

Report on Sister School Exchanges

2022 - 2023 School Year

Name of the Mainland Sister School (1): Shanghai Foreign Language School (SFLS, 上海外国语大学附属中学), Shanghai

(2): The High School Affiliated to Renmin University of China (RDFZ, 中国人民大学附属中学), Beijing

(3): Agile Kaiyin School Affiliated to Zhongshan Memorial Middle School (JZKYS, 中山市纪中雅居乐凯茵学校), Zhongshan

(4): Zhejiang Zhenhai High School (ZHZX, 浙江省宁波市镇海中学), Ningbo

Item No.	Name and Content of the Exchange Activity	Intended Objective(s)	Evaluation Results	Reflection and Follow-up
1.	<p>Shanghai PD Exchange Programme On May 15th, 13 teachers visited SFLS. The visiting teachers observed several classes across different grade levels and subjects. After the class observations, the visiting teachers and SFLS teachers exchanged ideas about teaching methods, learning techniques, and curriculum development. There was a particular focus on discussing language teaching. The visiting and SFLS teachers collaborated and shared best practices in education based on their classroom experiences.</p>	<ul style="list-style-type: none"> - To exchanged ideas on: <ul style="list-style-type: none"> o Teaching methods o Learning techniques o Curriculum development - Particular focus on exchanging ideas about language teaching - To facilitate collaboration and sharing of best practices in education between visiting teachers and SFLS 	<p>The visiting and SFLS teachers exchanged ideas about teaching methods, learning techniques, and curriculum development. There was an emphasis on collaborating to share language teaching best practices. The programme facilitated beneficial discussions that allowed visiting and SFLS teachers to consider new educational approaches.</p>	<p>Sharings were given during the school PD programme regarding the exchanged ideas.</p> <p>The exchange team will organize an exchange programme for students in 23-24.</p>
2.	<p>Beijing PD Exchange Programme On 21 August, 6 teachers visited RDFZ. The visiting teachers and RDFZ teachers exchanged ideas about teaching methods, learning techniques, and curriculum development. The visiting and RDFZ teachers collaborated and shared best practices in education based on their classroom experiences. The visit facilitated the exchange of ideas on teaching, learning, and curriculum development between the visiting teachers and RDFZ.</p>	<ul style="list-style-type: none"> - To exchanged ideas on: <ul style="list-style-type: none"> o Teaching methods o Learning techniques o Curriculum development - Particular focus on exchanging ideas about language teaching - To facilitate collaboration and sharing of best practices in education between visiting teachers and RDFZ 	<p>The visiting and RDFZ teachers exchanged ideas about teaching methods, learning techniques, and curriculum development. The programme facilitated beneficial discussions that allowed visiting and SFLS teachers to consider new educational approaches.</p>	<p>The exchange team will organize an exchange programme for students in 23-24.</p>

		<ul style="list-style-type: none"> - Sign a new MOU to continue the linkage 		
3.	<p>Zhongshan Exchange Programme (F.1 - 2 level) 19 boys visited JZKYS during 8-12 Apr. The visiting boys stayed with JZKYS homestay students during the trip. The 19 boys attended lessons at JZKYS across various subjects and grade levels. The visiting boys participated in the classes alongside JZKYS students. The focus of the trip was for the 19 boys to experience different culture, lifestyles and education system through sitting in on classes and living with homestay students.</p>	<ul style="list-style-type: none"> - To experience different teaching methods and classroom environment - To experience day-to-day life with a local host family - To immerse in the local culture and community - To practice language skills with host family 	<p>The visiting students were able to observe classes at the host school, gaining perspective on different teaching methods. Living with homestay students provided an immersive experience, allowing visiting students to learn about daily local life. However, there was a significant personnel change in JZKYS. As a result, HJYZ (火炬一中) was providing extra support to the programme</p>	<p>The school is planning to discontinue the relationship with JZKYS and start the linkage with HJYZ, starting from 23-24.</p>
4.	<p>Ningbo PD Exchange Programme On May 13th, 13 teachers visited ZHZX. The visiting teachers observed several classes across different grade levels and subjects. After the class observations, the visiting teachers and ZHZX teachers exchanged ideas about teaching methods, learning techniques, and curriculum development. There was a particular focus on discussing math and science teaching. The visiting and ZHZX teachers collaborated and shared best practices in education based on their classroom experiences.</p>	<ul style="list-style-type: none"> - To exchanged ideas on: <ul style="list-style-type: none"> o Teaching methods o Learning techniques o Curriculum development - Particular focus on exchanging ideas about math and science teaching - To facilitate collaboration and sharing of best practices in education between visiting teachers and ZHZX 	<p>The visiting and ZHZX teachers exchanged ideas about teaching methods, learning techniques, and curriculum development. There was an emphasis on collaborating to share language teaching best practices. The programme facilitated beneficial discussions that allowed visiting and ZHZX teachers to consider new educational approaches.</p>	<p>Sharings were given during the school PD programme regarding the exchanged ideas.</p> <p>The exchange team will organize an exchange programme for students in 23-24.</p>