



SOUTHBIDGE
INTERNATIONAL SCHOOL CAMBODIA

SISC NEWSLETTER

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Work Together to Break Up Bullying

Dear parents,

As you may be aware, Southbridge International School Cambodia has implemented a strong anti-bullying program on campus. Our Student Affairs Office is at the forefront to curb such problems. Our SISC teachers and staff are watching classrooms, halls, and facilities for misconduct. Stopping all acts of bullying doesn't happen overnight, so we would like to welcome your assistance. Together we can educate our students that bullying is not acceptable behaviour.

Bullying affects the tormented as well as the tormentor. This mistreatment 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, 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. 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.

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 students' grades, which in turn reduces their future job prospects – meaning that they are more likely to experience financial instability and unemployment in young adulthood and midlife.

Can we identify a bully? Not exactly. 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. Similarly, those who are bullied sometimes bully others. Research indicates that children who regularly bully their peers are at greater risk of other problem behaviours 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. Educating our students about what bullying is and how to counter it is vital.

Please note that there is a difference between bullying and teasing; therefore, we are adamant on applying anti-bullying measures. Anti-bullying refers to laws, policies, organizations, and movements aimed at stopping or preventing bullying, which is itself a situation where a person verbally or physically threatens or assaults another person, causing the person to feel a real or perceived power imbalance. As bullying seeks attention from others or control of another, teasing is provocation aimed at someone to gain a reaction. Teasing can be an indirect and non-life threatening (perhaps playful) method for resolving conflicts by providing an outlet for expressing frustration or disapproval. It can be reciprocal, doesn't affect self-esteem, or stops when it's no longer fun.

SISC takes pride in being a no-bully zone, and educating students to say no to this misconduct is important. With your help, we can assure our students that many people experiencing bullying don't have to feel they're alone or helpless. There are others who share or understand these experiences who can

help. If a student is confronted by a bully or sees someone being bullied, notify an adult who is trusted. Our Dean of Student Affairs is always ready to assist. Let your child know that many teachers want and can help, and will respond to the tormented with empathy, not punishment.

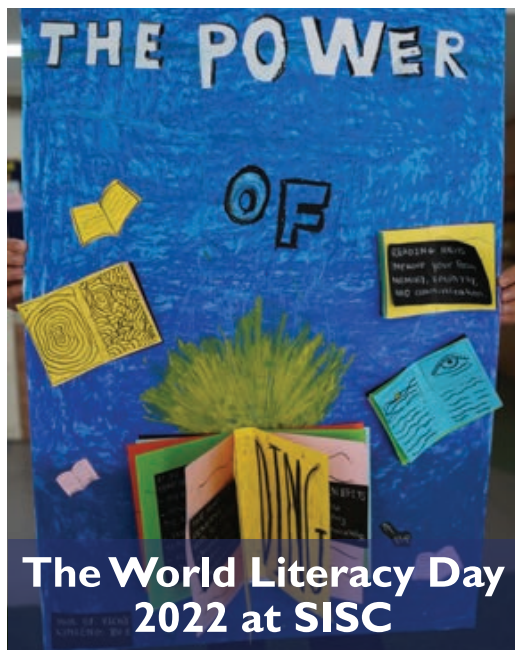
As a team, the SISC community needs to spread the word that bullying is unacceptable. Speak up, get help, and talk to someone such as from the Student Affairs Office or a teacher. Students need to know that they're safe and anyone considering acts of bullying knows that the consequences will be swift and detrimental.

I would like to thank you in advance for your cooperation and I know that together we can make SISC a safer, happier place for us and our students.

Kind regards,
Larry Ross Synclair
Head of School

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Here at SISC we aimed at pushing for more concerted efforts towards the development, establishment, maintenance, and upliftment of more literate societies among our students. International Literacy Day was celebrated for the first time in 1967. It was started with the intention of communicating to the people the importance of literacy in ensuring dignity and human rights for each and every section of society since only a literate society can be sustainable and progress over time. It is also celebrated as a means of bringing awareness to the fact that there are still tens of millions of people in the world who struggle to even get basic literacy, let alone a formal education.

International Literacy Day Activities at SISC

We strongly believe that SISC is a school that is devoted to engineering units of civilization, shaping and molding students into the citizens of tomorrow. Our students are the integral driving force behind the cultural, moral, and intellectual progress of society. The literacy of a country is directly affected by the policies that schools take. Therefore, SISC promoted the International Literacy Day by conducting various activities in school which concluded in a highly successful manner.

SISC, with the help of the English Department of Middle School, planned out three challenging yet interesting competitions in light of the world literacy day. Students were motivated to partici-

pate in;

The Dramatic Reading Competition, The Poster Competition and The Writing Competition.

The Dramatic reading competition focused on the performing arts. As our students are extremely outgoing and well versed in English, this competition became one of the most popular competitions at SISC. All participants were advised to perform a dramatic monologue or a dramatic reading of a chapter from their favorite novel.

The Poster Competition focused on the artistic talents of our students and it was immensely successful as many groups were interested in participating at the competition. Last but not least, one of the other important competitions of the day was the Writing Competition which focused on the creative writing skills of our students. Writing is considered to be an important part of our school and it allows our students to express themselves in a more creative way.

We at SISC believe that days like 'The World Literacy Day' are important for the students' growth and mindset development. Literacy may not be the same as education, but it is definitely the door to it. It is imperative to cultivate a culture of continuous learning in students from a young age, something that our teachers strive to achieve in our classrooms. Only when there is a drive to learn can students improve themselves and in turn, push society and the world forward.

By: **Mr. Don Thisal**
Secondary Teacher



Door Decoration Contest

The best book cover contest happened during Literacy week on Wednesday, September 7th, 2022. The goal was to decorate the classroom door as a book cover. The day before, our teacher advised us to think about our favorite books. On the day our class voted for a book. Some students brought materials along so we could use them in our project. The "Minion door" was inspired by the book called Minions Paradise.

Next was the planning stage. First of all, our class had to choose between a minion holding a banana and a minion in a suit. Majority of the class voted for the minion in a suit. We designed how the door would look and started working on our project.

We split into four different teams. Time was limited. As a class we had to organize our work productively. Every classmate was involved in the process. One team was responsible for cutting, another team for pasting, team three - for drawing and hanging bananas to the door, and team four was in charge of combining parts.

Then the hard yet amazing time came. The work was intense but effective. It was really fun to cooperate together and get our work done. We laughed and helped each other. Our door-decoration was completed exactly on time. After two weeks the results were announced. We won the special prize! The prize was the Harry Potter Book Series. Our classmates were delighted! We would like to conclude this writing with the saying: "Alone we can do little; together we can do so much."

By: Grade 5 Cheetah students: DOUNG Angeela, HUN Royce Phourin, NOUN Aerita, SAO Vireakmoon, SEU Puthinika, and UNG Vinchi.



The celebration of the World Book Day aims to develop an appreciation of books and the joy of reading among children and young adults. It's also fun and educational way to sneak in a dress-up activity. The aim of the observance is to celebrate literature and urge children around the world to read. On this day we also help to raise awareness about the importance of reading. In this digital age where most people from all walks of life use technology reading an actual book has been obsolete for the young and young adults. Today we live in disruptive and distracting world. Have you ever thought why



The World Book Character Day

in most cases a book is more impactful than a movie based on that book? The reason is that while reading a book you interpret and imagine things as you see them, whereas in a movie what you see is the director's interpretation! Every dark street, or alley or a tree described in a story

is owned by you and only you see it that way – which is uniquely different.

In Southbridge we encourage students dress up as their favorite book characters and take part in activities to explore character traits.

We also encourage teachers to dress and made up for this event.

See you all in our next wonderful learning events in **the Early Years Department**.

By: **Ms. Edwina Paman**
Early Years Coordinator



Student Affairs Cyber Safety

Our students are very active on social media from a young age. Lots of students engage on platforms such as Instagram, Facebook, Tik Tok and Roblox. These sites do have minimum age requirements which seem to be ignored. Roblox's minimum age is twelve and most other platforms set this at thirteen. If your student is under the legal age for an app then delete the app.

There are many reasons for this including laws around when social media platforms can legally own what has been posted. Are you aware that anything posted becomes the property of the platform?

Students are placing themselves at great risk of exploitation and possible harm. The case of a 15 year old girl, Carly Ryan, being lured by a 50 year old man to a beach where he raped and killed her is an extreme example. Obviously, we want to keep all students safe.



Cyberbullying from school students towards each other has occurred. The boundary between school and home is nonexistent on social media. If it is posted it is permanent, no longer owned by the student, very destructive and can badly harm a person's future, both victim and perpetrator.

These sites are blocked at school though students install VPNs to avoid the block. It's not possible for

the school to check every device every day for VPNs though students should not have one. Emphasize to students a very simple rule; If you cannot say it or show it to your grandmother then don't post. Frequently review what your child is posting so that you know that they are safe.

By: **Andrew Beecher**
Dean of Student Affairs



Hun Sabrina Sokvatheka
STUCO Student

MAP Testing in Primary School



“ This year, we have implemented a fantastic assessment tool to gather detailed data which will help teachers and parents better understand our children's learning needs for the fundamental skills: literacy and mathematics. From now on, we will be conducting these tests twice a year, allowing us to monitor students' growth and adjust teaching.

Our ICT labs welcomed our students. At first, they felt nervous to take this assessment, afraid to make mistakes. Some froze and struggled, while others sped through the questions. With so many students onboard, the assessment took two weeks! Our teachers worked closely with each student to reassure them that not knowing the answer is perfectly okay. It was a meaningful learning experience and we know that the students will feel more confident in the next round of tests.

Students improved their computer skills during this process. Lower Primary grades came in struggling to use the mouse and keyboard and left showing great improvement in those motor skills. Our upper grades independently logged

into the system and learned some new computer tricks.

The administration of this assessment was possible thanks to our teachers and IT staff who provided timely support. With their help, we kept students reassured and encouraged!

Can't wait for the next round of the MAP tests!

By: **Ms. Courtney Webster**
Primary Coordinator



WHY does Student Council Matter?

“ I believe that

the Student Council matters. There are some student challenges and conflicts that the teachers can't solve and sometimes don't even know about. So it's better to have a group of students available to give a voice to struggling classmates. Having student leaders in the school will help our students grow and learn how to be great leaders in the future.

This year our Student Council is more focused on building a sense of "community and pride" within our school. To build a sense of community and pride, the student council will generate school spirit by introducing more fun activities and promoting our newly restored sports team. By doing this we hope to strengthen the bond between students.

It feels great to be one of our school Student Council members again this year. It is a big pleasure for me to be re-elected by our fellow students as our school's Treasurer. One of the biggest differences between my position at the student council this year and last year is that this year I have a lot more responsibilities than last year.

Some of my responsibilities and duties as Treasurer are to manage the Student Council's money and help to think of ways that we can fund events to make them grand and exciting. At the same time we must be careful and consider our budget. It is important to keep a record of all our financial transactions, and manage the incoming and outgoing funds wisely. As school leaders, we must not waste money. We must set a good example for our classmates.

”

SISC SPORT NEWS



The girls also achieve great success! They beat both ISPP C and Paragon B before a fantastic final victory against Paragon A team. This means the girls go into the final tournament with group matches against LFRD and Hope. Hopefully our SISC athletes will be able to continue their good run of form and give us something to cheer about for months to come! Go Tigers!!!

By: **Mr. Andrew De Freitas**
Director of Athletics

On Saturday the 17th September SISC Senior Volleyball teams played in grading tournaments against other International Schools in Phnom Penh. It was early on Saturday morning when the students met to travel to CIS (Girls Tournament) and ISPP (Boys Tournament). Both teams came away with considerable success, with the boys winning two games and narrowly being defeated in the other. This means they go straight into the ISSAPP Div. B Semi-finals of the Tournament to be held on the 15th October. Well done boys!!



Primary Healthy Living Fair

On Friday September 23, the Primary Cambridge Extension Program [CEP] hosted their first fair this academic year. The fair was the culmination of six-week project-based learning about healthy lifestyle. The unit was called "Healthy Living". Our CEP students pleasantly surprised their parents with a wide variety of projects: posters on oral hygiene and healthy foods, models of teeth, booklets on mental health and ways of coping with challenging emotions, origami models of healthy foods, and many more. It was an exciting event for all: students, teachers, and parents. A parent of our Grade 3 student - Anton - kindly agreed to give an interview. Let's see what Ms. Sue has to say about the fair!



Interviewer: Good morning, Ms. Sue, and thank you for spending your time with us! First of all, what is your impression of the fair?

Ms. Sue: This time the fair was more organized because it was indoors. Kids were burning with impatience to lead their parents around and show their works. We took a lot of pictures and walked around looking at other students' work as well. The fair was busy yet appreciated time for us to spend with our kids.

Interviewer: What is the importance of such events for Anton?

Ms. Sue: It's great that Grade 3 could have their Puppet show - we all could enjoy our kids' performance. I appreciate that my son had a chance to perform in public. He put a lot of effort into creating a puppet and rehearsing. I think he felt proud of himself to share his talent with everyone. One more thing is the group projects. Individual projects are important, but through showing me his group projects he learns the value of teamwork.

Interviewer: How do these types of events benefit your child's learning?

Ms. Sue: Fairs help my son stay motivated and help me to be involved in my son's learning. Prior to fair day, my son kept talking about the fair and willingly shared all about the afternoon learning everyday. everyday. He made sure I came to support and also asked me to help find some materials for puppet making. The fair kept me and my child deeply engaged in learning. Actually, no matter what event - parents are willing to join and support their kids. We love to come to school for all kinds of events. We love to come

to school for all kinds of events. Sports day, Music day, Art day, etc.

Interviewer: As a new initiative, the owner of the Beanery coffee shop ® came in to help us raise money for the project we support as a school - the Smiling Gecko School (NGO). May I ask you to share your thoughts on this?

Ms. Sue: Actually I heard about the charity at the beginning of the fair and I think the kids couldn't remember to tell their parents beforehand. Parents are willing to support, so, I think maybe mentioning in advance to let parents prepare some cash would be helpful. It's very meaningful to raise money with our kids!

Interviewer: Thank you for your kind suggestions and sharing your insights as a parent, Ms. Sue! Once again, we appreciate your time and effort.

September 25, 2022

By: **Ms. Cindy Yegorova** - Primary Principal





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