



SOUTHBRIDGE
INTERNATIONAL SCHOOL CAMBODIA

SISC NEWSLETTER

Issue N^o: S004 November 2022

Issue Date: December 5, 2022



The Power of Communication

Dear Parents,

When students learn English at Southbridge International School Cambodia, they learn more than words. They learn to communicate. Sometimes we need to listen to the message of our youth.

You may have seen the news and social media about the virtues of expressing opinions about the environment. A good example of communicating opinions is the young Swedish climate activist, Greta Thunberg. Her message has brought inspiration and criticism. To the few and politically/corporate-biased, the Swede is regularly their focus of abuse. She is an adolescent with the ability to generate uninhibited warnings that create reactions. Why? She expresses herself emotionally, undaunted by the jeers of those who tease about her manner of speech. Photographs of her angry facial expressions are misused. Some people tend to be so quick, so resolute, to weaken by mocking genuine convictions and realistic attempts to address issues facing us. Greta blames adults, and

rightfully so. It is not the first time the younger generation blamed the previous generation before. The results were not as prominently achieved compared to today. However, this generation may make a difference.

Unlike Greta and a few other notable youths who made the media spotlight, most of our young people do not fully comprehend the power of communication today. They perceive that the world is merely interested solely in them as individuals. Yes, they're displaying that peculiar touch of hair dye here and there, relishing music their parents would never understand, writing or reading questionable foul language in social media, and so on. Is this indeed what makes an independent-minded teenager capable of communicating? There are plenty of issues for our youths to be verbal about - just as there was for their parents' generation and their parents before them. But what about now?

Our planet is changing. The scientific evidence is now unchallenged. The industrial revolution from the past few centuries established alarming conditions in cities across the world. Regardless of the poverty and pollution, our Earth can manage and could rejuvenate itself. But it takes the power

of communication to create that message.

Greta may be noticed as an overexcited or unfortunate victim of media exploitation. Nevertheless, her message resonates with the truth. The grown-ups on Earth must take action and do something quickly. Moreover, encourage our next generation of adults - your children - to be more positively and practically concerned and communicate change for the better.

Sincerely yours,
Larry Ross Synclair
Head of School

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October was a busy month for the SISC Athletics Department. Both the Seniors and the Juniors were in action in volleyball, basketball and badminton tournaments. All of our teams demonstrated excellent sportsmanship, passion and commitment and this led to great success. One winner's trophy (senior girls volleyball), a bronze medal finish (junior girls basketball) and a fourth place finish (senior boys volleyball) just shows what a great athletics program we are building here at SISC. A massive thank you to all of the coaches that have played a part in SISC success so far, but the real congratulations must go to our fantastic sportsmen and women who are putting Southbridge International School Cambodia on the sporting map!

Next month look out for: The formation of SISC Swimming club, Extra Curricular Activities, The FIFA WORLD CUP and November!

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



Hello, my name is Sarann Sarakyuth

I'm a 12th grader at SISC, and I would like to share my opinion on the school's Khmer program. The Khmer program is essential to all of us, no matter if we go abroad or continue studying in Cambodia. From my perspective, I believe that every Khmer teacher has put a lot of effort into teaching us. This shows in all of the time and effort they put into making complicated topics easier for us students to understand.

Among all the subjects, my favorite one would be math. There are two reasons why I like math more than any other subject. Firstly, my future career relies mostly on Math. Secondly, Math is a very enjoyable subject. Even though math can get challenging sometimes, it gives me delightful energy whenever I solve a problem. Furthermore, it gives you a wider perspective on solving problems and makes you a creative thinker.

In conclusion, I'd like to show my most sincere gratitude to all of the staff members and the teachers who put in the hard work and effort every day to ensure that our school has an environment conducive to learning.

GROWTH MINDSET ASSEMBLY IN PRIMARY SCHOOL

Audrey Hepburn once said, "Nothing is impossible. The word itself says 'I am Possible'". Our primary students at Southbridge school uphold this mindset in their classrooms. We successfully introduced the term growth mindset in the school to describe the underlying beliefs people hold about learning and intelligence. When the students start believing and living on this **growth mindset**, they become more confident. Our students clearly understand that this effort makes them stronger. We are trying to inoculate all the positive affirmations from the foundation level so that their beliefs do not limit them and they can be the best version of themselves.



Different strategies were applied to develop positive mindsets in the weekly Advisory blocks. This mindset covers their whole experience at school holistically. Currently, the classrooms are witness to it. Students are using all the positive affirmations like "Mantras". They are getting ready to take all the challenges and solve the problems, trying their best instead of just giving up.

On the 4th of October, our lower primary students presented their thoughts regarding the Growth mindset. When they entered the stage full of confidence, it proved that they adopted the growth mindset to the core. Their performance was outstanding as they presented their thoughts, expressing them with full confidence in front of other students. They received countless appreciations from other teachers and students. This appreciation is pushing them ahead and motivating them to perform in the next assembly about "Responsibility". Best of luck to our little warriors!

In a nutshell, we should remember that a positive mindset gives us a positive nation.

Ms. **Anik Barua**,
Grade 2 Teacher

October 26, 2022 @SISC

Word Search Puzzles

R	E	C	Y	C	L	E	S	O	N
S	A	V	E	P	L	A	N	E	T
B	O	T	T	L	E	S	O	G	O
L	R	A	W	A	A	U	W	R	P
U	A	B	O	S	R	N	H	E	E
E	N	L	R	T	T	R	E	E	N
L	G	E	L	I	H	A	A	N	O
A	E	N	D	C	O	I	R	U	N
N	E	A	R	U	M	N	T	O	O
D	O	W	N	T	E	V	I	E	W



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Sensory Activities in Early Years

October 26, 2022 @SISC

Here is an often asked question
So, what is sensory play?

Sensory play includes any activity that stimulates your young child's senses: touch, smell, taste, movement, balance, sight and hearing.

Sensory activities facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore. The sensory activities allow children to refine their thresholds for different sensory information helping their brain to create stronger connections to process and respond to sensory information.



Ms. Fatma Taher - K2A Homeroom Teacher

For example is a child who is particularly fussy with eating foods with a wet texture such as spaghetti, the use of sensory play can assist the child in touching, smelling and playing with the texture in an environment with little expectation.

As the child develops trust and understanding of this texture it helps build positive pathways in the brain to say it is safe to engage with this food. Sensory play literally helps shape what children to believe to be positive and safe in the brain. Ultimately, shaping the choices children make and impacting behavior.

Here are 5 reasons why sensory play is beneficial:

1 Research shows that sensory play builds nerve connections in the brain's pathways, which lead to the child's ability to complete more complex learning tasks.

- 2 Sensory play supports language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction.
- 3 This type of play aids in developing and enhancing memory
- 4 Sensory play is great for calming an anxious or frustrated child
- 5 This helps children learn sensory attributes (hot, cold, sticky, dry):.

By: Ms. Fatma Taher
K2A Homeroom Teacher



Grade 7 Drama Competition

During the last week of October, the grade 7 students worked incredibly hard to write and perform creative and elaborate plays and dramas in class. They used the skills they learned in class to come up with creative concepts and turn them into plays.

Writing the plays has proven to be highly beneficial in terms of English class progress because the students used skills they learnt and gained a lot of experience during this process.

They were also able to build a sense of unity and learn the fundamentals of drama with their classmates in order to work together and discover what it is like to work as a team. Every student at Southbridge International School Cambodia values the true spirit of teamwork, which is a great quality that their teachers impart in them from the primary grades to the secondary grades.

"I believe that drama is the purest form of self-ex-



pression," stated Mr. Don Thisal, Grade 7 English teacher, "and learning this core ability in our English class will help our students in the long run." While students may have found this activity to be new and challenging at first, the end result appears to be extremely positive, as the classes have gained more experience, learned different skills, and perhaps gained fond memories in their school lives.

By : Yan Yue Halyn CHAI
Grade 7 - Blue

October 26, 2022 @SISC

The Importance of a Deadline

WE

as a species for thousands of years have found being lazy as a survival mechanism very effective. In a developed society though we really need deadlines in this modern world. Lazy was a great survival behavior in a non-developed society and terrible in a modern world.



We blame Covid for the drop in student work submission and it has its place though it is in many ways an excuse. Deadlines are essential for our world and we need to work together to conquer this. Southbridge is now implementing a system whereby you will be automatically informed of work not submitted so you are aware. We are also implementing a working lunch to get these tasks done and a homework club that goes until 5pm to further support students to meet deadlines. This does take precedent over extracurricular activities which the sports department fully agrees with. Being task orientated and accountable is a core life skill that some of our students need to learn to develop. With your support we will achieve this. We aim for a no surprise approach for parent conferences.

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

A HISTORIC WIN FOR THE SISC TIGERS!



October 15, 2022 @CIS

15th of October, 2022 was truly a day of high achievement for SISC and its students. Our tigers were able to achieve a historic and mind-blowing win against CIS at the annual senior volleyball girls' B league championship.

As our team captain delivered the final serve, the volleyball court was filled with the excitement and cheer of our students and teachers. She scored with style as the entire team watched her. It was a challenging game against the opponents, but there was still hope and optimism as we have grown to be devoted and resilient to the spirit of sports thanks to our amazing school. We at SISC always practice this quality. We strongly believe that resilience is the foundation to true sportsmanship.

Our respected coach, Mr. Theo Dellava said 'This has been an incredible journey; I've had a great

experience training the girls' team at SISC. Their sportsmanship is truly admirable, they have had a lot of success in the last few weeks due to their enthusiasm and drive'.

The team captain Thina Kong said, "I am really proud of my team and we have come so far. I'm so thrilled we won and grateful to my coach, teammates and my school."

We believe that this is just the beginning of a long journey to our victorious team. We hope to uphold our glory for many years to come. We have proven to the whole international school community the true strength of our SISC tigers.

By: **Leang Sandara**
Grade 12 Student

Professional Development's Day



October 24, 2022 @SISC

anxiety after the pandemic, we invited a mental health specialist to help us recognize warning signs of anxiety and what steps are needed to be taken.



"You are never too young to lead, and we are never too old to learn." (Kofi Annan). This Monday, teachers became students again! At SISC, we believe in life-long learning and our teachers regularly participate in Professional Development sessions. This time we had amazing lecturers both from outside and within the school. Due to the increasing number of children with

First Aid training was another highlight of our Professional Development Day. Teachers were excited to learn how to help in case of emergency. Overall, the day was filled with the spirit of learning, collaboration, and professional growth. There are so many things our teachers are keen to learn about! We can't wait for our next PD day!

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

