



SINGAPORE
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SCHOOL
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SINGAPORE INTERNATIONAL SCHOOL @ BINH DUONG NEW CITY

NEWSLETTER

APRIL 2018

IN THIS ISSUE

- MESSAGE FROM THE PRINCIPAL
- SUGAR AWARENESS
- SA 2 EXAM SCHEDULE
- END OF YEAR CONCERT

UPCOMING EVENTS

- April 24th-Last day of Term 3
- May 2nd-First day of Term 4
- May 9th –Prep to Year 1 Presentation
- 21st-30th-May SA2 Exams
- June 11-15th-Reports & Parent Teacher Conferences
- June 18th-2018-19 IGCSE Parent Briefing
- June 19-20th-High School Reports & Conferences,
- 22nd June-End of Year Concert
- 29th June-Term 4 ends

MESSAGE FROM THE PRINCIPAL

Dear Parents,

SIS@BDNC has been taking part in a *Sugar Awareness Campaign*. We have been very concerned because many of our students bring in unhealthy drinks and snacks that can be detrimental to their future health. Teachers have been talking about nutrition and dental health. We are asking you to help by being sure that your children bring non-sugary snacks or drinks to school. Why not join your child in observing “Sugar-Awareness Campaign” by giving up sugary foods too! Doctors say that sugar should be an occasional ‘treat’ and not a daily part of a child’s diet.

Dental disease, obesity, and diabetes are serious health problems that are often preventable. One step to prevent these health problems is by reducing the amount of sugary foods and drinks your family eats and drinks. UNICEF recently reported that many countries in South-East Asia have seen impressive economic gains in the last decade. However, at the same time we have seen the rise of conditions like obesity, previously associated with high income countries.

Many foods and drinks have “hidden” sugars. These sugars include honey, molasses, corn syrup, dextrose, fructose, and sucrose. For our children’s life-long health, it’s best to change eating habits by choosing foods and drinks without sugar. Read food labels and replace sweet, snacks such as candy, raisins, potato chips and soda with fresh fruits, vegetables, popcorn, cheese and yogurt. Most children like these foods and they make great low sugar snacks to take to school too!

Thank you for your help and support for a healthier lifestyle for all of our children!!!

Sincerely,

MaryKay Gudkova
Principal

SUGAR AWARENESS CAMPAIGN

In Social Studies, a group of our senior students have been studying the effects of sugar in our diet and were shocked to learn about the negative impact fizzy drinks, candy and other sugary food, taken regularly in our diet, have on the body.

They decided to take action and have initiated the *Anti-Sugar Campaign* with posters, a collection of tasty, sugar-free recipes and the promise of some organized action days in the future.

SINGAPORE INTERNATIONAL SCHOOL @ BDNC SEMESTRAL ASSESSMENT 2 SCHEDULE SY 2017-2018

Date /Day	Subject
21 st May-23 rd May 2018 (MONDAY TO WEDNESDAY)	English Paper 1; Speaking (International and Integrated students)
24 th May 2018 (THURSDAY)	English language Paper 2-Writing (International and Integrated students)
25 th May 2018 (FRIDAY)	English Paper 3 –Language & Comprehension (International and Integrated students)
28 th May 2018 (MONDAY)	Mathematics (International students)
29 th May 2018 (TUESDAY)	Science (International students)
30 th May 2018 (WEDNESDAY)	English Paper 4-Listening

It is important to note that in semester 2, Year 1 students are also involved in exams. International students take English, Math and Science exams whereas Integrated students only have English. EPP, Chinese and Vietnamese testing will also take place over the exam fortnight.

END OF YEAR CONCERT

This year the End of Year Concert will be held on Friday 22 June. Once again it will be held at the Binh Duong New City Convention Centre. The start time is yet to be confirmed but it will likely be 6pm again. This year the theme is **Lights, Camera, Action!** so performances will be related to movies and theatre. Check out a couple of rehearsal photos below. The concert marks the end of our school year. With that in mind, please find the **2018-19 school calendar** attached with this newsletter.

