

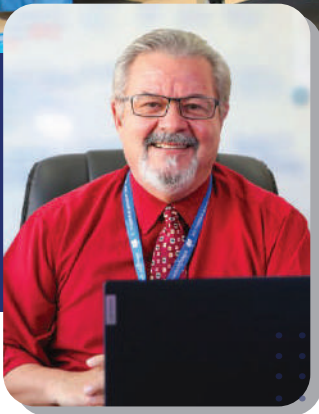


**SOUTHBIDGE**  
INTERNATIONAL SCHOOL CAMBODIA

# SISC NEWSLETTER

Issue N°: S007 March 2023

Issue Date: April 5, 2022



## The Importance of Students Getting Plenty of SLEEP

Dear parents,

Twice a day, I walk the corridors of SISC and peek at the classrooms. It's great to see students focused on their studies while teachers guide them through the lessons. However, I will usually find one student struggling to keep his or her eyes open. I can only wonder why the student is nodding off...and it's not because the lesson is boring: Late night video games? Going out with friends and coming home at 10:00 PM or 11:00 PM? Watching TV until past midnight?

As teachers, it is central to our profession to do everything we can to support students to flourish academically, personally and socially. However, we are not capable of readjusting biological clocks in our students. We need your help.

In the past, I have preached about the importance of sleep in general. I usually included information from professionals who conducted research about student sleep deprivation due to lack of setting rules to sleep. For example, researchers from the Medicine University Hospital in Ho Chi Minh said that many kids in Vietnam sleep six hours a night, less than the standard 8-10 hours a night. Half of the preschoolers and 40% of children lack proper sleep. This can be due to too much playtime, too much homework, or too many hours in front of the television set or playing video games. Accord-

ingly, their biologic clock is affected. So, what happens when students stay up late? You can expect poor attention, low grades, school absences, poor social interactions, irritability and crankiness, depression and increased risk-taking behaviors.

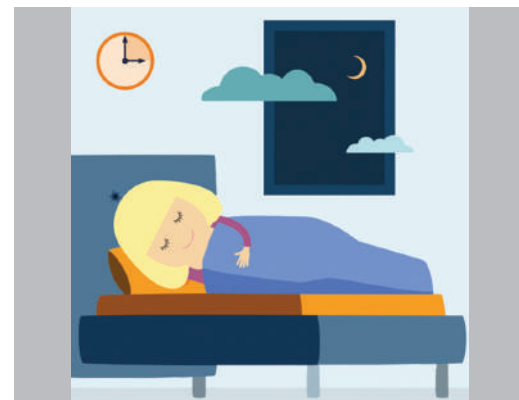
Parents should take heed to the sleep time period as their children are growing up. Yes, the children will have arguments about this issue. But parents should educate and convince their kids about the dangers of not getting enough sleep. Medical researchers say parents should have their kids in bed and going to sleep before 10:00 PM. Have them read a book shortly before bedtime instead of sitting in front of a monitor. If kids have too much homework, they should go to bed before 10:00 PM and get up early at 4:00 AM to continue their learning.

Matt Walker PhD, author of *Why We Sleep*, says sleep enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You'll even feel happier, less depressed, and less anxious.

It appears sleeping on time have greater benefits than allowing your child to play video games at night and sleep in class.

All the best,

**Mr. Larry Ross Synclair**  
Head of School



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# Parent-Teacher Conference

At Southbridge, teachers, students, and parents work together as a team with a shared goal: students' academic and socio-emotional success. Southbridge emphasizes the importance of parents' role in the education of their children because it is proven to significantly impact their child's academic success. When parents are involved in their child's education, students are more likely to succeed in school and life. Parents at SISC know that their involvement is crucial! On Thursday, the 23rd of March, parents took the time to attend school Parent-Teacher Conference (PTC) meetings, met with teachers, and learned how they can contribute to their child's success. For a day, school became a busy place full of commitment and pride with parents visiting multiple teachers.

When parents are involved in their children's education, children are more likely to do well in school and have better social and emotional development. Parental involvement improves student achievement, self-esteem, and behavior. It also helps to build strong relationships between parents and their child's school.

Your child needs your support to succeed in school. Thank you for taking an active role in your child's education!

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



Hello everyone - I'm Lars, the new University and Careers Counselor at Southbridge International School.

In my previous career, I could gain more than six years of experience in working with Cambodian students in different roles and functions to support their well-being. My main responsibility here is to give guidance and provide assistance on the next steps after your graduation. This can happen in different ways depending on your needs, either during class time or through Unifrog, an online application program and of course in regular, individual meetings in my office on the first floor (B116).

Furthermore, I will arrange University fairs on campus in the upcoming years to get you in contact with multiple institutions of higher education worldwide and will aid you during the application process. This includes information sessions on the entry requirements of universities and their different study choices and occasions. Finally I will have an open door to offer advice on your plans and decision making to ease your pathways into higher education abroad.

By: Mr. **Lars**  
Careers counsellor

# READ With Your Child!



Reading is vital for children. Reading for pleasure can benefit a child's education, social and cognitive development, their wellbeing, and their mental health. Reading with children can help to create a love of reading for life. Multiple studies have found a connection between reading for pleasure and higher academic achievement in every subject. There are many research studies done on the benefits of reading to and reading with your children. Here are a few advantages.

**1. Reading to your child daily will help them develop better vocabulary and communication skills.** It's no mystery that the more words children hear from age of 0 to 5 years, the bigger their vocabulary will grow.

**2. Reading to children stimulates their creativity and imagination.** As your child experiences new worlds and ideas, it helps their imagination and creativity to grow.

**3. Reading to children helps foster a lifelong love of reading.** Children who love to read do better in school.

**4. Reading stories to children is a great way to teach lessons and ideas.** Learning through stories is an effective way to teach values and morals. You can talk about the actions of a character in a story and what the consequences are. This will help your child to understand good behavior and integrity.

**5. Reading time is a wonderful time to bond with your child.** The time spent reading with a child is good for bonding and enjoying each other. This will also create special memories that will last a lifetime. Many children recall how their mum and dad read to them when they were young.

**6. Reading stories to your child can help them learn how to deal with their feelings and emotions.** Reading stories can help children understand that it's ok to feel sad and what to do when their big emotions overwhelm them. Stories can help children develop greater empathy for other people's feelings too.

So spend regular time with your children and read to them or get them to read to you. It's a fun way to spend quality time with them as parents. What is the best time to read? Just before bedtime. It's a great relaxed way for children to fall asleep.

By: Ms. **Shaheena**  
Head of Learning Support



## Middle School Field Trip



During the last week of March, students of the SISC Middle school had a chance to visit the Royal Palace and National Museum of Cambodia as a part of their educational journey. Attendees explored the importance of monarchy for the country's history and development, and got familiar with the story and life of the Royal Dynasty of Cambodia while visiting the Royal Palace. Southbridge as an educational institution enriches the national values of Khmer students and introduces all edges of Cambodia's history to our foreign students.



Our Grades 7Blue and 7Yellow students were delighted to find out that on the day of their trip, the King himself was present in his residence, and despite not having a chance to see him, the realization of being so close to His Majesty caused goosebumps! On behalf of the school, I want to cordially thank our Grade 7 student parent, His Excellency Mr Kan Sovanna, Secretary of State of Ministry of the Royal Palace for his support and care demonstrated by providing in-depth vision of the place.



On the same day, students attended the National Museum of Cambodia. They had a great chance to be introduced to the cultural and religious heritage of this country. Students had "in-field" activities to perform. Grades 6 completed their Art landscape drawing project, Grades 7 their English creative writing task, while Grade 8 students practiced descriptive writing, creating a text, depicting as many visual, aural and olfactory details around them as possible. And, of course, we couldn't leave without feeding the fish in the museum's pond.



With all said, students had a great learning experience, making memories with their friends and teachers, and proved accurate the quote of homeschool founder and educator Sonya Chappell, "Not all classrooms have four walls."

By: Ms. **Yana Sheremetova**  
MS Coordinator

## SISC SPORT NEWS

**O**n the 25th March the SISC junior sports teams were in action in the ISSAPP Volleyball Grading Tournaments. The girls traveled to NISC and the boys to CIS. The boys worked well as a team, winning one game and narrowly losing the other two. At NISC, the girls started a bit slowly, but with some good advice from the coaches, they rallied to take victory in all four of their fixtures! This means that both teams are in with a chance of winning the finals tournaments on the 6th May.

In other sports news, the SISC Aquatics Department went to visit CIS to discuss a friendly swimming fixture that will take place at the end of this school year. Also, the SISC House System is nearly up and running! Be prepared to earn your 'House' some points by entering the badminton and volleyball competitions that are planned for the end of April and start of May.

Last but not least, a HUGE THANK YOU to all of the SISC Sports Ambassadors that helped me to organize and score the tournament at NISC. The maturity and professionalism shown by these students is another example of how far SISC has come this year.

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



# MENTAL HEALTH AWARENESS

There has been a rise in mental health concerns recently which while a concern in some ways is very positive. It is positive that students are feeling comfortable and confident to reach out for support. Mental health



often is discounted or seen as something that is seen as being a bad thing to admit. If a student breaks their arm, we do not judge them for the injury. Mental harm is the same. It is an injury that needs to be treated. Many cultures ignore this and people suffer in silence. This can lead to depression and self-harm. We at Southbridge take this very seriously and seek to support students with understanding, compassion and the support that they need. We have a simple set of rules for students; safe, happy, learn.

Students who do not feel safe and happy cannot learn effectively. We need to understand the students from where they are on these issues and without judgment support them. The evidence is clear that when these areas are addressed properly students perform better, later in life are more successful, earn more money and are less likely to be involved in dangerous activities.

For these reasons we congratulate students who are suffering mental health issues for having the courage to reach out for the help and support they need. It takes bravery to acknowledge that help is needed and to do something about it. Obviously, we keep consultations very confidential and only when a student is in danger would we involve other people always working with the student and with their involvement in any decisions that need to be made.

By: Mr. Andrew Beecher  
Dean of Student Affairs



During February and March 2023, Southbridge International School Cambodia organized a field trip for our high school students to Siem Reap as part of our experiential learning. During the field trip, the high school students had an opportunity to visit many places, such as the zipline, the art box, the archery, the butterfly garden, and the Khmer ceramics and fine arts center. While visiting these places, our high school students had a chance to develop several skills they needed for their future. For instance, at the Khmer ceramics and fine arts center,

## High School Students Field Trips

students had an opportunity to mold their own choice of pottery; they also had the first-hand experience of observing how it is made and had a chance to interview the host about the experiences.



Students could do many activities at the zipline, such as a zipline, cable bridge, giant spider web, and much more. While at the art box, students could see some exciting architecture and world heritage sites without any climate interruptions, such as sweltering heat. They also had the opportunity to see artistic 2D pictures. While at archery, students learn skills and abilities such as using a bow to shoot arrows, mental strength, balance and coordination, self-confidence, agility, flexibility, and power to shoot at the target. These activities were crucial components for our high school students' learning as their topics were post-activity reflection time, enabling them to share what they have learned and how they apply these skills.

By: Mr. Mathews Abuka, HS Coordinator

## IGCSE, AS and A-levels Mock Exams March 2023

Congratulations to our 2023 June series candidates for completing their mock exams which were conducted between 1st to 15th March 2023. Mock examinations are examinations, done in a school, taken as practice before an official examination. They are like a pilot study or test run to check on our preparedness before our final examinations starting end of April – June 2023. It was through our hard work that we succeeded. I am sure that we all have learnt some vital lessons from these exams. Candidates' results have revealed that those students who had prepared well in advance had fantastic results. Those who could have put more effort in, now see the importance of preparing in advance.

We can't change the past, but the future is there for the taking. Now that you have completed your mock examinations, what are the next steps for you? Parents and students should take note of the subjects done well and the ones struggled with.

Work with subject teachers to address areas of weaknesses so you may be ready by the time you take your final exams.

The exam season starts from 26 April, and continues throughout June. Here is a summary of the expectations and basic checklist that each student needs to bring:

Basic checklist

- BLACK BALLPOINT PEN & SPARE
- PENCIL, SHARPENER, ERASER
- CLEAR PENCIL CASE
- CALCULATOR (IF ALLOWED)

For some exams you may need to bring additional equipment e.g., ruler, compass, protractor, colored pencils etc. Check with your subject teacher in advance of the exam if you have any queries.

- Drinking water in a clear bottle, with no labels.
- Electronic items including mobile phones/smart watches: It is strongly recommended that you

leave mobile phones, smart watches, watches with storage capabilities and any electronic items, etc. at home or in your locker on your exam days.

Even if items (including PHONES) are switched off. **You will lose marks and/or be disqualified** by the exam boards if you are found in possession of such item. **Do not take them into the exam venue to avoid risk.**

A COLLECTION POINT FOR MOBILE PHONES WILL BE SET UP IN THE HALLWAY OUTSIDE EXAM ROOMS.

Finally, we would all like to take this opportunity to wish you all every success in your forthcoming exams. If you have any queries, please drop by to see me in the Exams Office any time you may be free after lunch.

GOOD LUCK TO ALL CANDIDATES!

By: Ms. Julia Moyo, Cambridge coordinator



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