

# NEWSLETTER

March 2019

## Principal's Message: Sometimes, less is more.

Dear Parents,

About a month ago, I overheard someone giving a lengthy speech about the importance of kids doing their chores and respecting their parents. The discourse was not from a teacher to a classroom. It was from a parent at the school in response to his son's eye-rolling and huffing in public. There were times, as a parent and also as a grandparent, I did the same. Why? I thought talking to the child expansively meant instant results. No.

We tend to think we're parenting experts. Realistically, our self-perceived expertise never fully develops. As a parent, I thought I knew everything and I was mistaken. As a grandparent, I thought again that I knew more about parenting. Well, not exactly. It wasn't until my kids had kids and then I could watch outside the box. From that viewpoint, I saw that less is more.

We all know that parenting is tough because we love our children. Since highly effective teachers also bond with their students, they struggle with the same temptations. We want the best for them. We worry that they'll become irresponsible. We sometimes feel panicked because they don't seem to be turning out the way we hoped.

Lots of intense feelings can muddy our minds and leave us forgetting that we can't talk to children, young and semi-young, into being respectful, responsible and self-controlled. In fact, the more extensive our vocabularies become, the less effective we become. Some parents use authoritarian parenting strategies. This approach does not allow the child to have an independent voice or sense of efficacy. There are some parents who overcorrect with excessively lenient parenting. This doesn't teach kids about limits and self-control.

According to an article in Psychology Today, kids often tune out excessive talk by their parents. Research indicates that the human brain can keep only four "chunks" of information or unique ideas in short-term (active) memory at once. This amounts to about 30 seconds or one or two sentences of speaking.

***The more words we use when things are going poorly, the less effective we become.***

Many excellent and loving parents and educators are faltering. Not because they lack skills. No. It's because they talk too much while they're using their good skills.

Try this as an experiment: see what happens if you simply use fewer words when things are going poorly. The odds are high that you'll be glad you did.



I do not need to tell you that parenting is a difficult job. Moreover, it is a role in which we all make mistakes at times. Communicating effectually with our children takes time, patience, and drive. We need to become aware of our own feelings and automatic reactions, and slow down enough to be able to choose a more mindful and communicative way.

Sincerely yours,  
**Larry Synclair**  
Principal

Outward Bound Vietnam develops value-creating experiences using the outdoors. It is at the forefront of experiential adventure-based learning in Vietnam and is excited to be able to offer its life-changing programs to the youth within the country.



**OUTWARD BOUND  
VIETNAM**

To actively engage, all students from Ms. Kim Anh's Year 6 class, as well as from other SIS campuses, had to leave behind the distractions of modern life, including mobile telephones, tablets, the internet, books and single-player games. The results of this excursion at Binh Dinh – Qui Nhon with Outward Bound were students gaining much understanding in various areas such as leadership, communication, compassion development, accountability and self-responsibility, problem solving, and resilience and fostering healthy approaches to facing and overcoming adversity.





It was photo time on March 21<sup>st</sup>. Students and teachers gave their biggest grins...and, at times, their silliest poses. Ms. Linh's and Mr. German's Prep class donned their caps and gowns for their upcoming graduation from kindergarten to primary school.



We are reaching that season once again where flu and other respiratory illnesses are common. For example, Enterovirus D68 is a virus that can make you feel like you have a cold. If it's severe, it could also make you wheeze or have trouble breathing, especially if you have asthma or other respiratory problems. Due to the return of this season of various diseases like Enterovirus D68, we would like to take a moment to remind you of the best ways to help decrease the spread of disease.

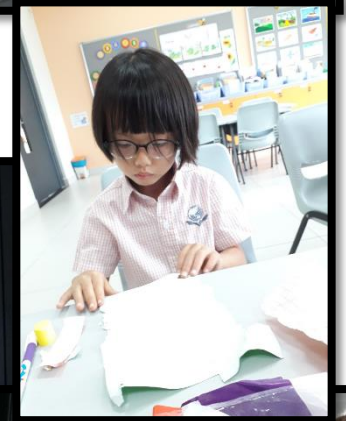
- Wash hands often with soap and water for at least 20 seconds.
- Avoid touching eyes, nose and mouth.
- Cover your cough or sneeze with the inside of your elbow or a tissue, never your hands.
- Stay home when you are ill.
- Clean commonly touched surfaces.
- Stay current on vaccinations including your seasonal flu shot.





DesslBucket.com

March 8th is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. At SIS, we gave honor and respect to the wonderful women who work at SIS@Can Tho. In particular, the students gave special thanks to their mothers and to their female teachers with cards, flowers, and well wishes.



## Mac Nghien Tinh

Teachers and friends call her Cherry. She is 4 years old and studying at Ms. Thuy's Cool Coconuts class. Not only is Cherry a very nice girl, but also her learning ability is outstanding. She likes coloring, dancing and singing. Known for being friendly, sociable and helpful, Cherry often gets good comments from teachers both at study time and in daily activities. Congratulations, Cherry!



## Wonderful time at KIK



### Little Cherries

LEARNING ABOUT COORDINATION IS ALWAYS IMPORTANT. THE STUDENTS ARE ABLE TO LINE UP NICELY AND PASS A BALL TO EACH OTHER. THE FUN CONTINUES AT THE POOL. THEY'RE BECOMING FAMILIAR AND CONFIDENT WITH WATER. THE STUDENT ARE ALSO LEARNING NEW WORDS IN ENGLISH SUCH AS FARM ANIMALS.





### Lovely Strawberries

CIRCLE TIME WITH THIS ENGLISH TEACHER IS ALWAYS A FUN TIME OF LEARNING WITH GAMES. HOWEVER, THE STUDENTS ALSO HAVE TIME TO VISIT THE LIBRARY AS WELL AS SEE WHAT'S GROWING AT THE SCHOOL'S ORGANIC GARDEN.



### Cool Coconuts

LOTS OF FUN ACTIVITIES TO LEARN FOR THIS CLASS. AS PART OF THEIR STEM LESSONS, THEY LEARN ABOUT GARDENING. SEVERAL TIMES A WEEK, THEY ALSO LEARN WORDS IN CHINESE AND ENGLISH. THERE'S ALWAYS MUCH TO DO AND TO LEARN IN THIS CLASS.





### Happy Oranges

THIS CLASS KNOW HOW TO BE ACTIVE. IN THE LIBRARY, THEY LOVE TO READ BOOKS. DURING STEM TIME, THEY LEARN ABOUT CULTIVATING VEGETABLES. AT A SWIMMING POOL, THEY ENJOY SWIMMING.

