



Head of Primary School, Mr Peter Allison

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DATES TO REMEMBER:

TERM 1:

Monday 25 January to Friday 26 March

Mon 8 Mar: NO CCAs THIS WEEK

Mon 8 Mar: Parent Teacher Interviews

Mon 15 Mar: Yr 4 Camp Information 3.30pm

Wed 17 Mar: Yr 7 Camp Info Evening 7pm

Mon 22 Mar: Yr 5 Cam Information 3.30pm

Fri 26 Mar: Last Day Term 1

“Share our similarities, celebrate our differences.” M. Scott Peck, psychiatrist and author

Students in the Primary School recently had the opportunity to celebrate their diverse cultural backgrounds as part of Mother Language Week. Throughout the week, students shared music, food, beliefs and folk stories from their different cultural backgrounds, with a real highlight being the explosion of color that occurred on Wednesday when students were invited to attend school in a national costume. Mother Language Week is a particularly significant event for the school as it offers a medium for students, teachers and families to express and share the diversity which is such an integral of our school community. Holding this celebration early in Term One helps to establish a culture of cultural awareness and respect within the classroom, as well as promoting a climate where the open exchange of beliefs, insights and values drawn from students' cultural backgrounds can be drawn on to enrich teaching and learning throughout the year.

Internationally renowned educator, George Otero, identified three types of productive conversations that can occur in schools which can produce immediate and positive change. The first and probably most traditional is the *instructional conversation*, where the focus is centered on guidance, skill acquisition or the development of knowledge. The second type of discourse he describes as a *learning conversation*, where the direction of the exchange is more open, wide-ranging and the possibilities for mutual growth are extended to more participants. The last type of conversation Otero identifies is the *community conversation*, where all participants engage with each other and everyone has the chance to be heard, with respect for both common understandings and diverse beliefs being seen as equally important. For me, it was the examples of this last type of conversation that were such a powerful part of Mother Language Week, with the actual discussions between students, teachers and family members helping to deepen our shared sense of community and our understanding of the international possibilities for learning on offer at the school.

Richard Owens - Assistant Head of Primary School

Leading a life that is well-balanced

At the assemblies on Monday and Tuesday, the students in the Primary School were introduced to the learner profile in focus over the next few weeks – learning to lead a balanced life. Students who lead a balanced life strive to maintain a healthy diet and recognise that exercising regularly helps their health and well-being. They understand that it is important to have a balance between the physical and mental demands on their bodies. Weekly commitments include many varied activities. These might include creative tasks like music, art and construction activities during leisure time. Balanced students ensure that they have enough rest for their growing bodies.

Some interesting statistics were shared in assembly about dietary and exercise patterns of children over the past twenty years. The benefits of regular exercise and a balanced diet were examined. Researchers in children's health recommend a maximum of two hours of 'screen time' (TV, X-box & computer games) each day for children. Additionally, they recommend around 10 hours sleep for Primary aged children. It would be timely for parents to evaluate and discuss with their children whether the right balance is being achieved in current weekly routines.

How can parents help to develop students who are balanced at home?

Encourage your children to participate in a wide variety of structured activities that will develop the whole child, not just one particular domain. During less structured time, also be aware of the activities in which your child is participating. Too much time in front of the computer or television is obviously not desirable, but all kids need to do a variety of things.

Some children are particularly active. These children should take time for reading or other quiet, focused tasks. Likewise, students who spend a lot of time drawing or reading, should be encouraged to also exercise and play.

It's important that you discuss an appropriate diet with your child. Discuss food choices that are currently being made and see if they fit into a balanced diet.

Parents are role models. Children will most often be guided by your example. Model a balanced life and your children will follow. Spend time as a parent or family doing many different things together. Ensure that your children are getting enough rest each night. This includes weekends as well!



Self-sponsored Student Action

Over the Christmas break, a small group of AISS Primary students decided to use their holiday time to raise funds to build houses in Cambodia. Jade Stirling (3K), Conor Stirling (3R), Lucy Jefferson (3K), Mette Sandberg (5B), Connor Terry (3T), Finn Terry (5C), and Keagan Theron (4A) gathered many items from around their homes and set up a garage sale. Lollies, tattoos (fake ones they assure me!), books, water babies (fish) and many other items were up for sale. This was done without any provocation by parents or teachers. The students described their experience:

Connor Terry: *'I felt generous when we donated money and lollies for Cambodia.'*

Keagan: *'I felt like I was saving children. I felt happy and generous.'*

Lucy: *'At first I felt sorry for the people but at the end I felt happy and generous.'*

Jade: *'When we started I felt excited and happy. But then I felt sad. When I donated things I didn't need, I felt very generous.'*

Mette: *'I felt happy that I'd helped people less fortunate than me.'*

Finn: *'When I saw how many people came, I felt very good. I was worried we wouldn't get enough money.'*

Conor Stirling: *'When I donated the money I felt selfless.'*

By the end of their sale, the students had raised \$100. They donated this money to the Tabitha House Building program in Cambodia, which is a key service activity of the Senior School. Each of the students also made a financial contribution of their own.

Last week the students were guests at a Year 5 presentation by Janne Ritskie, who works with the Tabitha Foundation in Cambodia. Janne was very impressed with the students' efforts. Connor, Keagan, Lucy, Jade, Mette, Finn and Conor are to be commended for a fantastic effort along with their selfless approach and the independence that they have demonstrated. Their families, along with the students and staff of the Primary School, are incredibly proud of them. Well done guys!

Garth Sadler - PS Community and Service Coordinator

Learning About Dental Hygiene

To complement the current Unit of Inquiry, Who We Are, Year 3 have been exploring ways of keeping healthy. Dr Amanda Wong from Aaron Dental Group spent Friday 25 February with each class, presenting a slideshow and talking about dental hygiene. To learn just how important it is to brush teeth properly, some students participated in a pink solution activity. After brushing their teeth, a bright pink solution was applied. Where the plaque had not been removed by brushing, the pink solution stayed. Each class had the opportunity to ask questions of the dentist and her assistant and came away from the wonderful experience with lots of new knowledge and a new toothbrush!

Athletics Carnival

The Primary Athletics carnival gave the children their first real taste of House competition this year. The excitement built during the term as the children attended House meetings in preparation for the event. During the day we witnessed a dazzling array of skills and enthusiastic House spirit. I was impressed with the level of involvement and the good sportsmanship with which the children conducted themselves. Bouquets of congratulations to Mr Adrian Nalletamby, the Primary Sports Co-ordinator, Head of Sport Bill Brennan, and all the PE staff. Their meticulous planning not only secured an efficient and successful carnival, but they managed to organise some excellent climatic conditions to allow the event to proceed. Congratulations must also be extended to the Derwent House who were victorious in securing the Athletics Cup for their overall performance on the day.

Parent Teacher Interviews

Parent Teacher interviews are being held from Monday 8 March through to Wednesday 10 March. These interviews provide an excellent opportunity to share information between the home and school. Parents should have received notification of their allocated interview times this week. Please note that no CCAs will operate the week of interviews from Monday 8 March through to Friday 12 March.

