



SOUTHBRIDGE
INTERNATIONAL SCHOOL CAMBODIA
ROYAL GROUP
SINCE 1991

Newsletter

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SISC SANGKRANTA 2026 BRINGS IN THE KHMER NEW YEAR!



Southbridge International School Cambodia (SISC) proudly celebrated “SISC Sangkranta 2026,” bringing students, families, and faculty together to honour Cambodian traditions. The event transformed the campus into a lively hub of cultural heritage, featuring captivating traditional dance performances, classic Khmer games, and a vibrant cultural market offering local crafts and festive treats. A major highlight was the “SISC’s Got Talent” Show which displayed the diverse and creative skills of our student body.

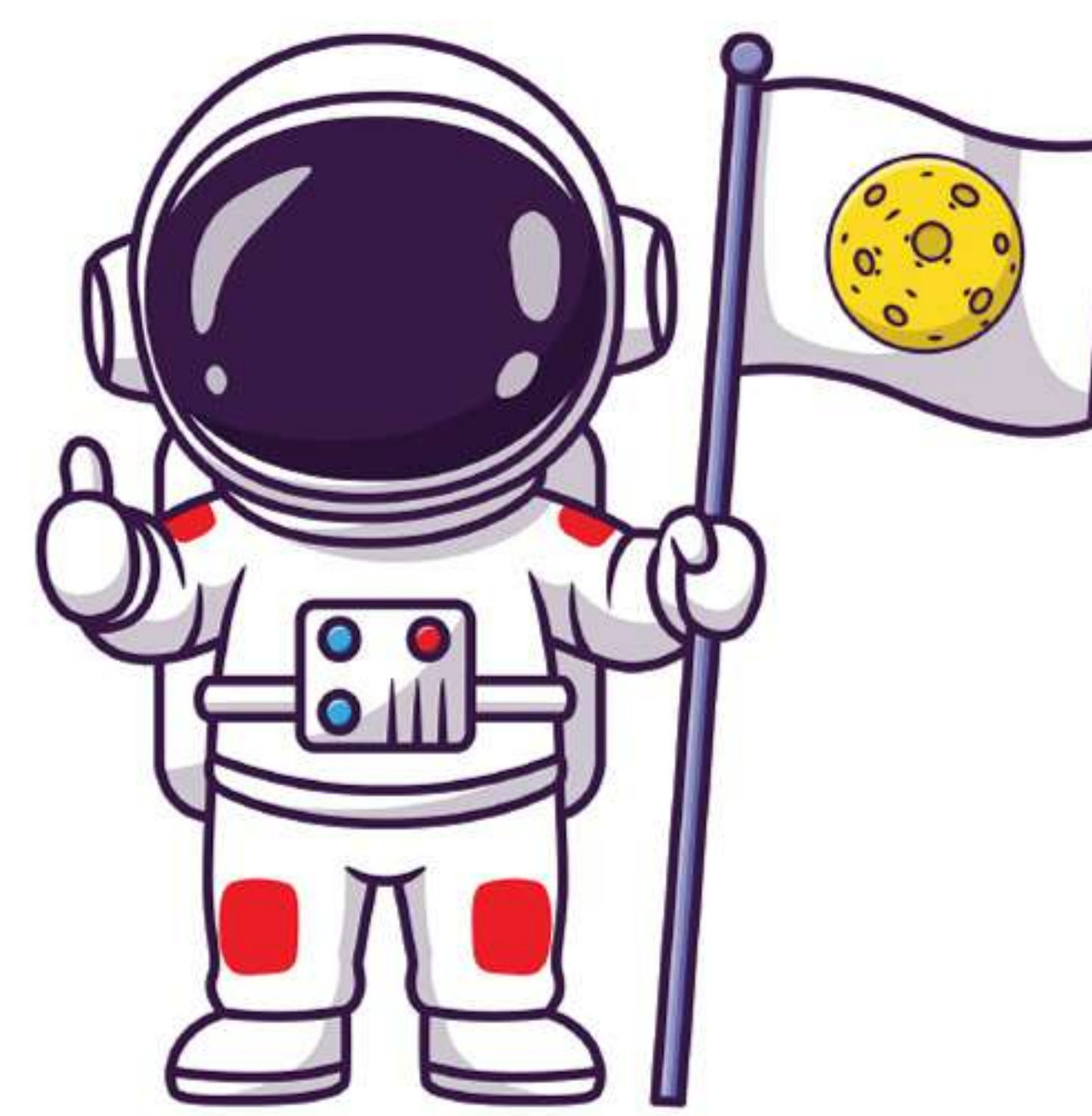
Our SISC Sangkranta is more than just a celebration each year; it's an opportunity for our students and families to connect with Cambodian culture, while strengthening our school community.

Ms. Louisa Condorelli , Head of School



Celebrating Our Young Learners at our IEYC Exit Point!

We are thrilled to share the highlights from our recent Early Years IEYC Exit Point! Thank you to all the parents and families who joined us for this special occasion. Your participation made the event a memorable celebration of our children's achievements.



The children dazzled us with their performances, singing and dancing with enthusiasm. It was heartwarming to see their confidence shine as they took the stage!

Families enjoyed exploring the amazing artwork created by our young artists. The creativity on display truly reflected the hard work and imagination of our children.

Centre time activities provided a wonderful opportunity for parents and children to engage in hands-on learning experiences. It was a joy to see families collaborating and discovering together.

Early Years Team



Managing Stress and Anxiety in Teenagers

Teenage years can be exciting, challenging, and sometimes overwhelming. Academic pressure, friendships, social media, family expectations and uncertainty about the future can all contribute to increased stress and anxiety. While stress is a normal part of development, ongoing anxiety can begin to affect sleep, concentration, motivation and emotional wellbeing.

Parents and caregivers play an important role in helping teenagers feel supported and understood. Small daily actions and open communication can make a significant difference in helping young people manage stress in healthy ways.

Helpful ways to support teenagers include:

- Encourage open and non-judgmental conversations.
- Maintain consistent sleep and daily routines
- Support a healthy balance between study, rest and free time.
- Encourage regular physical activity and time away from screens.
- Model calm coping strategies during stressful situations.
- Remind teenagers that asking for help is a sign of strength.



Strong relationships and supportive environments help teenagers build resilience, confidence and healthy coping skills for the future. Remember to pause, breathe and take things one step at a time.



Ms. Chelsee Bergemann, School Counsellor



Southbridge International School Cambodia and SI-UK Successfully Host the 2026 University EXPO

SISC in collaboration with SI-UK, hosted the 2026 University EXPO, welcoming university representatives from the UK, Canada, Ireland, Switzerland, the USA, and beyond. The event allowed students to explore study abroad options, receive expert advice from university delegates, and learn about academic pathway programmes.

Following the presentations, students attended a **"Day in the Life of a University Student"** session. They also had the opportunity to meet directly with university delegates to discuss admissions, campus culture, and academic programme offerings.

Recognising that every student's educational journey is unique, the EXPO featured a dedicated segment on Pathway Providers. This session detailed alternative routes for students who may not meet initial direct entry requirements. The afternoon was lively and engaging, punctuated by fantastic live performances from the SISC Band. Interactive Q&A sessions also allowed students to get immediate answers to their pressing questions about studying overseas.

Ms. Carla Majuca Paquiding, Careers Counsellor

