

NEWSLETTER

April 2021

Principal's Message: High standards set during the final term

Dear Parents,

Since our doors open to our students in August 2018, the teachers and staff of Singapore International School have worked hard to provide a secure and intellectually challenging environment for students to become innovative scholars, resourceful problem solvers and enthused learners ready to blossom in the 21st century. Our intent is to keep the standards high.

At SIS, we set strong goals and expectations for each student in regards to academic performance and co-curricular participation. We hold these high standards closely in our teaching and curricula and press each of our students to maintain a good record of achievement and contribution. Full involvement in academic and co-curricular programs and ability to act sensibly as an individual within our educational environment are factors that allow everyone to have a fruitful, enjoyable school year.



Below are our principles regarding teaching and learning that we established as part of this process. We believe that efficient and successful teachers can do the following:

- Establish opportunities for intellectual risk-taking, collaboration, problem-solving, and application of classroom learning to real-life situations;
- Create and apply strategies that aid students with learning comprehension;
- Design instruction to integrate various innovative technological tools and resources to boost learning;
- Unite with teaching colleagues to share and discuss model practices, decipher student performance data, and construct assessments that boost twenty-first century skills.

By doing this, we believe that our students will be affected by the following:

- Communicate in a significant way for various purposes and audiences;
- Show understanding to the accuracy and distinctions of written, visual, and aural medium through comprehension, interpretation, and evaluation;
- Employ critical and creative thinking skills to solve problems; and
- Pose questions, examine possibilities, and apply skills to find solutions to authentic issues.
- Make positive choices related to physical and mental wellness; and

As the final term begins, we are looking forward to seeing your children continue to participate fully in our academic and co-curricular programs.

Sincerely yours,
Larry Synclair
Principal

Talented speakers



This month, our teachers selected two students in each class from Year 3 to Year 5 to represent our school to attend an English Talent Competition of Ninh Kieu district. Our students competed wonderfully with all other representatives of primary schools in Ninh Kieu by demonstrating their fine English skills. They even debated by applying critical opinions. With tremendous honor, our representatives in Year 5, Doan Dong Nguyen and Nguyen Nhat Ngoc Minh overwhelmingly earned second and third place honors. Huynh Nguyen Thanh Lam from Year 3 and Ta Duc Tri from Year 4 were recognized by the judges as English talents. The second and third place winners Doan Dong Nguyen and Nguyen Nhat Ngoc Minh will represent Ninh Kieu district by participating in the Can Tho city round.

Ludwig Santos Mindo De Varona **Music teacher/KIK English teacher**



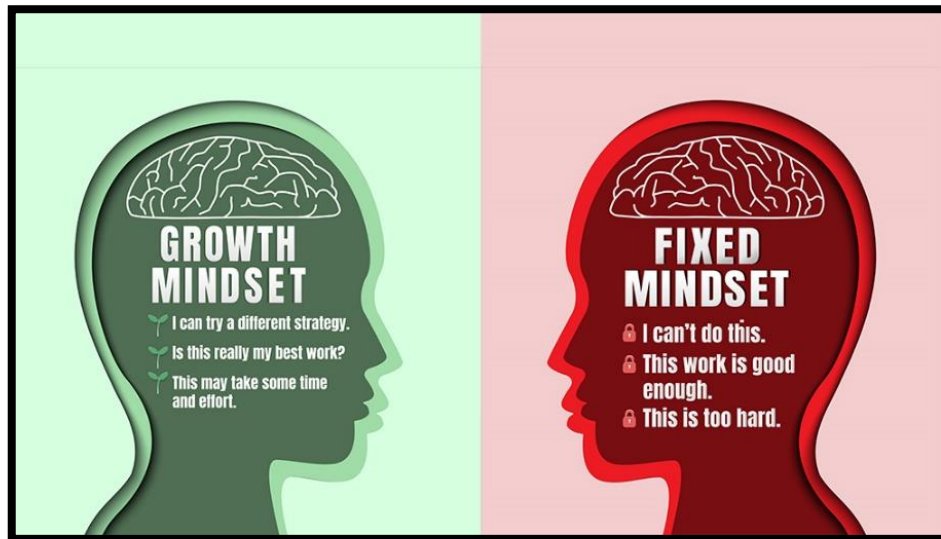
Ludwig was born for music; hence, his parents also thought so when naming him after the famous German composer and pianist.

This music teacher (also KIK English teacher, as well as a Social Studies, STEM, P.E., Social Virtues, and iPSLE teacher) come from the Philippines and has taught since 2008 in Saudi Arabia, Philippines and Vietnam.



Besides being a teacher of multiple subjects, Ludwig knows about being a student. He has a teaching license, numerous educational certificates, a master's degree, two bachelor's degrees, and is currently working on his second master's degree. He's an educator and student of many talents.

Mindset Matters



In general, a growth mindset is the belief that intelligence and “smartness” can also be learned and that the brain grows from experience and effort. The opposite, a fixed mindset, is the idea that you are smart, or you are not.

For example in math, that translates into “some people are good at math, and some are not.” Did you know that praising efforts rather than intelligence or results can impact your child’s ability to persevere in challenges? The goal is to have children thrive on challenges and see failures, not as a sign of low intelligence, but as a learning opportunity. Brain research tells us that making mistakes actually wires more connections into the brain. When a person has a growth mindset, they accept challenges, see their efforts as worthwhile, and are open to learning from mistakes.

Students with a growth mindset achieve at higher levels than those with fixed mindsets. How can you help? Some simple ways:

Adding “yet” when they claim they are “not good at this” (Respond: “You are not good at this yet.”)

Ask questions that focus on their effort and choices and get them to reflect on satisfaction of that effort (e.g. *What did you learn today? What mistake did you make that taught you something? What did you try hard at today?*)

Model this yourself as you share about your day.



Nguyễn Nhu Ngọc

Congratulations to our Year 1 student, **Nguyễn Nhu Ngọc**. She is a very nice student who is attentive to her studies. She is sociable with friends and behaves well with all teachers. Nhu Ngọc likes English and Vietnamese. She says she also likes SIS because the environment helps her improve her English. When she's not in school, she learns English at home



SLEEP BETTER, FEEL BETTER

Sleep is crucial to a student's learning and understanding.

Even minimal sleep loss can take a toll on children and teen's mood, energy, effectiveness, and ability to handle stress. If they want to feel their best, stay healthy, and perform up to their potential, sleep is a necessity, not a luxury.

Kids ages 5 to 12 need 10 to 11 hours of sleep each night.

When you get enough sleep you can:

- Pay attention better in school
- Be creative and think of new ideas
- Fight sickness so you stay healthy
- Be in a good mood
- Get along with friends and family
- Solve problems better

Without enough sleep you can:

- Forget what you learned
- Have trouble making good choices
- Be grumpy and in a bad mood
- Have trouble playing games and sports
- Be less patient with brothers, sisters, and friends
- Feel hyperactive and have a hard time concentrating

Tips to encourage health sleep in children:

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet. Keep TV and computers out of the bedroom.
- Avoid caffeine.

Sources: National Sleep Foundation (www.sleepfoundation.org)

www.helpguide.org

www.kidshealth.org

www.sleepforkids.org