



SINGAPORE INTERNATIONAL SCHOOL @ CAN THO NEWSLETTER

January 2021

Principal's Message: Be prepared

Dear parents,

We understand that the recent outbreak of COVID-19 is causing much worry and anxiety in our community and country as well as around the world. Singapore International School is working closely with local health and education officials to ensure the health and safety of our students and staff. While officials caution us about traveling during the Tet holidays, we would like to remind you to continue making efforts to minimize the spread of the virus.

Medical experts and disease professionals have emphasized that maintaining good hygiene is critical to keeping our school community as healthy as possible. In order to assist in promoting good hygiene, we are reminding our students and faculty of the importance of washing hands thoroughly and consistently after using restrooms and before and after eating meals. At school, we currently have a number of hand sanitizer pumps in various locations. However, you should carry your own personal sanitizers with you when outside of school.



Of course, we are weary of social distancing, mask wearing, and frequent hand washing. But we cannot let our guard down. Children need to be reminded to cover their mouths when coughing or sneezing. This should be done with a tissue or elbow. Also, please remind them to avoid touching their mouth and nose since that how germs get into the body.

Schools have closed in some provinces as a result of COVID-19, so we need to be aware about the possibility of returning to online teaching. Last year was our teachers' first experience with a pandemic and having to go to remote learning with little time was difficult but important. Singapore International School has the students' best interest in mind. As the teachers review and prepare for possible online teaching, we respectfully suggest that you make sure your home is prepared with a good study area. This includes a computer, a comfortable chair, a solid table for writing, and in a location that is away from noise and distractions.

We can only hope that the recent outbreak will not result in this action.

Have wonderful and safe Tet holidays. Be careful, be observant, and be sure to have your children overtly protected so we can all be together when school begins on Monday, February 22nd. Chúc Mừng Năm Mới.

Sincerely yours,

Larry Synclair
Principal



Students from Year 1 to Year 5 visited Bao Gia Farm Camping. This facility was constructed by a team of agricultural engineers developing means to overcome many difficulties and challenges from harsh weather, pests, soil and water pollution. Students learned about high quality agricultural products, rich in nutrients, and safe without using harmful fertilizers, chemicals, and pesticides. Sightseeing activities included information about the cultivation process and gaining an understanding that Vietnam is fully capable of developing into an advanced agricultural power.

A Visit to the Farm



Meet the Teacher

Nguyen Ngoc Phuong Thao Year 7 & 8 teacher

Ms. Thao is a dedicated, enthusiastic teacher who is well liked by students and staff. In addition to being a classroom teacher, she is also the school's physics teacher. She studied at Can Tho University's Faculty of Education in Faculty of Physics, and earned a Bachelor's in Education. "It is great to see the curious, bright eyes of the students interested in the content that I convey," Ms. Thao says. She adds that being a teacher includes being a mentor. "And I am even more proud to see my students grow up and show their own talents. Contributing to the formation of students' abilities, qualities, and personalities is one of the great things about teachers in the teaching process." During Ms. Thao's free time, she enjoys spending time with her cactus garden, reading a few books or video calling with a few friends to exchange teaching experiences.



Reminder:

**School will be closed for the Tet holidays from February 8-19, 2021. School reopens on February 22, 2021.
Have a wonderful and safe vacation.**



THE IMPORTANCE OF SWIMMING

In the beginning of March, SIS students will return to swimming lessons. The school's intention to have swimming lessons as part of the Physical Education program stems from two important reasons: the need for exercise and to *prevent your child from possible drowning.*

The Ministry of Health reports, according to *SwimVietnam.com*, that 16 people drown every day in Vietnam, a rate ten times that of developed countries. Although this number is shocking, the World Health Organisation reports that this is a conservative estimate.

Drowning is the leading cause of death by injury for children in Vietnam. There are many factors that contribute to these numbers, including:

- Vietnam has thousands of miles of waterways, including 2,000km of coastline which is vulnerable to extreme tides and the monsoon season. Flash flooding is a regular occurrence, particularly in rural and mountainous areas.
- Swimming and water safety education is limited, with a shortage of qualified swimming teachers, few safe places for children to learn to swim, and water safety not being part of the curriculum.
- Children are often unsupervised when parents have to work, especially during the school holidays. Approximately 50% of the population lives in rural areas where large rice paddies and other bodies of water are close to homes.

Why is this happening? In the Scientific Journal, *Injury Prevention*, researchers spoke to parents who admitted "a lack of familiarity with water activities and few swimming skills, noting that these activities are not perceived as recreational sports..."



Ma Ngoc Han

The month of January recognizes Hanna as Student of the Month. Attentive to her studies, this Year 4 student is also big fan of Art. She's very talented in this area. When she is not studying in school, she like to cook...especially cakes. Congratulations, Hanna!



Tet deco in our school



FLOAT, SINK, AND GROW TIME

K2 students had so much fun with their FLOAT or SINK experiment in the classroom in which they went around the classroom finding objects to put in the water to learn a useful lesson about floatation. Then, they all went out to see the floating paper boats. The kids were so surprised and they laughed so loudly. Also, they visited their school's organic garden and the greenhouse to see the development of different plants.



ABCs Of Student Success

A is for ATTENDANCE.

Attendance is a critical factor in any child's school success. Children should attend school every day, except in cases of illness or emergency. It is impossible to replace the learning that happens on any school day with make-up work. Regular attendance and promptness are good habits that are expected and appreciated at all levels of schooling and in the workplace. This year, make school a priority in your household. Commit to excellence in attendance. Your child's future depends on it!

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B is for BEDTIME.

Awaaaaa, Mom! Already? Sound familiar? On average, children need 8 to 10 hours of sleep each night. Sleep is important for many reasons. Lack of sleep can cause kids to be hypersensitive, impatient, or cranky. It is more difficult for children to concentrate and learn when they are tired. (Some doctors even believe that during sleep the brain "files away" what is learned during the day.) Encouraging quiet activities -- such as reading -- just prior to bedtime offers a transition that helps children relax. *Sweet dreams!*

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ABCs Of Student Success

C is for CHOICES.

According to Jim Fay, author of *Becoming a Love and Logic Parent*, giving children choices is more effective than making demands. He suggests...

- Never give choices if it might cause problems for you or anyone else.
- Give only two options for each choice, both equally okay with you. For example, *Would you like peas or carrots?* or *Do you want to do homework now or in 15 minutes?*
- If the child doesn't decide within 10 seconds, make the choice for him or her.

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FUN!

under the sun

Secondary and high school students ventured to the Ong De Ecological Tourism Village, located about seven kilometers from Can Tho. With a beautiful landscape of green trees and grass as well as animals such as eagles, hawks, horses and iguanas, students took note of the ecosystem as well as had fun playing game and enjoying spectacular water activities.

