



**SCHOOL** 

Since 1986

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#### Halloween 2017





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### VISION

To be an educational institution of excellence from Kindergarten to University Foundation level combining Eastern Values with an International education to produce global citizens.

#### **MISSION**

To provide quality educational programmes in a creative and challenging learning environment, embracing innovative teaching pedagogies to empower every student to become a life-long learner.

#### **MESSAGE FROM THE PRINCIPAL**

Sleep is an important part of our health. Lack of growth, school performance, and even sicknesses can occur when a child is sleep deprived. Teachers have commented that many of our students (especially the teens) are overtired. Children often spend too much time on video games, phones or TV, and as a result, they are exhausted (and falling asleep) during the school day.

# What can you do to help your child?

Start by establishing a <u>consistent bedtime schedule and routine</u>. Children who go to bed the same time each night (even on weekends, as close as possible) tend to have better emotional and academic behavior.

# Take control of your child's use of electronic devices and TV viewing.

Children who don't have enough exercise, healthy foods, and too much screen time have difficulty getting a good night's rest. Electronic devices stimulate brain activity and disrupt their ability to fall asleep. A good habit is shutting off the TV and other devices (phones, iPads, computers, etc.) an hour before sleep time. Bedtime is a wonderful chance to reconnect with your children by establishing an evening story time just before bed.

If your child is consistently losing sleep because of his/her devices, you might want to take your child's devices (including phone) for the night, and have a no TV/computer in bedroom rule.

Childhood is a brief time in life, and your positive influence now will make a big difference in your child's future.

#### **SLEEP GUIDE LINES**

3 to 5 Years 10 to 13 hours of sleep

6 to 12 9 to 12 hours of sleep

13 to 18 years 8 to 10 hours of sleep

Kind regards, MaryKay Gudkova

Principal



# SINGAPORE INTERNATIONAL SCHOOL Since 1986

## **UPCOMING EVENTS**

- December 13<sup>th</sup>-Christmas Fair and Concert
- December 18<sup>th</sup>-January 1<sup>st</sup>-CHRISTMAS HOLIDAY
- January 2<sup>nd</sup>-10<sup>th</sup> 2018-SA 1 EXAMS
- January 19<sup>th</sup>-LAST DAY OF TERM 2
- January 29th-FIRST DAY OF TERM 3

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# SINGAPORE INTERNATIONAL SCHOOL @ BDNC

November 2017

#### **SA1EXAMS**

A reminder that in early January, there will be exams for our students in Year 2 to Year 9. Below is the schedule.

Attached with this newsletter is a summary of the exam process for your information.

Week 1		Subject
1 <sup>st</sup> Jan 2018 (MONDAY)	EPP and Chines e testing done this week	No School
2 <sup>nd</sup> Jan 2018 (TUESDAY)		English Paper 1-Speaking (International and Integrated students)
3 <sup>rd</sup> Jan 2018 (WEDNESDAY)		
4 <sup>th</sup> Jan 2018 (THURSDAY)		English language Paper 2-Writing (International and Integrated students)
5 <sup>th</sup> Jan 2018 (FRIDAY)		English Paper 3 –Language & Comprehension (International and Integrated students)
Week 2		Subject
8 <sup>th</sup> Jan 2018 (MONDAY)	EPP and Chines e testing done this week	Mathematics (International students)
9 <sup>th</sup> Jan 2018 (TUESDAY)		English Paper 4-Listening (International and Integrated students)
10 <sup>th</sup> Jan 2018 (WEDNESDAY)		Science (International students)

Before the exams, we will have a tutorial week at school where students can practice for the exams with their teacher. Exam tutorials will replace clubs.

# KINDERWORLD ACCESSORIES AND PERSONAL APPEARANCE POLICY

We would like to remind you of some policies regarding the appearance and dress of students at SIS. Please support us by ensuring your children follow these regulations.

- Jewelry is to be kept to a minimum-one watch, one set of small ear studs.
- Hair is to be kept neat and tidy. It should be of natural colour.
   Girls must have their hair tied back. Boys' hair must be neat and tidy.
- Tattoos and facial piercings are not allowed.
- Eye make-up and lipstick are not allowed. Lip gloss should be of natural colour.

### **SCHOOL UNIFORM POLICY**

- Singapore International School insists on students wearing the full school uniform.
- Students should not wear non-uniform clothes over the uniform.
- · Students must wear covered shoes.

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# SINGAPORE INTERNATIONAL SCHOOL

Since 1986

#### Halloween 2017



**High School Student Council** 



**Primary Student Council** 



## STUDENT COUNCIL

The Student council for 2017-18 has been elected. It has a <u>primary branch</u> and a <u>high school branch</u> who will be operating separately at times and together at other times.

High School:

Vo Ngoc Mai Phoung
Bai Fong
Vuong Dang Khang
Vuong Dang Kien
Vuong Bao Nhu
Liu Fei
Liu Cheng
Chung Tuyet Nhi
Ly Truc Vy
Lai Yu Lun
Wu Cheng Si

SINGAPORE INTERNATIONAL SCHOOL

# Primary School:

Vương Bảo MyLin Yu JoVương Hồng NgọcKhúc Lan AnhImaiboon ChawalitruangrithĐoàn Tú UyênMargareta Ivana EkaluriTing Chia HungVõ Hoàng LongVương Mỹ ThyLâm Tư NhưAlexander Gudkov

The Student Council's function is twofold;

- Organize events for the students at school
- Raise money or in other ways support charities

Already the student council has run a successful 'Bake Sale' and raised 4,836,000 vnd for our Christmas Charity. Congratulations to all our student council members!

## **BOOK WEEK**

At the end of November, SIS@BDNC held a very successful Book Week. There was a book sale, competitions and a variety of activities all designed to encourage a love of reading.

We would like to remind you of the following websites that you can use at home to encourage daily reading with your children:

#### www.raz-kids.com

This is given to all students from Prep to Year 3 and also to children in our EFL program. See your child's teacher if you don't know the login details.

www.tumblebooklibrary.com

username: sischool password: books

This site is available for all children and has books suitable for the very young through to the very old!

# **CHRISTMAS CHARITY CONCERT AND FAIR**

The date for our annual Christmas Charity Concert and Fair has been set as December 13<sup>th</sup>. There will be games and activities for the children to do, stalls for last minute Christmas shopping and some performances from the students.

# www.bdnewcity.sis.edu.vn