



# Berryessa Chinese School

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BCS School Hours  
Sat. 9AM-1PM

## 博愛通訊 eNewsletter

博愛信箱/P.O. Box 32988, San Jose, CA95152 • 留言/Voice Mail: 408-5200-BCS [www.bcs-usa.org](http://www.bcs-usa.org) Email: [bcs\\_board@yahoo.com](mailto:bcs_board@yahoo.com)

### 博愛活動 BCS Upcoming Events



日期	事項	Event	地點 Location
1/8	董事會會議	Board Meeting 9:15-11:30am	Zoom
1/15	上學期結束	End of 1st semester	
1/15 (afternoon)	學術比賽賽前說明會	Academic Competition Student Seminar	Online
1/22 (afternoon)	學術比賽	Academic Competition	Online
1/29	學術比賽	Academic Competition	Online

### 本期摘要 Summary

- 2022 學術比賽訊息 2022 Academic Competition Announcement
- 和孩子們一起制定新年計劃 Making New Year's Resolutions with Your Kids
- 2022 虎年燈籠創意設計比賽 2022 Year of the Tiger Lantern Creative Design Competition
- 北加州中文學校聯合會會訊 ANCCS News

### BUSD Corner

Please refer to BUSD [Frequently Asked Questions](#) on BUSD [Reopening Hub](#) for information, updates

## 2022 學術比賽訊息 Academic Competition Announcement

### IMPORTANT NEWS!!!

博愛學術比賽小組將於一月十五日舉行 2022 年博愛中文學校學術比賽賽前說明會, 並將於下星期公佈細節。BCS AC Team will have a BCS Academic Competition Student Seminar on January 15th, 2022. We will announce the details next week.

由於 Covid-19 Omicron 疫情影響, 所有一月廿九日比賽的項目都改為網路上舉行。一月廿二日比賽維持下午網上舉行。Due to the Covid-19 Omicron variant concern, all EVENTS contests will be changed to **ONLINE** on January 29th, 2022. It still remains online in the afternoon on January 22nd.

### 一月廿九早上網上項目/ January 29th Morning Online Events

漢語拼音 8:20 - 9:00 AM HanYu Pinyin Phonetics	雙語翻譯 9:20 - 10:20 AM Bilingual Translation	中文打字 11:00-11:50 AM Chinese Typing
注音拼音 8:20 - 9:00 AM Zhuyin Phonetics	閱讀測驗 9:20 - 10:20 AM Reading Comprehension	作文 11:00 AM - 12:30 PM Writing Composition

### 一月廿九下午網上項目/ January 29th Afternoon Online Events

國語演講 1:30 - 2:30 PM Mandarin Speech	國語朗讀 2:30 - 4:00 PM Mandarin Read-Aloud	CFL 朗讀 2:30 - 4:00 PM CFL Read-Aloud
粵語演講 1:30 - 2:30 PM Cantonese Speech	粵語朗讀 2:30 - 4:00 PM Cantonese Read-Aloud	國語即席演講 2:30 - 3:30 PM Mandarin Impromptu Speech

### 特別公告:

若學術比賽該項目組別只有一位參賽者, 該項目組別將不會頒發獎盃, 但仍會給予獎狀以茲鼓勵。參賽學生依評審老師鑑定核准, 即可代表本校參加北加州中文學校學術比賽。

### Special announcement:

If there is only one contestant in a contest category, that contestant will not be awarded a trophy, but a certificate will still be given for encouragement. That contestant will be eligible to represent BCS to participate in the ANCCS Academic Contest.

*For more information, please visit [博愛學術比賽小組 Academic Competition Team 網頁](#)*

*If you have any questions, please email to [ac@bcs-usa.org](mailto:ac@bcs-usa.org)*



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## 和孩子一起制定新年計劃

新年是慶祝新開始的時間，7-12 歲的孩子正處於定下學習目標的理想階段。新年計劃不但讓我們有所得益，孩子更可以學習自律和制定目標的意義；同時，與孩子一起制定新年計劃，既有趣也是親子良機。

以下一些溫馨提示，可以幫助孩子從制定新年計劃 得到裨益。



### 以身作則

作為父母，言行一致十分重要；因為，孩子把父母所有的生活細節看在眼裡。父母應當表現他們對自己新一年的期望，並且思考如何將孩子包括在計劃中。例如："今年我要多喝水，因為水對我有好處。你想和我一起多喝水嗎？"

### 讓孩子自我規劃

您可以指導和建議一些可以作出改變的事項，幫助孩子清楚目標，並確保適合他們的年齡層，讓孩子主導自己的目標並學習如何妥善安排。

### 保持積極態度

回顧孩子去年的成就，表揚做得好的亮點，並以輕鬆愉快的心情一起討論新年計劃，如果討論時態度強硬嚴厲，孩子很可能會抗拒。

### 共同作出全家計劃

全家計劃還可以拉近家人彼此的距離。一家人可以計劃每個月做一件善事，然後集思廣益地思考做甚麼善事：在公園撿垃圾或捐贈舊衣服和玩具給收容所。

制定目標可以教導孩子堅持、專注和計劃的義意。

計劃不要定下太多，幫助你的孩子將廣泛的計劃安排成可行的、循序漸進，指導他們在合適的情況下實現。有了爸媽的參與，也會成為孩子達成目標的最佳動力，而這股動力，將會讓他們對 2022 年充滿期待，努力實踐。



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## Making New Year's Resolutions with Your Kids

New Year's Day is the traditional time to celebrate a new beginning, and kids ages 7-12 are at the ideal stage to learn to make resolutions. We not only benefit from New Year's resolutions; our children can also learn a lot about self-discipline and the value of making goals. Making resolutions with your children can be fun and exciting and is a good opportunity for family bonding.

Here are some tips on how to help your kids benefit from making resolutions.

### Be Resolution Role Models

As parents, it's important to practice what you preach. Just as with everything else you do; your child is watching. Parents should be reflective about how they wish to be in the coming year. Think of how you can include your child in your resolution. "I'm going to drink more water this year because water is good for me. Do you want to join me?"

### Suggest—Don't Dictate—Resolutions

You can guide and suggest general categories for change, help your child clarify goals, and make sure they're age-appropriate, but kids should come up with resolutions themselves. This is how they take ownership of their goals and learn to plan.

### Keep a Positive Approach to Resolutions

Start by going over the positive things your kids accomplished last year instead of pointing out their shortcomings. Point to the bright spot where they are doing something well. There's a celebratory feeling to setting goals on New Year's that doesn't exist at other times of the year. Present it optimistically, a lot comes from your tone. If you're putting it in a punishing, preachy way, your kids will be turned off.

### Make Family Resolutions Together

Resolutions also bring families closer, especially when you decide to set goals together. Families could plan to do one charitable thing a month and brainstorm about what that might be. You could pick up trash in the park or donate used clothes and toys to a shelter.

Setting goals can teach children persistence, focus and the value of planning.

The important thing is not to end up with too many resolutions, help your kids to break down broad resolutions into doable, step-by-step pieces. Guiding them to be most realistic as you see fit. With the participation of parents, it will also become the best motivation for children to achieve their goals, and this motivation will make them look forward to 2022 and work hard for it.



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# 2022 虎年燈籠創意設計比賽

**參賽資格：**  
比賽開放予所有18歲以下學生參加。

**報名日期：**  
即日起至1/30/2022(星期日)止(逾期恕不受理)  
請於1/29-1/30/2022之間，將你的作品繳交至南灣華僑文教中心(10am-3pm)  
100 S. Milpitas Blvd., Milpitas, CA 95035

**參賽規則：**詳情請參考報名簡章  
燈籠可以購買現成空白燈籠(Daiso 和 Amazon 皆有出售)，或自行設計製作，  
作品體積不得小於6"x6"x6"(或216立方英寸)。

**獎勵辦法：**所有參賽同學都可以獲得一份參加獎品(請於2/6/2022親自領取)  
每組錄取前三名(80, 50, 30元禮卡及獎狀一張)，  
於2/6/2022「虎年迎春揮毫活動」頒發禮卡及獎狀。

**聯絡人：**  
[lantern@anccs.org](mailto:lantern@anccs.org), 戴慧靖 Josephine Tai, 王婉君 Lisa Wang

**報名表**



To celebrate the Lunar New Year, the Association of Northern California Chinese Schools organizes the "2022 Year of the Tiger Lantern Creative Design Competition" to promote traditional Chinese festivals with a New Year atmosphere and educational activities.



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## Eligibility

The competition is open to all students under the age of 18.

## Registration deadline

- From now until January 30, 2022 (Sunday) (Overdue will not be accepted)
- Please turn in your artwork between 1/29 and 1/30/22 to:  
TECO, 100 S. Milpitas Blvd., Milpitas, CA 95035

**Rules** - please refer to detail rules in application form:

- You can design your own lantern from scratch or purchase a blank lantern from Daiso or Amazon.
- The minimum size of the lantern is 6"x6"x6" (or 216 cubic inches).

## Prizes

- All participants will receive a gift (in person pick up on 2/6/22)
- First 3 winners of each category (\$80,\$50,\$30 gift card and certificate).
- Detail information and application form link:

<https://docs.google.com/forms/d/e/1FAIpQLSewNjXhI-FVEom6ZYt6jXv-JlVIRwCfvvmu7UFx5cVOszLfMQ/viewform>



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**January 05, 2022 第 44 屆雙週刊第九期**

### 最新資訊 Latest News!!!

會員學校通訊-雙週刊  
第九期: [ANCCS 44th eNewsletter #09](#)

### 本會近期重要活動

日期	事項
01/23	"傳統僑校正規化" 講座
01/30	"虎年燈籠創意設計比賽" 報名截止
02/06	2/6 迎春揮毫

**ANCCS Bi-weekly Newsletter Link:** ..... [Archived eNewsletter links](#)



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## BCS Contacts



If you have any questions or suggestions for improvement concerning BCS, please feel free to reach out to our leadership listed below.

Department	Email
BCS Board	bcs_board@yahoo.com
Secretary	secretary@bcs-usa.org
Admin / Operations	vp-admin@bcs-usa.org
IT / Website Support	it@bcs-usa.org
Registration	registration@bcs-usa.org
Curriculum	vp-curriculum@bcs-usa.org
Mandarin	mandarin@bcs-usa.org
Cantonese	cantonese@bcs-usa.org
CFL	cfl@bcs-usa.org
HSIC	hsic@bcs-usa.org
Academic Competition	ac@bcs-usa.org



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