



SINGAPORE INTERNATIONAL SCHOOL @ CAN THO

NEWSLETTER

May 2022

Principal's Message:

Dear parents,

Twice a day, I walk the corridors of SIS and peek at the classrooms. It great to see students focused on their studies while teachers guide them through the lessons. However, I will usually find one student struggling to keep his or her eyes open. I can only wonder why the student is nodding off...and it's not because the lesson is boring: Late night video games? Going out with friends and coming home at 10:00 PM or 11:00 PM? Watching TV until past midnight?

As teachers, it is central to our profession to do everything we can to support students to flourish academically, personally, and socially. However, we are not capable of readjusting biological clocks in our students. We need your help.



In the past, I have written about the importance of sleep in general. I usually included information from professionals who conducted research about student sleep deprivation due to lack of setting rules to sleep. For example, researchers from the Medicine University Hospital in Ho Chi Minh said that many kids in Vietnam sleep six hours a night, less than the standard 8-10 hours a night. Half of the preschoolers and 40% of children lack proper sleep. This can be due to too much playtime, too much homework, or too many hours in front of the television set or playing video games. Accordingly, their biologic clock is affected. So what happens when students stay up late? You can expect poor attention, low grades, school absences, poor social interactions, irritability and crankiness, depression and increased risk-taking behaviors.

Parents should take heed to the sleep time period as their children are growing up. Yes, the children will have arguments about this issue. But parents should educate and convince their kids about the dangers of not getting enough sleep. Medical researchers say parents should have their kids in bed and going to sleep before 10:00 PM. Have them read a book shortly before bedtime instead of sitting in front of a monitor. If kids have too much homework, they should go to bed before 10:00 PM and get up early at 4:00 AM to continue their learning.

Matt Walker PhD, author of *Why We Sleep*, says sleep enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You'll even feel happier, less depressed, and less anxious.

It appears sleeping on time have greater benefits than allowing your child to play video games at night and sleep in class.

All the best,
Larry Synclair
Principal



Lam Hoang Thi Tho

K2 teachers praise Thi Tho, saying she learns well in subjects such as English, Math, science, and music. Her writing skills are also very developed. She understands and follows very quickly in class. In arts and crafts she displays fine motor skills. Thi Tho is very independent and always volunteers to speak and participate in activities with friends. Many congratulations!!!



KIK Nursery: Outdoor Fun

Preschoolers receive some outdoor lessons and leisure time in addition to their classroom hours. Outdoor activities, like classroom activities, are equally vital for children's overall development. It can be shown that taking the youngsters out will allow them to engage with others and boost their capacity to monitor their surroundings. When kids play outside, they make more friends, which naturally improves their emotions. It is comparable to the time youngsters spend at home, surrounded by closed walls.



Teacher Feature

Limbert Goloran

We know Mr. Limbert as our P.E. teacher, who has shown us the joys of sport and health. He developed an anti-bullying campaign for the school and brought the Frisbee competition to campus. But did you that Mr. Limbert, who is from the Philippines, was also a teacher in art, drama, English, social studies and more? "The greatest fulfillment of being a teacher is seeing my students' 'growth' firsthand." He calls his profession "the best career that I can ever have. Not only will I enjoy being with the students, but being the source of inspiration for them to love learning would be my life's purpose and fulfillment." When he's not teaching at school, he loves to travel, taste various cuisines, cook from his kitchen, reading, gardening, and enjoy the outdoors.



How to help your child with their revision - five proven strategies

by The Parents Guide To <https://www.theparentsguideto.co.uk/post/helping-your-child-with-their-revision>

We want our children to do well in exams and effective revision plays a crucial role. Whilst you can't revise for your child, there are lots of ways you can help them revise for themselves. Here are some ideas:

1. Practice and repetition

If you have the time and it's something they'd find helpful, give them the chance to recite, repeat and practice what they've learnt with you. Even if you don't know the answers, the opportunity to say out loud what's in their mind can help clarify whether they have grasped the concepts or whether they are still hazy. Other ways you might be able to help is using quizzes, mind maps, white boards, multiple choice or sound bites to see what they've learned.

2. Host a revision day

Revising together can also help, so encourage them to revise with friends if it's something they enjoy. This gives them a chance to test one another, swap revision notes and revise in different atmospheres.

3. Timed exams / questions

Closer to the exams your child will benefit from completing a number of past exam questions. Help them prepare by creating an environment that resembles the conditions they are likely to experience in the exam hall - minimise external sounds, setup a clear desk and if you can, locate a single clock to encourage your child to time manage under test conditions. Once the allocated time has come to an end, get your child to stop writing as they may be tempted to continue. If they did not finish the exam get them to reflect on the reasons why. Do they need to do more revision, improve their time management or work on their exam technique?

4. Act as the student

Another effective revision technique is to encourage your child to speak through their subject knowledge. By taking on the role of the student, ask your child to explain a topic from one of their subjects. Listen carefully and don't be afraid to ask them a question if you do not fully understand what they are saying. Studies have shown that one of the best ways to revise is by teaching others.

5. Mind-maps / brain dumps

At the start of a revision session get your teen to write down everything they can think of related to that subject topic without looking at their textbook or notes. This does not need to be neat and tidy, and can be in note-form as opposed to full sentences. Even if they can't remember much at all, going through the process of a brain dump will help prime their brain for learning.

Activity to Support Independence

By Todwick Primary School https://www.todwickps.org/serve_file/938647

Encourage the completion of every day, age-appropriate activities. This will allow your child to build their confidence and ability to try new things. Sometimes we find ourselves completing tasks or activities for our children which they could do for themselves. Here are a few examples you could encourage your child to try:

- ☑ Tidying their bedroom
- ☑ Setting an alarm and waking themselves up
- ☑ Prepare their own breakfast or cook something
- ☑ Look up information on the internet e.g. recipes, books, homework resources to benefit the family or themselves.
- ☑ Setting the table, feeding pets, water the plants
- ☑ Take the rubbish out
- ☑ Buy something from the shop for the family
- ☑ Plan a family trip.



We can demonstrate how to complete certain tasks whilst encouraging our children to have a go themselves. This could help young people to cope better and more independently when problems in everyday life arise.

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.

Awwwww, 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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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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