

# Lower School



# *A note from Ms. Julie Terry*

## Lower School Principal



When we reflect on this academic year, much of it will feel like a blur, with many of the normal events and happenings taking a backseat while new experiences took their place. We are all going to remember the year 2020, not least because of the challenges we have encountered during the COVID-19 pandemic.

We have all needed to be resilient this year in many ways; learning how to manage the changes to our routines and expectations; toughing it out when we didn't know what was going to happen; being apart from loved ones, friends and family; and finding new ways to learn, engage and grow.

Resilience is the ability to mentally or emotionally cope with a crisis. Resilience exists when people control their thoughts and behaviours to protect themselves from stress. I have always found that managing expectations is a big part of this process and I have had many conversations with colleagues, friends and family this year about plans, hopes and dreams that have needed to be postponed until a later date.

It is easy to feel down when things don't go your way, but as Einstein once said, "In the middle of difficulty lies opportunity". In order to thrive in or after a crisis, it is important to look for the unexpected opportunities in what seems like a sea of disappointment. Do not underestimate the great things that can come from unexpected events or happenings.

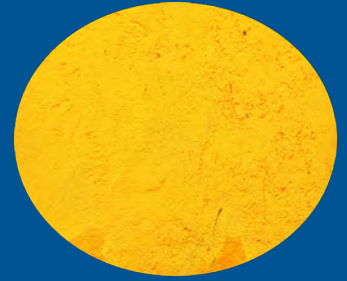
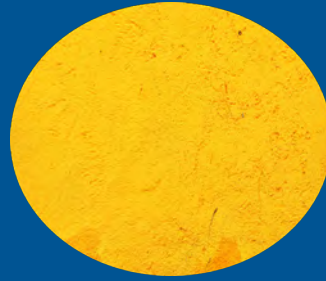
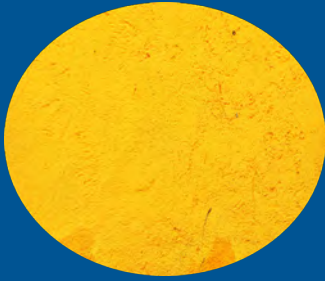
LS



# Early Years







LS



Chen, Hemi  
Durix, Leo  
Liu, Aria  
Liu, Chloe



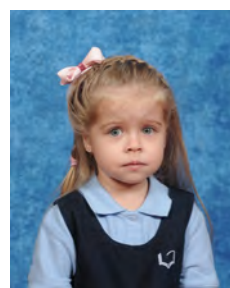
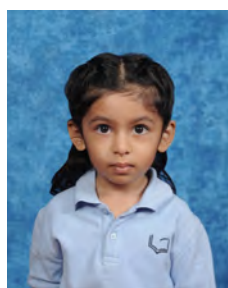
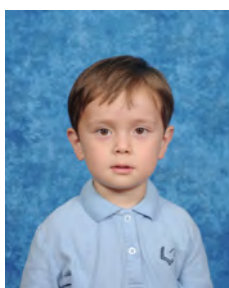
Milburn, Sienna  
Raniwala, Kabir  
Wang, Lancen  
Wu, Yao-Dong



Xia, Maisie  
Xie, Jaynean



Liu, David  
Lohaus, Daniel  
Paul, Kiara  
Pieronek, Alena



Qi, Elyn  
Wang, Yu-Ching  
Wang, Lucius  
Xu, William



Zhang, Max



**"It always seems impossible until its done."**

**Nelson Mandela**



EY

Ms. Emma & Ms. Mia



EY

Ms. Tessa & Ms. Sunny













Chang, Rachel  
Chen, Jocelyn  
Feng, Boysen  
Hadfield, Eleanor



Kent, Lila  
Li, Benjamin  
Li, Hubert  
Liu, Dylan



Lou, Mike  
Lu, Felicity  
Wu, Erin



**"Play is the highest form of research ."**  
**Albert Einstein**



EY

Ms. Maria & Ms. Zoe

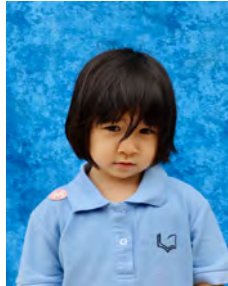




Bai, Jackson  
Chen, Evelyn  
Chen, Vivian  
Fatima, Manha



Jiang, Aaron  
Kent, Cora  
Li, Henry  
Wu, Steven



Yang, Angela  
Zhao, Nicole



**Not Pictured:**  
Loof Ponce,  
Luciano



**"While we try to teach our children about life, our children teach us what life is all about ."**

**Angela Schwindt**





Ms. Karima & Ms. Yanni

















# *A note from Mr. Ben Milburn*

## Lower School Vice Principal



When I first saw that 'resilience' would be the title it immediately made me think about my new interest – running. John Keenan is a running and mental skills coach and explains that "Resilience is withstanding or even thriving on stressors and highlights the four most common issues – and therefore resilience-building opportunities as injury, performance slumps, illness and career transitions."

Already, I have experienced all of these factors to varying degrees and only a few weeks into my training had to pull out of a trail race after my knee seized up. At the time I found this hugely disappointing until I later realized that I had pushed my body to a point that it simply wasn't ready for. After research, mental preparation and better planning in the form of specific exercises, better nutrition and more meticulous goal planning – I was soon back out running and effectively training my body and mind to become more resilient.

Since then I have run nearly 2,000Km without injury and with a much better sense of how to build your body for a physical challenge over time. There are times where I want to get close to that breaking point simply to challenge myself and to become more resilient. Running serves as a great example for me personally but it could be how you approach an academic subject, other sports, challenges or simply some aspect that you want to improve in your life. My advice would be to find somewhere that you can plan it out and see it visually each day so that you can develop belief, strategize how you can accomplish your goal and this will help to prepare you for the moment that you will need to be resilient in order to overcome a challenge and move closer to reaching your goal.

LS

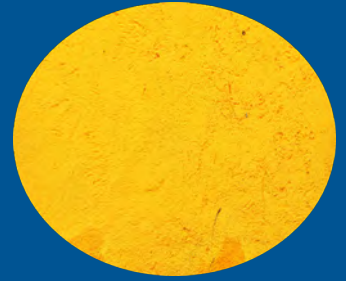
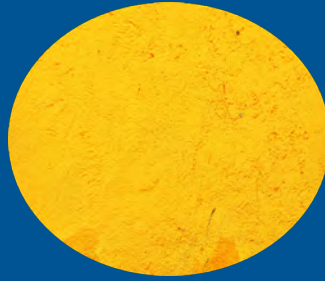
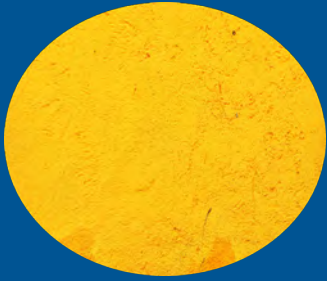


# Pre-K



Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." **Harriet Tubman**







Chen, Asher  
Chin, Vincent  
Guo, Ammer  
Kitano, Yuna



Lin, Mark  
Liu, Alisa  
Liu, Raymond  
Milburn, Myla



Padoan, Rocco  
Pan, Mia  
Wu, William  
Xu, Eric



Zhang, Nolan



**"Life is not about how fast you run, or how high  
you climb, but how well you bounce."**

**Owl Press**





Ms. Jackie & Ms. Caelyn





Chang, Liz  
Chu, Debra  
Ding, Dingding  
Dong, Audrey



Dong, Eric  
Hu, Sean  
Ichikawa, Ryoma  
Kim, Sungjin



Luo, Nico  
Kropanev, Platon  
Kurata, Sana  
Tse, Charlotte



Ying, Yangyang  
Zhao Karlsson,  
Philip



**"We do not need magic  
to transform our world.**



**We carry all the  
power we need  
inside ourselves  
already."  
JK Rowling**



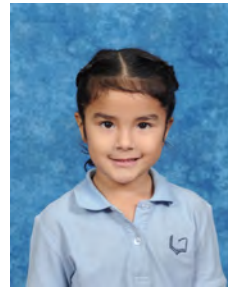
PK

Ms. Glynie & Ms. Avery





Bauer  
Casasempere,  
Augusto  
Cai, Terrence  
Durix, Eva  
Haltom, Nolan



Han, Justin  
Hua, Sophia  
Kitano, Yuka  
Lu, Albert



Meng, Grace  
Qiu, Andrew  
Xiao, Bo-Wen  
Zhang, Terry



**"Resilience is all about knowing who you are and  
relying on our own inner strength."**

**Unkown**





Ms. Cassie & Ms. Andrea





Canon, Emilie  
Chen, Remy  
Cushman, Bina  
Huang, Claire



Huang, Eli  
Jang, James  
Liang, Jayden  
Sanchez, Marcus



Wang, Peter  
Wu, Alyssa  
Xu, Terrance  
Yu, Patrick



**"It's a wonderful thing to be optimistic. It  
keeps you healthy and it keeps you resilient."  
Daniel Kahneman**



PK

Ms. Edwards & Ms. Bella







Always remember you are **BRAVER** than you believe, **STRONGER** than you seem, **SMARTER** than you think, and **LOVED** more than you know.  
**Winnie the Pooh**













# A note from Mr. John Koski

## Lower School Vice Principal

According to Oxford:

### re·sil·ience

/rəˈzilyəns/

noun

- 1 the capacity to recover quickly from difficulties; toughness.

I have spent quite a bit of time reflecting on the concept of resilience since the Yearbook Committee invited me to write a few words for this year's annual HIS publication. It is such a fitting theme considering the adversity we have encountered this year as individuals, institutions, and even as a species in the face of the COVID-19 pandemic. In times like these, going through a day without witnessing or hearing tales of resilience is rare. Where would I start? What direction to take?

The more I started thinking about it, the more I realized that resilience is more than just a capacity, an attitude, or a characteristic trait. Resilience is essential for life. All living things must manifest some degree of resilience in order to survive. Just take a peek at the adaptations of plants and animals throughout time! The late Andy Grove, chief executive and chairman of Intel Corporation, summed it up rather well, "Adapt or die."

In times of crisis, examples of resilience abound. However, I believe it is important to remember we all have that capacity at the very foundation of our existence. We must constantly look within ourselves, within our institutions, and within each other and muster the resilience that is part of who we are. In such a way, we can recover from difficulties quickly. We have two choices when faced with challenges. We can freak out or deal. And freaking out is no fun.

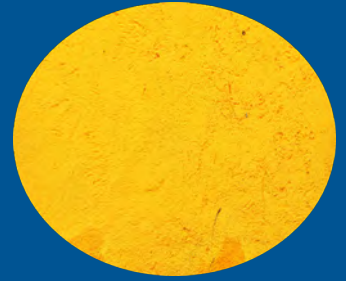
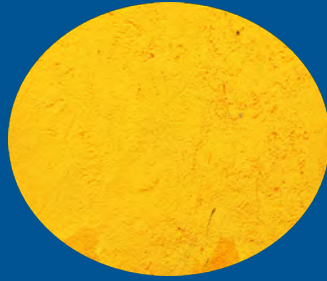
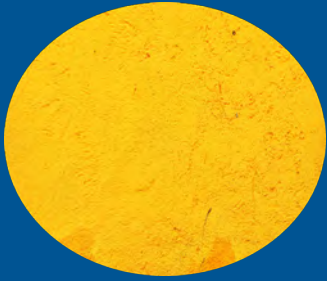
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# Kinder







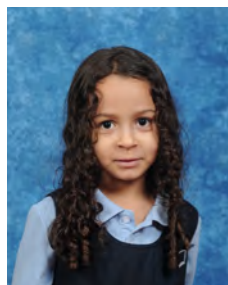
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Chang, Tim  
Cheung, Oia  
Guo, Grace  
Huang, Della



Liu, Nicholas  
Lopez-Ward,  
Andy  
Moreno Lejard,  
Victoria  
Rui, Emma



Sanchez,  
Madison  
Sangaletti, Enea  
Wang, Ada  
Wang, Chloe



Wu, Yoyo  
Wu, Alex  
Yu, William



**"Mistakes are proof you are  
trying."  
Anonymous**







Ms. Lisa & Ms. Joyce

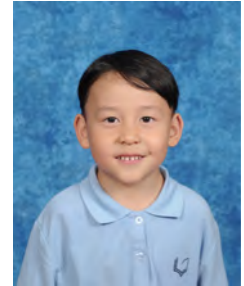




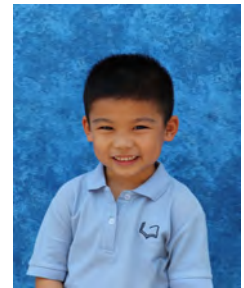
Bonnemaire,  
Camille  
Chen, Angela  
Chen, Chelsea  
Chen, Emily



Chu, Edith  
Gaete Flores,  
Amelia  
Hiranandani,  
Reyhaan  
Li, Kelvin



Li, Sunny  
Lin, Yihan  
Liu, Anita  
Liu, Lucas



Petring, Luke  
Wakim Prugnard,  
Alice  
Wang, Esther



**"Do not judge me by my success. Judge me by how many times I fell down and got back up again."  
Nelson Mandela**



K

Ms. Sarah & Ms. Julie





Cao, Angeline  
Chen, Jayden  
Chen, Roy  
Chen, Scarlett



Ghazanfari, Nora  
Guan, Herman  
Hoarau Mateos, Sofia  
Hong, Miranda



Lao, Layton  
Li, Eric  
Lu Jian, Elisa  
Wen, Abby

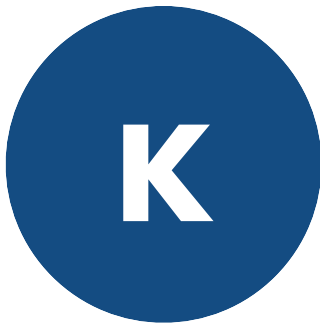


Xu, Bonny  
Yang, Eran



**"Dwell in possibilities."  
Emily Dickenson**





Ms. Kolde & Ms. Misha





Bian, Sydney  
Chen, Ryan  
Guo, Kelly  
Lu, Jayden



Kweon, Sumin  
Li, Richard  
Lo, Byron  
Lu, William



Lu, Yvonne  
Ma, Zi-Xiong  
Muzalevskaia,  
Elizabeta  
Qi, Madeline



Sheng, Kaela  
Shin, Erik  
Zhu, Sophie



**Not Pictured:**  
Fu, Nathan



**"It does not matter how slowly you go as long as  
you do not stop."  
Andy Warhol**



K

Mr. Ruan & Ms. Yolanda









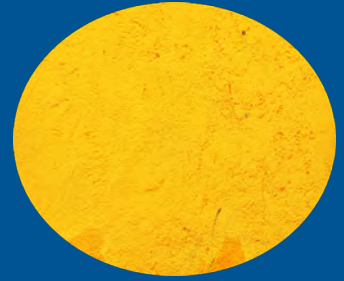
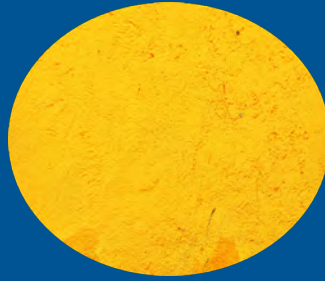
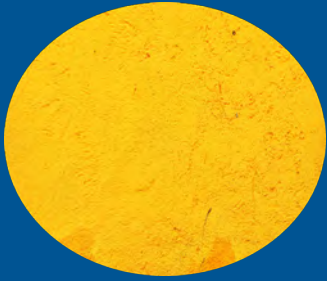




# Grade 1







LS



Bouquerel Zheng,  
Julie  
Felix Verdugo,  
Sebastian  
Grace, Archie  
Gu, Coco



Hu, Daisy  
Li Marzi, Nikolai  
Shaozhu, Kevin  
Shen, Yolanda



Song, Qi-Yi  
Wang, Amy  
Wang Lu, Luis  
Wang, Yu-Shin



Wawrzuta,  
Scarlett  
Yulzari, Nathan  
Zhou, Zikai



**"I get knocked down, but I get up again. You're  
never gonna keep me down."**

**Chumbawamba**



1

Ms. Cilla





Bauer  
Casasempere,  
Julieta  
Hong, Lily  
Jang, Eric  
Lee, Ryan



Lee, Ted  
Leonard,  
Christian  
Lou, Alice  
Modi, Aryan



Wang, Charles  
Wang, Richard  
Xu, Grace  
Xu, Olivia



**Not Pictured:**  
Ichikawa, Mana



**"Believe you can, and you are halfway there!"  
Theodore Roosevelt**



1

Mrs. Ragains

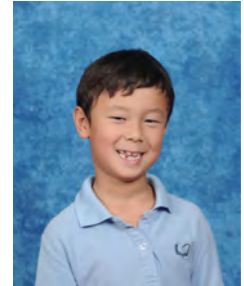




Burton, Jayden  
Chinone, Kaito  
Graffigna  
Sancho, Naia  
He, Ellen



Hsieh, Henry  
Li Marzi, Chiara  
Liu, Daniel  
Lohaus, William  
Ian George



Sakata, Yuma  
Xue, Caroline  
Ye, Allen  
Yoom, Avery  
Jiyoona



Yu, Flynn  
Yu, Jonathan



**"Alone we can do so little. Together we can do so much."**

**Hellen Keller**





Ms. Little





Bagga, Kiaan  
Chen, Crystal  
Cushman, Audrey  
Jiang, Vivian



Leonard,  
Alexandra  
Meng, Gabriel  
Mi, Beck  
Muehe, Kevin



Nair, Reema  
Rooney, Sam  
Shou, Delun  
Yuan, Fiona



Zhao, Tyrone  
Zhu, Mia



**"Work hard, play harder."  
Ms. Jac**



1

Ms. Jac









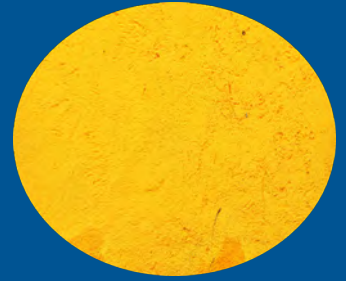
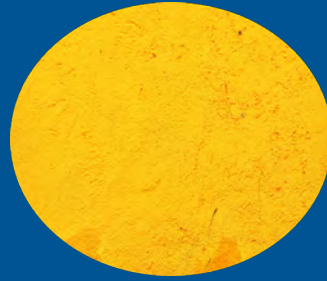
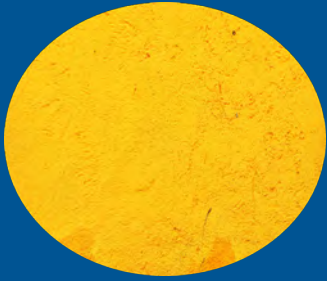




# Grade 2







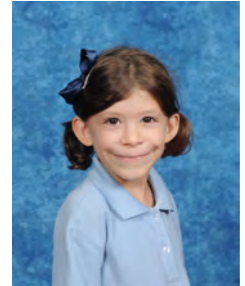
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An, Anna  
Azoulay, Isaac  
Cai, Emma  
Chang, Ryan



Ding, Gracie  
Hawkins, Arthur  
Jin, Da-Di  
Li Marzi, Sofia



Li, Heely  
Liu, Arun  
Pengsom, Ryyka  
Shan, Irene



Tsoi, Jessica  
Wu, Amanda  
Yang, Ethan  
Yun, Anne



Zhang, Charles



**"Have courage and be kind."  
Cinderella**



2

Miss Riani





Chang, Vanness  
Chen, Elly  
Fan, Angel  
Felix Verdugo,  
Natalia



Han, Chloe  
Huang, Henry  
Lee, Julia  
Lee, Avery



Lou, William  
Mao, Jean  
Michalak, Lotte  
Shin, Lina



Tang, Henry  
Tu, Naomi  
Wu, Cassie  
Zhu, Felix



**"Ar Scáth a chéile a mhaireann na daoine."**

**"Under the shelter of each other, people live."**

**Irish Proverb**



2

Mr. Doohan





Chen, Matthew  
Chen, Emily  
Dong, Xing-Chen  
Hong, Astin



Jian, Luna  
Li, Andy  
Lu, Lucas  
Lu, Eachann



Methwani, Yana  
Qi, Honey  
Wen, Yoyo  
Xu, Michael



Xu, Emily  
Yang, Tiffany  
Yu, Shuning  
Zhang, Jason



Zhao, Antonio  
Zizzo, Tommaso



**"Everyone in our grade 2 community is a teacher and a learner."**

**Mr. Young**



2

Mr. Young





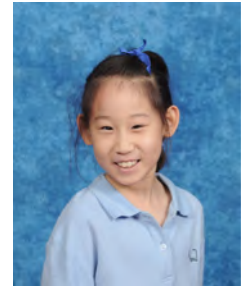
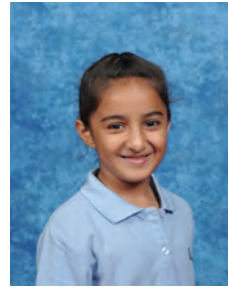
Bonnemaire,  
Thibault  
Burns, Grace  
Chu, Ben  
Chu, Darya



Gao, Justin  
Guo, Leo  
Li, Eason  
Lin, Shirley



Lu, Mable  
Ni, Frank  
Shivnani, Divisha  
Wang, Lucy



Yang, Anna  
Zhao, Kris  
Zhou, Galina



**"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."**

**Dr. Seuss**



2

Ms. Hester









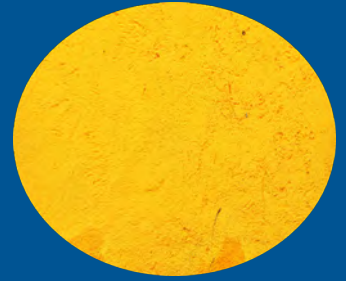
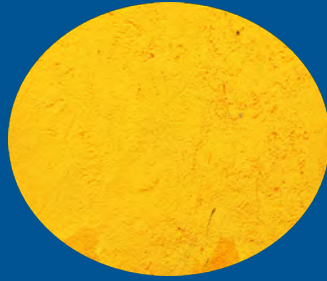
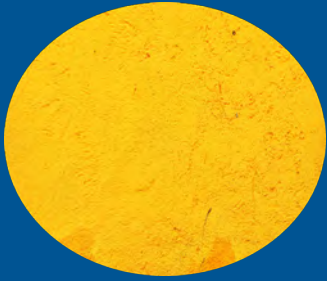




# Grade 3







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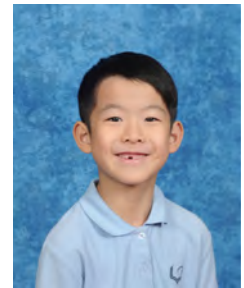
Al-Awadhi, Rinad  
Bai, Edith  
Cao, Connie  
Cheung,  
Christina



Dai, David  
Emery, Maxwell  
Gu, Rhea  
Hwang, Elly



Luo, Bamboo  
Michalack,  
Willem  
Palu-Schuhli,  
Luke  
Wu, Tony



Wu, Kevin  
Zhang, Simon  
Zhu, Nathan



**Not Pictured:**  
Huang, Oscar



**"We do not give up in hard times."  
G3A Class**



3

Mrs. Plotz





Bairaboina,  
Avanthika  
Chau, Kelvin  
He, Emma  
Huang, Li-Lian



Kim, Jiyu  
Lou, Victor  
Mallawa  
Arachchige, Pulathi  
Shewakramaki,  
Harveer



Wu, Lucas  
Xu, Rayan  
Yang, Evan  
Yu, Eason



Zhang, Kevin  
Zhang, Karis  
Zhang, Cici



**"I tried and failed, I tried again and again and  
succeeded"**  
**Gail Borden**



3

Mr. Jonathan





Baek, Jae-Ho  
Chaurasia,  
Netanya  
Chiu, Allie  
Cho, William



Hardy, Alex  
Jain, Vidhan  
Kim, Mingeon  
Lu, Dennis



Luo, Benny  
Maldonado,  
Juan Pablo  
Palma Chamorro,  
Maximiliano  
Speksnijder,  
Gijsje



Vohra, Rudransh  
Wu, Lisa  
Zhang, Daisy



**"Good, Better, Best. Never let them rest, until your  
Good is Better, and your Better is your Best!"  
St. Jerome**



3

Ms. Ehling





Han, Kevin  
Hong, Seo-In  
Jiang, Ryan  
Jin, Kimberly



Li, Annie  
Liu, Edward  
Mittal, Yoana  
Qu, Jia Heng



Ruan, Kevin  
Williams  
Marciaga, Hugo  
Wu, Owen  
Yu, Elizabeth



Zait, Matan  
Zhu, Lily



**Not Pictured:**  
Dhafer, Ahmad

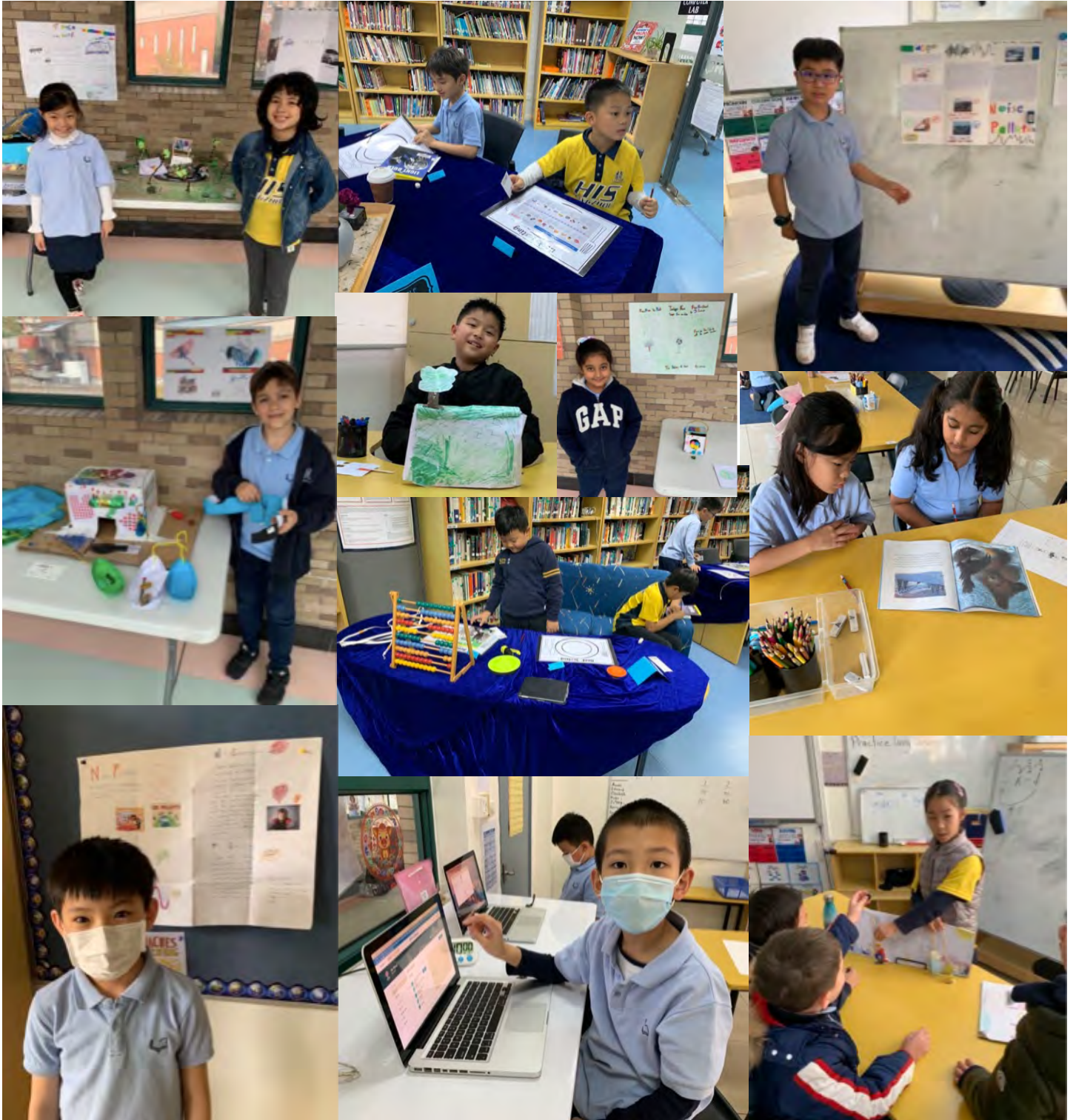
**"Winning doesn't always mean being first.  
Winning means you're doing better than you've  
done before. "**

**Bonnie Blair**



3

Mr. Tom









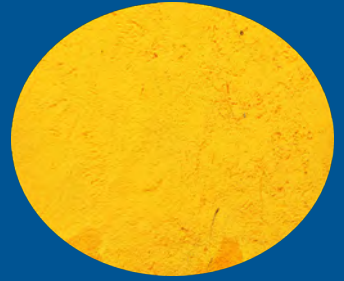
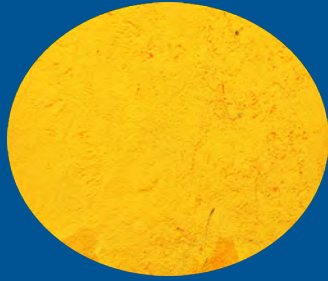
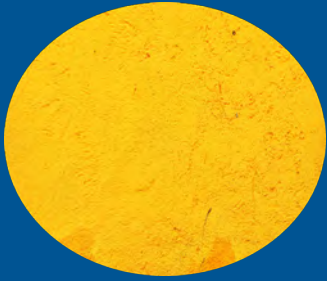




# Grade 4







LS



Au, Thomas  
Chen, Emily  
Daulatani, Kanisha  
Juarez Leynez,  
Andrea



Kong, Amy  
Lai, Anderson  
Lu, Tiger  
Ni, Nicole



Satwani,  
Bhaumik  
Speicher,  
Annabelle  
Wang, Alice  
Wang, Zoe



Wei, Fei Fei  
Xu, Richard  
Yulzari, Camille  
Zhou, Jun-Wen



Zizzo, Anna

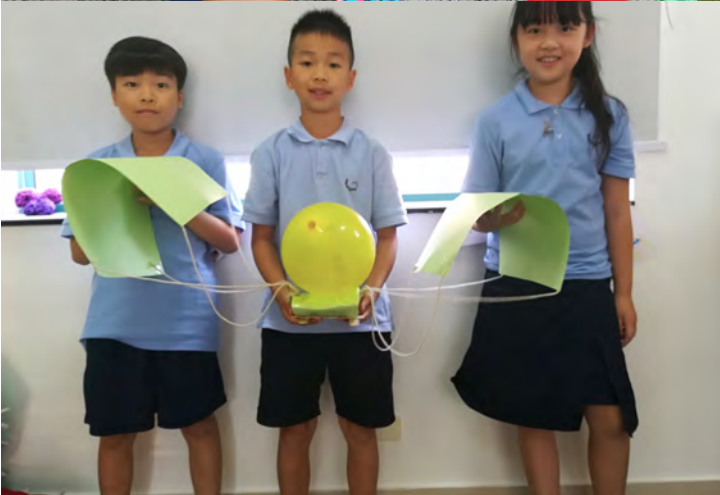


**"We learned together. We  
learned apart. But most  
importantly, we all grew as  
learners from the very start."  
Ms. Hooper**



4

Ms. Hooper

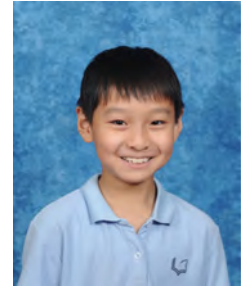




Altes Kartach,  
Elliot  
Dong, Prince  
Fahad,  
Mohammad  
Fu, Angela



Hong, Miranda  
Jhurani, Riddhi  
Jiang, Mike  
Kim, Noah



Li, Ruby  
Liang, Zhuo-Ma  
Meng, Bella  
Sharma, Aditya



Wang, Allison  
Xia, Naomi  
Xu, Roger  
Yun, Anthony



Zhang, Mile  
Zhang, Jerry



**"Fairy tales are more than true: not because they tell us dragons exist, but because they tell us dragons can be beaten." Neil Gaiman**



4

Mr. Dobson





Agarwal, Divay  
Chan, Jonathan  
Cheng, Cyrus  
Gao, Jason



Lee, Avril  
Liang, De-Ji  
Pan, Peter  
Qu, Nora



Sakata, Sena  
Sangaletti, Gaia  
Sharma, Aryan  
Tang, Jessie



Wang, Christina  
Yao, Jim  
Zhao Karlsson,  
Anna





4

Ms. Wilson



**"In any given moment we have two options: to step forward into growth or to step back into safety."**

**Abraham Maslow**





Chemouny, Guy  
Ehlert Ruiz, Greta  
Hiranandani, Prisha  
Hong, Fiona



Huang, Harry  
Joshi, Pragun  
Krieg, Alex  
Kennedy, Jady



Li, Ella  
Ostermayer,  
Oscar  
Palu-Schuli, Peter  
Ryu, Yelim



Shou, Melanie  
Tang Zhou, Lucas  
Wang, Andrew  
Yu, Lisa



Zhu Lina



**"Resilience: Never give up.  
Fall down seven times, get up  
eight."  
Japanese Proverb**



4

Mr. Burns









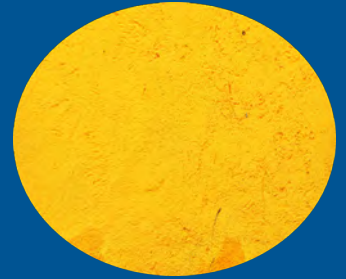
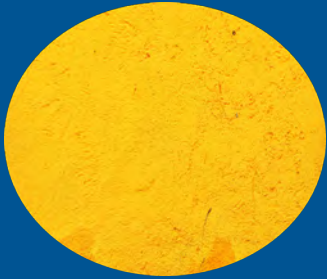




# Grade 5









Bai, Michael  
Cobian Wu, Diego  
Ding, Sophia  
Hong, Rhema



Kim, Gwanho  
Lai, Selena  
Lee, Joey  
Mehta, Aaira



Modi, Siya  
Pengsom, Vedaz  
Shu, Jerry  
Sukhramani,  
Aarav



Wang, Bonnie  
Wang, Tiana  
Wu, Alice  
Yang, David



Zhang, Bella  
Zhao, Allen



**Not Pictured:**  
Chen, Rogers



5

Mrs. Burns





Amano, Sissi  
Barbier, Ines  
Bhatia, Divit  
Ding, Joyce



Fu, Ethan  
Hsu, Colin  
Huang, Linzi  
Jeswani, Prisha



Li, Angel  
Lou, David  
Motiyani,  
Mayank  
Ren, Preston



Semple, James  
Shivnani,  
Devansh  
Simon, Hugo  
Vujicic, Marko



Wu, Nicole  
Xu, Derek  
Zhao, Kevin



**"It matters not what someone is born but what they  
grow to be."  
Albus Dumbledore**



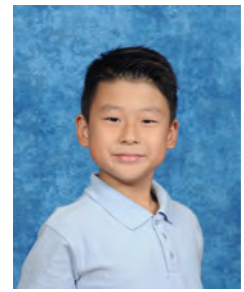
5

Ms. Rocha

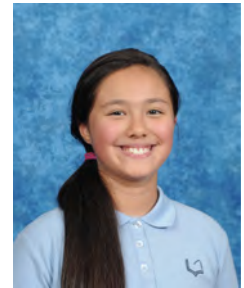




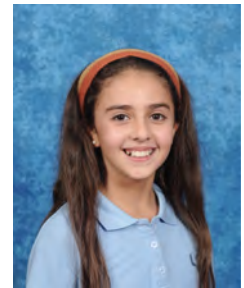
Aggarwal, Rishi  
Cao, Lucy  
Chu, Joe  
Cui, Joshua



Emery, Samuel  
Fang, Nicky  
Horau Mateos,  
Lucia  
Jhamb, Kaira



Lachhwani,  
Ruhaani  
Lai, Debbie  
Lu, Anna  
Palma Chamorro,  
Maria Josefina



Plotz, Maximilian  
Shi, Roger  
Tukula, Paweike  
Wu, Kevin



Wu, Yu-Chen  
Yang, Jun-Lin  
Zheng, Jeffery



**"The future belongs to the curious. The ones who are not afraid to try it, explore it, poke at it, question it and turn it inside out." Anonymous**



5

Ms. Doherty





Aswani, Nasha  
Bonnemarie,  
Candide  
Cao, Victoria  
Chen, Owen



Chen, Amy  
Chu, Carlos  
Gao, Shark  
Hao, Sylvie



Li, Queena  
Punyarthi, Vipra  
Rangwani,  
Yuvraj  
Ryu, Minkyung



Wang, Patrick  
Wang, Diana  
Wang, Allen  
Wang, Harry



Yao, Elsa  
Yu, Shu-Man



**Not Pictured:**  
Chen, Warren

**"Resilience is based on compassion for ourselves as well as compassion for others."  
Sharon Salzberg**



5

Mr. Cushman





