



SINGAPORE INTERNATIONAL SCHOOL @ CANTHO

NEWSLETTER

April 2022

Principal's Message: SIS – A No-Bully Zone

Dear parents,

Singapore International School never tolerates bullying. The effects of childhood bullying can linger for decades with long-lasting changes that can put us at a greater risk of mental and physical illness. As for the bully, that person's defiance of social norms could result negatively in their future. According to school policy, action against a bully can range from notifying parents, mediation, disciplinary board meeting, or suspension.

There is not a single profile of a young person involved in bullying. A person who bullies can be either well connected socially or marginalized, and may be bullied by others as well. Similarly, those who are bullied sometimes bully others.

Bullying is a serious risk to children's mental health with the most notable consequences being elevated anxiety, depression and paranoid thinking. While some of these symptoms may naturally vanish after the bullying stops, many victims continue to suffer from a higher risk of mental illness.

According to research in the *Harvard Review of Psychiatry*, a woman who has been bullied as a child is 27 times more likely to have a panic disorder as a young adult. Among men, childhood bullying resulted in an 18-fold increase in suicidal consideration and action.

Bullying will also have extended consequences for people's social lives. Many victims of bullying find it harder to make friends in later life and are less likely to live with a long-term partner. One possibility is that they struggle to trust the people around them. According to research, "Kids who've been bullied, might interpret social relationships in a more threatening way." Finally, there are the academic and economic costs. Bullying harms people's grades, which in turn reduces their job prospects – meaning that they are more likely to experience financial instability and unemployment in young adulthood and midlife.

Bullying also can have negative results on the abuser. Research indicates that children who regularly bully their peers are at greater risk for other problem behaviors like stealing, vandalism, school absences, and substance use.

Taken together, these findings suggest that attempts to eliminate bullying are not only a moral imperative to alleviate children's immediate suffering; they may bring long-term benefits for a population's health.

Fortunately, ongoing research can now provide some proven anti-bullying strategies that are known to help. SIS's Health and Physical Education teacher, Mr. Limbert, embarked on a Student Protection Program which was implemented by the KinderWorld Education Group. Students are not only learning about bullying and the problems this misconduct causes, but they are learning to say no to bullying.

Singapore International School takes pride in being a no-bully zone. Students know that they're safe and anyone considering acts of being a bully know the consequences will be swift and detrimental.

All the best,
Larry Synclair
Principal



Nguyen Nhat Dang



Congratulations to our Year 8 student, Nguyen Nhat dang (Andy). He says his favorite subject is English because it is an international language and it helps him a lot in communicating with foreigners. Andy also admits that he likes SIS because of the quality of studying. By that, he means teachers and friends are very friendly, caring and energetic. Andy says his future goal is to become a better person in health and mental so he can also help other people. When he is not at school, he usually attends sport clubs to become healthier or reading books to improve his knowledge in other subjects.



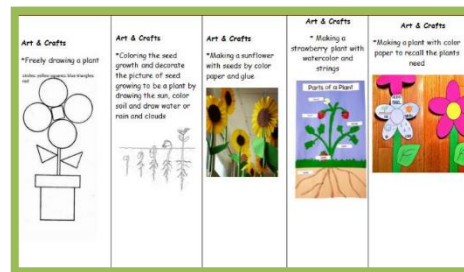
Fun Science



Recently, our Year 7 Students had a very exciting experiment by making fermented rice to observe the chemical transformation of them. Fermented rice is a special food served during some traditional occasions in Vietnam, especially in the Mekong Delta. Following instructions from our science teacher, Ms. Thao, the Year 7 students sprinkled yeast on the bottom of a large, wide bowl, layered the rice and yeast, alternating between layers. Next, they kneaded the mixture until the yeast disappeared. Then they placed it into a large plastic container and kept it in a warm and dark place for 2-3 days. When the water pooled at the bottom and the rice floated, the rice was ready to be eaten.



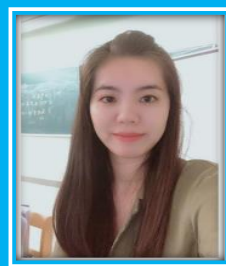
KIK Nursery: Art, Science & Gardening



In March, Nursery students learned about the world of plants. They grew tiny plants in cups, visited the school's green house and had much fun making interesting arts and crafts.

Teacher Feature

Welcome Ms. Lulu



Singapore International School is pleased to announce Ms. Lulu Zhu is providing Chinese lessons for primary and secondary classes during the remaining school year. Throughout most of this school year, efforts to bring a Chinese teacher to Can Tho was thwarted by Covid-19 restrictions on visas and work permits. Ms. Naomi from SIS @ Binh Duong graciously helped Can Tho by providing online lessons about China. We give our sincerest appreciation for her assistance. Ms. Lulu, from SIS @ Saigon South, has taken over online Chinese language classes. Ms. Lulu graduated with an education degree in Jiangsu, China and has taught Chinese at several schools since 2008.

The celebration of Easter is marked in around 95 countries across the world. It's also a time for a host of other surprisingly diverse secular cultural events and traditions, from throwing buckets of water, exchanging chocolate eggs, or hiding eggs by the "Easter Bunny." We also had a great time with the students at SIS@CT by celebrating Easter this year. Year 1 and Year 2 students participated in the "Rock Decorations with their Art Teacher" activity, while Year 3 and up roamed about the campus hunting eggs after lunch. To acquire an indication as to where the eggs are, the students participated in decoding games. There were big smiles everywhere.





DAILY PROPHET: WIZARDING WORLD OPEN TO MUGGLES

By Feyza Yilmazer

Gamification has been used in the context of education for many years. When the rules and rewards are accurately set, students acknowledge how to respond to their academic improvements along with the oral interaction with their peers. Year 3 and Year 4 students have been practicing the Coin Counter System for two years, in which students are obliged to earn Galleons to pay their weekly house rents. Earning Galleons to purchase paper-based craft activities encourages students to demonstrate the desired behaviors such as completing the homework on time, joining the class discussions and keeping the classroom organized.

**"Soon we must all choose what is right and what is easy."
-Albus Dumbledore**

Year 3 and Year 4 students celebrate their hard work and achievements during the Wizard's Gift Shop. The students spend their Galleons to buy monster notebooks, broomstick pencils, goblet of fire bookmarks and many other wizarding materials. "This is my first time at the Wizard's Gift Shop and I bought many items. I feel excited for the next WGS!" states Rido, Year 3. The more experienced Year 4 students seemed willing to share their Galleons with those who do not possess enough Galleons to buy their dream item. The communication between both grades and their collective solidarity pinpoint the educational contribution of the Wizarding World to their relationship, as well.



Saying No to Bullying

Definition: Bullying is an aggressive behavior and a form of abuse repeated over time and involving an imbalance of power. It can be physical, verbal, or emotional and can occur via email or online (cyberbullying)

Bullying can adversely affect the mental and physical health of victims and interfere with their academic progress. Those who bully have a greater likelihood of engaging in antisocial and violent behavior. Should a student become confronted with bullying, try the following:

- Look at the bully and tell him or her to stop in a calm, clear voice. The student can also try to laugh it off. This works best if joking is easy to do. It could catch the bully off guard.
- If speaking up seems too hard or not safe, the student should walk away and stay away. Don't fight back.
- Find an adult to stop the bullying on the spot.

There are things a student can do to stay safe in the future, too.

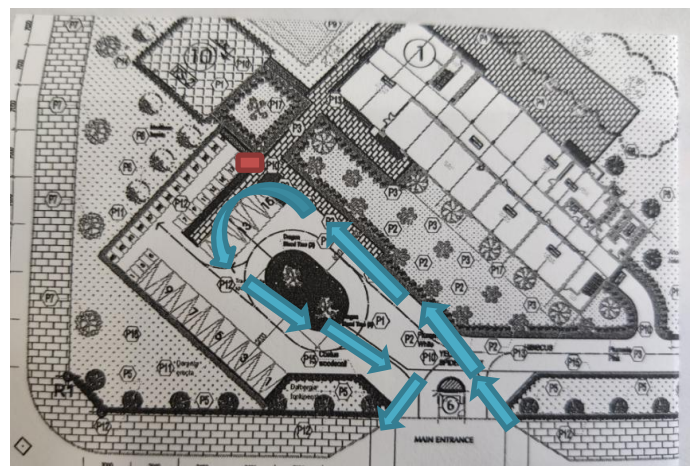
- Talk to an adult that can be trusted. Don't keep feelings inside. Telling someone can help the student feel less alone. They can help the student make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

In response to bullying prevention, Mr. Limbert launched numerous projects for all SIS students ranging from posters, murals, animation, website designs and research.



Student safety is always our top priority at Singapore International School and that includes dropping off and picking up students.

In the past, students arrived or departed from the front gate due to governmental regulations in conjunction to Covid-19. However, the unexpected road construction in front of the school has raised worries about flying gravel and dust. Therefore, SIS has temporarily opened gates for parents with vehicles to deliver or collect their children near the roundabout (see blue arrows).



We are also concerned about potential traffic jams on campus and prefer to see a smooth flow of passage. Consequently, we ask parents to drive onto the school grounds and stop alongside the curb. Please do not park and leave vehicles for extended time unless it is to visit the front office regarding pertinent school issues.

A KIK table (see red square) will be placed near the parking area for parents to sign-in/sign-out their children.

By La Van Phu

Every year, Earth Day is a popular event around the world. Earth Day calls for spreading "green energy" by raising awareness about environmental protection. As well as convey a strong message about the importance of protecting our Earth. In response to Earth Day, the students at Singapore International School in Can Tho designed many new and unique costumes from recycled materials. Winners of the contests are the following: *KIK: 1st - K2; 2nd - Prep; 3rd - K1; Consolation prize – Nursery. SIS: 1st place-Year 5; 2nd place-Year 3; 3rd Place – Year 8;*

