

最喜欢的中国食物：粤菜、白粥

Favourite foreign food: Sushi

最喜欢的外国食物：寿司

Fun fact: I visited an historical site (a prison) called Port Arthur in Australia and listened to the stories of the prisoners and paranormal activities and ghosts at night.

趣事：在澳大利亚参观了名为 Port Arthur 的历史遗址（监狱），并在晚上聆听了囚犯以及超自然活动及鬼魂的故事。

ISA  
ISA International  
Education Group  
爱莎国际教育集团

## Video of the Week

### 视界互联

The Ultimate 2023 Inspirational Videos for Teachers and Students

2023 年教师与学生励志视频合集

Everyone needs inspiration every once in a while. The website, Jethrojones.com has collected some of the greatest motivational videos from 2023 that are designed to motivate those working in education. From inspiring videos that make you cry, to teacher support, to inspiring students, the videos cover a broad range of needs and purposes. The website managers promise to keep the collection of videos updated as new videos are released; therefore, it is worth revisiting the page from time to time, especially for teachers or education managers who might be experiencing a challenging day.

每个人都时不时的需要打点鸡血。Jethrojones.com 网站收集了 2023 年最鼓舞人心的视频，以激励教育工作者们。这些视频涵盖了广泛的需求和目的，有催人泪下的励志视频，也有涉及教师支持和激励学生的视频。网站的管理者承诺会不断上传更新视频，所以大家可以时常访问和查看该网站，尤其是正面临挑战的教师或教育管理者。

  
jethrojones.com  
Finding simple solutions

Image: www.jethrojones.com  
图：www.jethrojones.com

# 你好 (nǐ hǎo) !

中国饮食文化——汤文化  
The Soup Culture in China



Image: Chinese Soup  
图: 中式汤

所谓“汤”，其本义指“热水、沸水”。饮食领域中，食材原料经过沸水煎煮后获得的成品称之为汤；中医领域中的各类药汤、煎汤则用以治病；此外，汤还有温泉之意，现仍有“泡汤”之说。中国人的喝汤历史有 2700 年之久，俗话说：“饭前喝口汤，胜似良药方”，中国各省各地的喝汤习俗不尽相同，每个地区都有自己引以为傲的汤品，其中家喻户晓的有：广东老火靚汤、福建佛跳墙、湖北排骨莲藕汤、江西瓦罐汤等。

The term ‘汤 (tāng)’ originally referred to ‘hot water’ or ‘boiling water’. In modern Chinese, ‘汤 (tāng)’ refers to ‘soup’. In traditional Chinese medicine, various medicinal soups and decoctions are used for healing purposes. Additionally, ‘汤 (tāng)’ can also refer to hot springs. Indeed, ‘泡汤 (pào tāng)’ means ‘soaking in hot springs’. The history of soup consumption in China spans over 2,700 years. As the saying goes, ‘drinking a bowl of soup before a meal is better than taking a good prescription’. Different regions and provinces in China have their own unique soup-drinking customs, and each area takes pride in its own renowned soups. Some widely known soups include Cantonese long-boiled soup, Fujian ‘fó tiào qiáng’ (steamed abalone with shark’s fin and fish maw in broth), Hubei lotus root and /ribs soup, and Jiangxi clay pot soup.



## Character of the Week

汉字中国

德

“德”读作 dé，指个人的良好品格或人们在社会共同生活中的良好品行。

“德”常用于指道德、品德，引申指有道德的贤明之士。“德”是美好的，故又引申指恩惠、感恩。

‘德’ is pronounced ‘dé’. It is translated as virtue and morality in English, referring to an individual’s fine moral character and proper conduct in society. Through time, its meaning has extended to refer to any virtuous and knowledgeable person. A virtue is a good quality which can be viewed as a gift bestowed on humans, so ‘德’ also refers to kindness, grace and gratitude.

# 德

Image: dé  
图: 德

## Tips for Foreign Guests in China 国际友人小贴士

在中国手机积分如何兑换话费

手机积分兑换话费的方式有很多，如在运营商 App 中操作、在官网登录手机账号操作，其中最便捷的方式是发送短信进行积分兑换：

1. 中国联通：发送关键词“JFJF#Q”到“10010”。收到联通官方短信后，回复关键词“Y”即可兑换所有积分。
2. 中国移动：发送关键词“HF”到“10658999”。收到移动官方短信后，点击链接进行兑换。
3. 中国电信：发送关键词“JFDH”到“10001”。收到电信官方短信后，根据接下来的指引兑换积分。

How can you redeem mobile phone points for phone credits in China?

There are many ways to redeem mobile points for phone credits. For example, you can use the operator's app, log in to your mobile account on their official website, or the most convenient way is to send a text message for points redemption:

1. China Unicom: Send the keyword ‘JFJF#Q’ to ‘10010’. After receiving the official message from China Unicom, reply with the keyword ‘Y’ to redeem all your points.
2. China Mobile: Send the keyword ‘HF’ to ‘10658999’. After receiving the official message from China Mobile, click on the link to redeem your points.
3. China Telecom: Send the keyword ‘JFDH’ to ‘10001’. After receiving the official message from China Telecom, follow the instructions to redeem your points.

## Film of the Week 心随影动 《无间道》Infernal Affairs

这是一部非常规的警匪片，揭示了娑婆世界里的真相。该影片剧本非常扎实，故事题材非常新颖，看似普通的警匪片，但导演反其道而行之。《无间道》也许在试图揭示人类文明中的深沉真相——因果轮回以及正邪的无法二分，这就是人世间芸芸众生的共相。影片于 2002 年 12 月上映，共三部。

‘Infernal Affairs’ is a 2002 action thriller co-directed by Andrew Lau and Alan Mak. It stars Andy Lau and Tony Leung. The film follows an undercover Hong Kong Police Force officer who infiltrates a triad, and another officer who is secretly a spy for the same triad. It is the first in the Infernal Affairs series and is followed by Infernal Affairs II and Infernal Affairs III.



## Song of the Week 华夏之乐

《爱情转移》陈奕迅

Love Transfer - Eason Chan

《爱情转移》旋律感人至深，配上词人林夕富有生活哲理的歌词，再加上陈奕迅深沉而又极富感染力的声音，以及整支 MV 恰如其分的意境表现，是一首值得观众欣赏的歌曲。歌词第一部分讲的是分手之后的回味和悔伤，第二部分是讲同床异梦的惆怅，高潮部分讲的是反省后对爱情所应该拥有的正确态度。

With a melancholic melody, profound lyrics by Albert Leung, the deep and contagious voice of Eason Chan, and an exceptionally atmospheric music video, this song has become a major hit. The first part of the song reflects deeply upon the tragedy of a relationship breakup and focuses on the sadness such events can cause. The song then discusses the challenges and the upset caused by the realisation that the person that you are with might not be ‘the one’. The chorus attempts to promote a healthy attitude toward romantic relationships.

## What's On - Guangzhou & Guangdong

### 悦游粤精彩

As Halloween approaches, there are multiple events and venues hosting exciting opportunities and excuses for a little hedonistic pleasure. For those with families, Chimelong Paradise, complete with its funfair, waterpark, and safari park, will feature many spooky surprises. Be warned that after 5pm, the park's haunting attractions will become a little scarier, so younger children may wish to leave before this time. For those who would rather focus on eating and drinking, there are numerous planned Halloween events taking place in Zhujiang New Town including at Bandidos, Hooley's, Morgan's, and at each of the various Happy Monk locations. For those who want to stay up extra late, consider heading over to Party Pier for some all-night revelry. This will be the first Halloween in Guangzhou since the pandemic restrictions were lifted, so get ready for an extra special night.

随着万圣节的临近，广州多地将举办丰富多样、激动人心的活动，为大家提供片刻享受当下的机会。计划与家人一同游玩的朋友可以选择去广州长隆旅游度假区，那里有欢乐世界、水上乐园和野生动物世界。温馨提示：下午5点之后，园区内的鬼屋景点会更恐怖，所以小孩子最好在5点之前离开。更喜欢吃吃喝喝的朋友可以去珠江新城，莫大班墨西哥餐厅、活利仕餐厅、致盛餐厅和Happy Monk各大门店都将举办丰富的万圣节活动。想要在万圣节当天通宵狂欢的朋友，不妨前往琶醍。这将是广州疫情结束后的第一个万圣节，大家做好准备，迎接狂欢吧！

# HALLOWEEN

## Wuhan Corner

### 邂逅武汉

Guiyuan Temple is a 17<sup>th</sup> Century Buddhist temple and is one of the gems of Wuhan. It is known as the 'Temple of Original Purity,' and is the oldest of its kind in the province. Guiyuan Temple is located in the Hanyang district. Construction on the temple began under the tutelage of a Buddhist monk called Bai Guang, and was completed in 1658. The etymology of Guiyuan is to be found in ancient sutras. It refers to the overcoming of the cycle of birth and death. The temple consists of five courtyards and gardens, and it covers 25.2 acres in total.

归元禅寺也称为归元寺，位于武汉市汉阳区。归元寺由白光法师于清顺治十五年（公元1658年）兴建，是武汉的宝藏景点之一，也是湖北省最古老的禅寺。“归元”一名源自佛教经典，意为超出生灭界，还归于真寂、本元。归元寺由五个庭院组成，占地面积153亩。

## Explore Guangdong

### 漫游广东

For a pleasant and relaxing tour in the metropolis of Guangzhou, consider exploring the Huangpu Ancient Port Village and the Ancient Xiaozhou Village. The two idyllic villages on the outskirts of Guangzhou are considered hidden gems for foreign travelers. Xiaozhou Village is a well-preserved, Lingnan-style, waterside village located in Haizhu district. It dates back to the Yuan Dynasty (1271-1368). Meanwhile, Huangpu Ancient Port Village includes the Huangpu Ancient Village Humanities and History Exhibition Hall at 9 Buxiangli Street.

大家若是想在广州这个大都市里来一次轻松愉悦的游玩，不妨前往探索黄埔古港古村景区和小洲村。对外国游客来说，这两个位于广州市郊的古村落就是隐藏的明珠。小洲村从元朝（1271-1368）开村，现位于海珠区，是保存完好的、具有岭南水乡特色的古村寨。黄埔古港古村景区内还有黄埔古村人文历史展览馆（埠香里9号）。

## World Food Corner

### 食遍天下

La Pampa Asador

The Canton Place 101, Guangzhou

La Pampa 西餐厅，广粤天地101店铺

La Pampa Asador is an Argentinian restaurant in Guangzhou, specialising in steaks, seafood, Mediterranean cuisine, South American cuisine, and of course Argentinian cuisine. The ocean-inspired décor lends itself to a cosy atmosphere, which compliments the rich and intense flavours of the food on offer. The restaurant has so far only received positive reviews on Tripadvisor, suggesting that their focus on quality has been appreciated by their clientele. The restaurant also specialises in jazz music.

La Pampa 是广州的一家阿根廷西餐厅，主打牛排、海鲜、地中海美食、南美菜肴和阿根廷美食。海洋风的装修营造出一种温馨的氛围感，与店内口感丰富的美食相得益彰。该餐厅在猫途鹰网上获得了一致好评，充分证实了顾客对餐厅质量的认可。这家餐厅还对爵士乐情有独钟。

## Local Food Corner

### 中华美食

董厨煨汤馆

武汉市江岸区车站路33号

Chef Dong's Simmered Soup House  
No.33, Station Road, Jiangnan District,  
Wuhan

排骨莲藕汤是湖北的传统美食。据统计，去年1-10月，武汉人光外卖就喝掉了27万升藕汤，需要30辆9米6的火车才能拉完。对藕汤的喜爱流淌在每个武汉人的血液中。董厨家的招牌是筒子骨藕汤，用紫砂罐久炖而出。筒子骨拥有极为饱满的油脂，熬制十个小时后再加入藕，一锅汤须得十二三个小时才会被端上餐桌。如此熬出来的汤呈奶白色，藕极为粉烂，一碗下肚全身暖，非常适合秋天品味。人均消费92元左右。

Lotus Root Pork Rib Soup is a traditional delicacy in Hubei province. According to statistics, from January to October last year, people in Wuhan consumed approximately 270,000 litres of lotus root soup, enough to fill 30 9.6-metre-long trucks. The love for lotus root soup runs in the blood of every individual in Wuhan. Chef Dong specialises in Lotus Root Femur Bones Soup, which is simmered in a purple clay pot. The bones are full of fat, and after simmering for ten hours, lotus roots are added. It takes twelve to thirteen hours before the soup is ready to serve. The resulting soup is milky white, and the lotus root is extremely tender. A bowl of this soup warms the entire body and is perfect for autumn. Meals cost approximately 92 RMB.

## Name the Country 看图识国

Last Week's Answer 上期答案 - Andorra 安道尔

