

LS P.E.



Mr. Ben & Mr. Donal

"The moment we believe that success is determined by an ingrained level of ability as opposed to resilience and hard work, we will be brittle in the face of adversity."

Joshua Waitzkin



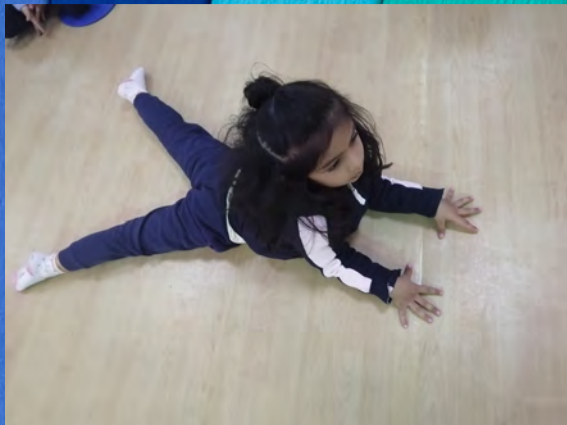
LS Rhythm & Movement

"Just keep going. Everybody gets better if they keep at it."

Ted Williams



Ms. Sherry & Ms. Anna



LS STEAM



Ms. Zoë & Ms. Sissi

**"What matters in the long run is sticking with things
and working daily to get better at them."
Angela Duckworth**



LS Music



Ms. Joy & Mr. Leo



“When life brings you storms,
remember to keep singing!”

Ms. Joy



LS Art



Ms. Jackie & Ms. Sissi

"At the end of the day, we can endure
much more than we think we can."

Frida Kahlo



LS ESOL



"One language sets you in a corridor for life. Two languages open every door along the way."
Frank Smith

Ms. Bea, Mr. Lawrence, Ms. Patricia, & Ms. Lainie

**"We all smile in the same language."
Unknown**



LS Mandarin



Mr. Bateman, Ms. Zhou, Ms.Mae, Ms. Melanie, Ms. Lucia, & Ms. Amy

长风破浪会有时,直挂云
帆济沧海。

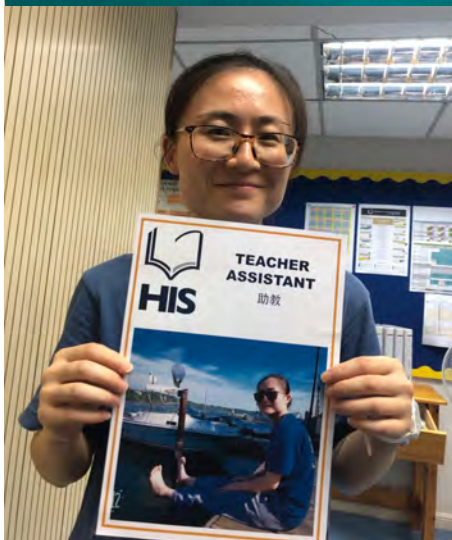
—唐·李白



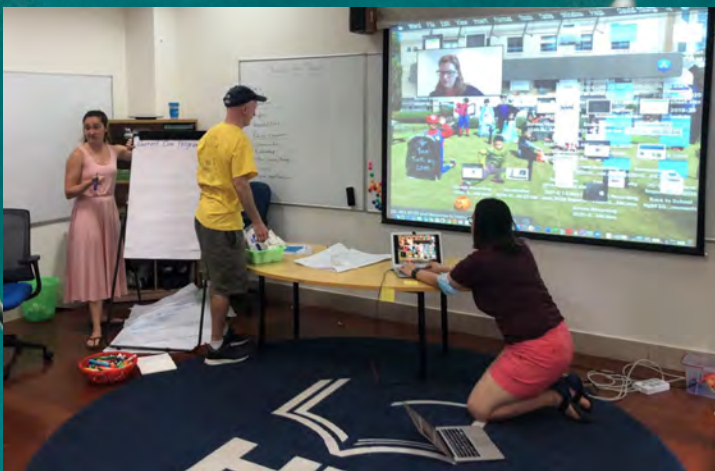
Student Support Services

“Remember, sometimes the people with invisible disabilities have the greatest need.”

Lead Inclusion



Ms. Diana, Dr. Widi, Ms. Pekin, Ms. Maingot, Ms. Canny,
Ms. Barb, & Ms. Aubrey



HIS Library



Dr. Baxter, Ms. Dierker, & Ms. Amy



"To build up a library is to create a life. It's never just a random collection of books."

Carlos María Domínguez



HIS Library



"It isn't just a library. It is a spaceship that will take you to the farthest reaches of the universe, a time machine that will take you to the far past and the far future, a teacher that knows more than any human being, a friend that will amuse you and console you- and most of all, a gateway, to a better and happier and more useful life."

Isaac Asimov

LS ASA



Community Garden

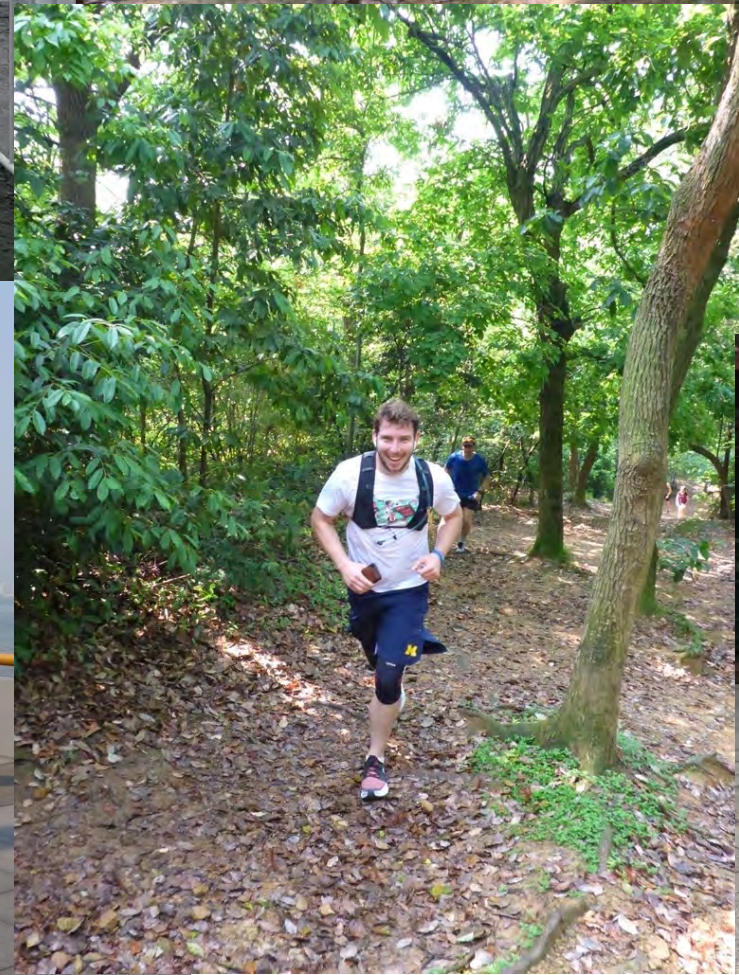


Tree Lighting Choir



HIS Runners





Dress Like a Friend Day





Halloween





Real World Experiences





LS Drama

HIS Lower School Drama ASA
Presents:



By William Shakespeare

Directed by:

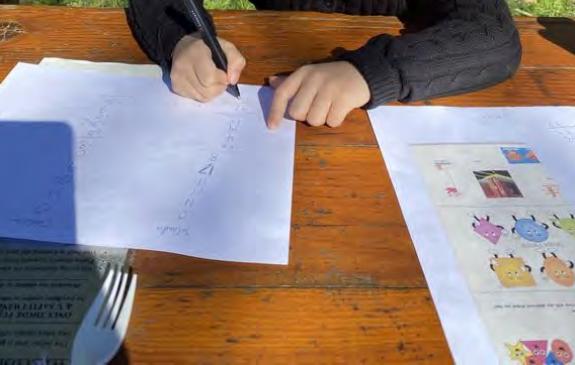
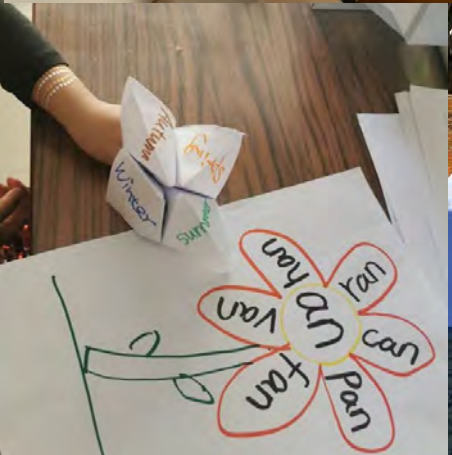
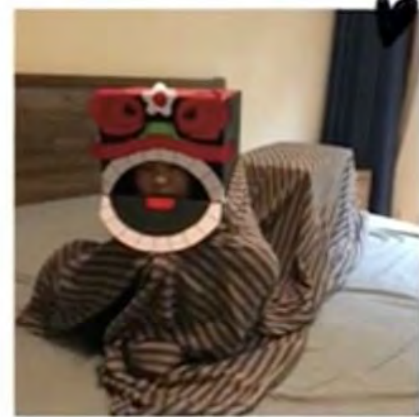
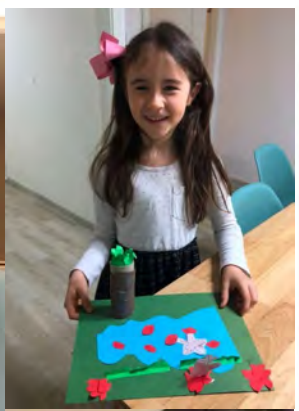
Abbey Ehling and Cilla Giannopoulos





LS E-Learning





LS Student Council



"The **Student Council Mission** is to include everyone in our community by making HIS feel like a kind, comfortable, and safe place, where every student is welcomed and accepted for who they are."

A note from Ms. Pat Long

Upper School Vice Principal



My mother used to say 'Never pray for patience, because God may teach it to you the hard way'. She meant simply that a person is not naturally patient, but has to learn it by dealing with things that do not go as quickly as hoped, or as smoothly as planned. It isn't a quality that someone is born with, but something one gains. It is perhaps one of the reasons why children run everywhere; why young people are always in a hurry – they haven't yet had to wait and learn to exercise calm in the face of obstacles.

Resilience, like patience, is not something that just appears as if by magic. The only way to know you have it is to emerge on the other side of a challenge with some bounce still remaining, with the ability to bend and flex and recover, despite how strong the storms are. There is no resilience without struggle.

No one would argue that this academic year has been free of storms and struggles. It has indeed been extraordinary. What we have learned, as we reach the end of it, is just how resilient our students are- as individuals, as members of the Upper School, and as part of the wider community. You have encountered hurdles repeatedly throughout this year, especially in the last few months, and have been required to 'roll with the punches' like never before. You have emerged from the storms a little battered, but resolute and still smiling. The strength and resilience you have gained has kept you unified and dignified despite the difficulties, and will ensure that you are prepared for whatever challenges life throws at you next. As you look back through the photos and memories here, I hope you find laughter and joy- but also pride at the deep courage you have shown and the resilience this year has given you.

A yellow circular graphic with a textured, slightly mottled appearance. Inside the circle, the letters 'US' are written in a bold, black, sans-serif font.

US