



NEWSLETTER

January 2019

Principal's Message: Nutrition in class and at home

Dear parents,

I recently read a news article about a group of sixth graders from a school in São Paulo, Brazil. With seeds, soil, and a range of gardening tools, they ambitiously started their second year of their garden project. The story reminded me of our school's organic garden and the success that our students had in cultivating the vegetables. The aim of the garden is not to supply ingredients but to teach students where food comes from, so they can develop a connection to their food. With that connection, students at the São Paulo school were more inclined to eat the vegetables they grew when the school's kitchen prepared the meals. With your help, we hope to build that connection so that students at SIS will be encouraged to eat vegetables, too.



Is eating veggies a problem for students at Can Tho Campus? It can be if we do not do something about it. During the beginning of the school year, I had a conversation with a young student about eating fruits and vegetables. He admitted his distaste of them. When I asked where carrots came from, he said 'the market.' By losing contact with nature, the earth's soil, and the need for cultivation, that lack of knowledge is reflected in their diets, which are often unhealthy.

Our garden can be that inspiration to eat healthy but an education is the core ingredient in developing that understanding about the value of good eating and the importance of nutrition. Teachers at SIS instill the importance of a proper diet from their classrooms as well as from the school's canteen. However, your help is needed. When your child is home, this would be an opportunity for you to educate him or her as well. How? Try different recipes and see which ones work best. At an American elementary school, students gathered around a chef to see him light a burner under a frying pan, drizzle in olive oil and honey, slice an orange and squeeze it, sprinkle in some salt, and then toss in a couple handfuls of broccoli leaves that were picked from a school garden. The students not only ate the broccoli, they asked the chef if there was more.

If we can provide the means and resources for children to have an early start on learning about healthy eating and nutrition, they may carry that with them into the future.

Sincerely yours,
Larry Synclair
Principal

Students had a blast on January 25. They participated in the first (and hopefully the beginning of many more) water rocket competition. Many teams gathered on the football field to display and fire off their inventions to win first-place honors. Indeed, ingenuity was prominent as there were a variety of unique rocket designs. Of course, there were also cheers, whistles, and some wet contestants. Winners of the water rocket competition were Year 4 (Group 2), 1st Place; Year 2, 2nd place; Year 1, 3rd Place.



NGO AN NHIEN (CINDY)

the Month. This student, who greets teachers every morning, studying very enjoys can well. No along well



Cindy is our Student of Prep happily and staff has been hard. She drawing and draw very doubt, everybody likes Cindy. She gets with her classmates and enjoys

sharing things with them. Congratulations, Cindy!



The garden never stops to amaze everyone.

After the recent harvest of morning glory, students went back to work and the results were plentiful: cabbages, eggplants, bok choy, chili peppers, and more. These vegetables will be harvested and distributed among students and teachers soon. Of course, the

kitchen canteen receive some the veggies for

will

future lunches.



FIRST AID
TRAINING FOR TEACHERS

Children have a knack for getting sick or sore. From sporting accidents to asthma attacks, there will always be a time when first aid is needed. Teachers are often the first people on the scene when these accidents happen. That being the case, first aid training and education is essential for staff at SIS. Many of the teachers and staff gathered at school to partake in first aid training, offered by a trainer



from the Ninh Kieu District's Medical Center. They studied and participated in various first aid tasks involving numerous accidents and medical emergencies such as splints and slings on broken bones, Heimlich maneuver, mouth to mouth resuscitation, cuts, etc. Being prepared for emergencies is always important.



Just another fine day at SIS...



for Referring

We know at Singapore International School that our most valuable assets are our quality of service and the “Word of Mouth” referrals. We encourage you to invite more students to our school who would benefit from our educational programs. If the student joins us, you could earn a referral reward. Please see the office for details.