

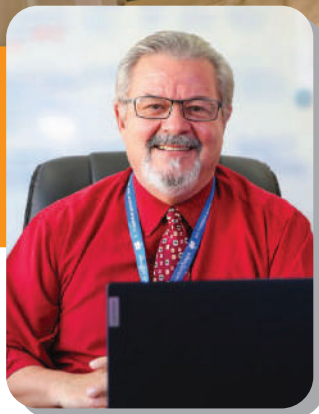


**SOUTHBIDGE**  
INTERNATIONAL SCHOOL CAMBODIA

# SISC NEWSLETTER

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## SUPPORTING OUR STUDENTS WITH CARE

Various international schools in Phnom Penh have noticed an increase in children with emotional issues arising from school. With the pressure to excel academically higher than ever, as well as peer pressure connected to social media, students are facing a range of mental health challenges, including stress, anxiety, and depression. SISC focused this year on stepping up to provide the support that students need to stay healthy and succeed in their studies. The Student Affairs Office (SAO) has been in the forefront of student intervention, but parental support is needed.

According to a recent study conducted by the American Psychological Association, parental involvement can have a significant positive impact on a child's emotional well-being. The study found that parents who were actively involved in their child's education, including helping with homework and attending school events, were more likely to have children who were emotionally stable and had higher self-esteem.

One way that parents are helping their children with emotional issues from school is by encouraging open communication. By creating a safe and supportive environment for their children to express their feelings, parents are able to identify problems early on and provide the necessary support and resources to address them. This can involve talking through problems, seeking professional help, or even just providing a listening ear.

The importance of parental involvement in addressing emotional issues from school cannot be overstated. SISC established the SAO this year. Next year, professionals in child psychology, experts in social, emotional and well-being, and authorities in intervention strategies will come to school during professional development days and other specially-arranged forums. With this information, SISC will be able to provide valuable assistance for parents seeking advice pertaining to their troubled child. But parents must realize Southbridge is an educational institution; it is not a place to magically install values, morals, and treatment. It is increasingly up to parents to ensure that their children are receiving the support they need to thrive academically and emotionally. By taking an active role in their child's education and well-being, parents are not only helping their own children but also contributing to a healthier and more supportive learning environment for all students.

As a reminder, however, that addressing emotional issues from school is not solely the responsibility of parents. Schools and educators also have a critical role to play in promoting mental health and emotional well-being. By creating a culture of openness and support, schools can help students feel more comfortable seeking help and accessing the resources they need to stay healthy.

The rise of emotional issues among students in schools is a growing concern that requires a collaborative effort between parents, educators, and school administrators. By working together to identify and address these issues, we can create a more supportive and healthy learning environment for all students.

All the best,

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



### Inside THIS ISSUE

- Head of School Letter Page 01
- Spend time with your children Page 02
- SISC Student raised fund for Angkor Hospital Page 02
- NWEA Map Testing Page 03
- SISC Sport News Page 04



# SPEND TIME WITH YOUR CHILDREN

## IT'S FUN!

With all these benefits of a supportive family, you can see why time with parents, grandparents and siblings is vital. So, with the school holidays coming soon, make sure you make time for your children. It can be highly rewarding and fun!

By: Ms. **Shaheena**  
Learning Support Leader and Learning Specialist

**F**amily time is important for all but particularly so for your children. It is a time for in-person interaction and gives the much-needed social face to face conversations. This is even more important in an age where we are almost glued to our screens.

Time with your children has many benefits:

### Improves mental wellbeing

Bonding with the family and having quality time with them in open discussions makes them feel safe and confident.

### Boosts self-esteem and confidence

Fun family time, weekends away, family karaoke are great experiences that can carry over into the child's social life as these positively influence how children interact with their siblings and friends. What really matters is the time spent together is enjoyed and creates cherished memories.

### Reduces stress

Those with healthy family relationships tend to establish habits of talking through problems together to relieve stress and look for guidance to find solutions.

### Helps your child perform better at school

A strong supportive system at home where children are guided can make children more inclined to strive for academic excellence. Quality family time tends to improve children's general behaviour. If they have strong family connections where they are mentored on appropriate behaviour and expectations, they will incorporate these into their school life and beyond.

## HAVE A HAPPY FAMILY HOLIDAY!



# You do not need to do big things to change the world; small things can also do. ==

Secondary students of Southbridge International School of Cambodia have raised fund for Angkor Hospital for Children during our recent Sangran SISC. They found it so excited and fun to be in such a nice charity activity. And they are so proud and happy to hold a Letter of Thank You from the hospital. The spirits of sharing and giving is a part our school educational philosophy in nurturing them to be responsible global citizens.

By: Mr. **Thol Pich**  
Khmer Program Principal



# nwea map TESTING



best possible education.

**Goal Setting and Monitoring:** The data from Map Testing enables the setting of realistic goals for each student and monitoring their progress over time. By establishing clear objectives and tracking their achievements, teachers can motivate the students to strive for excellence and celebrate their successes along the way. This goal-oriented approach encourages students to take ownership of their learning journey and fosters a sense of accomplishment.

**Parent Engagement:** Map Testing results provide valuable insights that can be shared with parents and guardians. By understanding the child's academic strengths and areas for growth, a parent can actively participate in their child's education. We encourage you to engage in open discussions with our teachers, as they can provide guidance on how to support your child's learning at home. As alluded to above,

Teaching is a complex profession that aims at shaping students holistically, addressing their diverse, immediate and future needs and challenges. One of the most important aspects of this process is the collection of data on students' academics and then use it to diagnose their learning challenges and enhance their strengths. This makes Southbridge International School Cambodia a data-driven school which reaches conclusions on the students' learning needs using scientific evidence rather than subjectivism. By doing so, we can identify areas where students excel and where they may require additional support.

The school had its final round of the Map Testing exercise and in the meantime, the results will be used by teachers for diagnostic and evaluation purposes going into the next academic year. We began with the secondary school students a few weeks ago, followed by the early years, and the primary school students who are the last group to complete the assessments. The Map Growth Tests are carefully designed to provide valuable insights into the student's academic abilities and progress. It is important for parents, teachers and students to ensure that they give these tests the importance that they deserve.

So, how does Map Testing benefit our students? Let's explore some of the key advantages:

**Individualised Learning:** Map Testing allows the teachers to gain a comprehensive understanding of each student's strengths and weaknesses. By identify-



ing areas where they (the students) excel, the school can provide opportunities for further growth and enrichment. Similarly, by pinpointing areas that require improvement, teaching methods and resources are tailor-made to meet the learners' specific needs, fostering a personalized learning experience.

**Targeted Support:** With the data gathered from Map Testing, teachers can offer targeted support to students who require additional assistance in specific subjects or skills. By addressing these challenging areas early on, the school can help students overcome obstacles and progress at a pace that suits their individual learning styles.

**Curriculum Adjustment:** Map Testing provides valuable information that helps us evaluate the effectiveness of our curriculum and teaching strategies. By analysing the data, patterns and trends in students' performance as an individual, as a cohort, nationally and internationally may be identified, allowing the school to make informed decisions about adjusting the curriculum and instructional techniques. This continuous improvement cycle ensures that our students receive the

Southbridge International School will share the results with parents in the next academic year since this year has been more of checking how the testing fits into our system.

At Southbridge International School, we are committed to providing the best international education possible for every child. The NWEA Map Testing plays a vital role in achieving this goal by equipping us with the necessary information to support and nurture the students' academic growth in tandem with the 21st-century educational goals dictates. Southbridge International School believes that by working together, the child can be helped to reach their full potential.

By: Mr. Bothwell Riside  
Academic Technology Director



# SISC SPORT NEWS

**The** 6th of May saw the final ISSAPP tournament that SISC students would participate in this school year. After the amazing success of the senior students, there were high hopes for the Junior Volleyball Teams. The boys went to CIS for the grading tournament and qualified in 3rd place. The girls had their grading tournament at NISC and were in excellent form throughout. They qualified in 1st place meaning they would enter the finals tournament at the quarter finals stage, needing to win only 3 games to take the title and promotion to the A division (other teams would have to win 4 or more matches to achieve the same). However, the SISC girls team learnt a very important lesson that will stand them in good stead for the future... if you fail to prepare (properly), then prepare to fail.

sional help, or even just providing a listening ear. I remember the time when I learnt this valuable lesson (a long, long time ago!) and my life has been easier ever since. If you are going to do something, then make sure you are fully prepared for that task. For example, if you are trying to paint a masterpiece, you must prepare the materials, like brushes and paints first or you will not achieve the best

outcome – No masterpiece has ever been painted in only one colour! This is the same in sports. To achieve the best in sports it is important to do a proper warm up – so your body is prepared for the extra work it is going to do. To listen to the coach – who has experience and has a plan that will allow for students to succeed. Never underestimate your opponents – one victory in the past does not mean you will always win. And always work as a team – teamwork makes the dream-work!

Unfortunately, the girls were underprepared for their first game. Their opponents were ISPP B team who had already played one match and were warmed up and ready to take on the SISC team who had beaten them in the grading tournament. ISPP B won the match in 3 sets and SISC found themselves in a position where the best they could finish was 5th position. Obviously, the girls were very disappointed when they realized this, but they set about making the best of a bad situation. In their next game they were on fire and showed that they really are fantastic volleyball players! In the 5th/6th playoff they beat CIA and played like a true team, full of enjoyment and style. Next year they

will be back and ready to take the title.

The boys had similar issues by losing their first game. This meant that they too could only finish 5th if they won all of their remaining games. They achieved this and demonstrated a mature and methodical approach to their final games.

I am hoping that all of our junior sports stars will be able to learn from their experiences, both good and bad, and come back stronger and more prepared next time.

Still to look out for this school year:

8th JUNE: ELITE SWIMMING TEAM COMPETITION: @CIS

13TH-15TH SISC SPORTS WEEK: FUN RUN (parents are invited!), PRIMARY SCHOOL SPONSORED SWIM, BADMINTON, TABLE TENNIS, VOLLEYBALL AND FOOTBALL TOURNAMENTS!

12-15TH A DECATHLON SHOP IN SCHOOL – selling items for the sports week and much more!

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

## Is your child ready for the new school year 2023-2024?

Southbridge International School Cambodia (SISC) welcome your child to the international learning community. Come and join us to get our BIG PROMOTIONS (Free Registration Fees and Early Bird Promotions) which is limited.

For more detailed information, please contact our admissions office via 023 231 122, 017 555 744 or through our email [info@sisc.edu.kh](mailto:info@sisc.edu.kh).

**FREE REGISTRATION FEES \$700**

**EARLY BIRD PROMOTION**

**3% OFF ON TUITION FEES ONLY**

From now until 30th June 2023

FOR REGISTRATION, VISIT ADMISSIONS! **023 231 122**

OR OUR FACEBOOK PAGE **@southbridge.edu.kh**

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