



NEWSLETTER

December 2021

Principal's Message: Wishing for a safe new year

Dear parents,

All of us at SIS express good wishes that your child is having a relaxing and enjoyable school break. As we move into the new year, the teachers and staff of SIS also hope you continue to stay safe during these challenging times.

It is frustrating when we receive news about Covid-19 and the variants that require our attention. Nevertheless, it is good to have some of our students receive their all Covid-19 vaccinations although we wish everyone could be treated. SIS will continue to communicate further vaccination developments and any return to school information as we are notified by government authorities. As of now, they have instructed all schools to continue with online teaching until the Tet holidays.

We are still in the midst of the Covid-19, but we shall persevere and do our very best. We will continue to prepare our students for future challenges, be adaptable, accept changes and becoming a change agent, be supportive to others and find ways to still be sociable, entertaining and building rapport with the environment including family and friends.

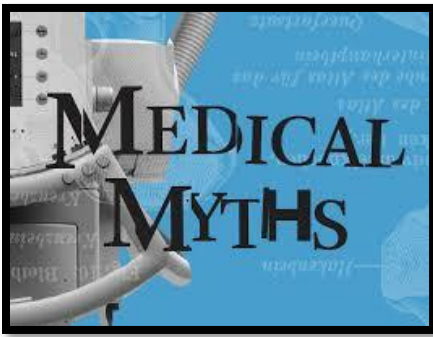
Meantime, we have a few reminders as we move away from December and into the new year. Please continue to update the school office if you have any changes in your address, email and phone number contacts.

You are also reminded that we are completing Term 2; therefore, final grading will be conducted. We continue to encourage all parents to help teachers by making sure students complete their homework and promptly attend all classes. Please remember to contact your form teacher if there are any concerns with students learning

Until then, stay safe and we will see you next year.

Sincerely yours,
Larry Synclair
Principal





CAN YOU CATCH A COLD FROM COLD WEATHER?

You cannot catch a cold when it rains or if there's sudden changes in the weather. According to the experts on WebMD.com, getting chilly or wet doesn't cause you to get sick. But there are things that make you prone to come down with a cold. For example, you're more likely to catch one if you're extremely tired, under emotional distress, or have allergies with nose and throat symptoms. In truth, it is bacteria and viruses, not the weather, that cause infections such as the common cold, influenza (the flu), or pneumonia. Some studies have shown that stressful conditions, including exposure to cold weather, make animals more susceptible to

being infected with a variety of bacteria and viruses. These studies, which have so far been conducted primarily on mice, suggest that exposure to severe chilling may suppress the immune response, making it harder for the animals to fight infections.



by *Becton Loveless*

(edited version from <https://www.educationcorner.com/habits-of-successful-students.html>)

The key to becoming an effective student is learning how to study smarter, not harder. This becomes more true as you advance in your education. An hour or two of studying a day is usually sufficient to make it through high school with satisfactory grades, but when college arrives, there aren't enough hours in the day to get all your studying in if you don't know how to study smarter.

While some students are able to breeze through school with minimal effort, this is the exception. The vast majority of successful students achieve their success by developing and applying effective study habits. The following are the top 10 study habits employed by highly successful students. So if you want to become a successful student, don't get discouraged, don't give up, just work to develop each of the study habits below and you'll see your grades go up, your knowledge increase, and your ability to learn and assimilate information improve.

1. Don't attempt to cram all your studying into one session.

Ever find yourself up late at night expending more energy trying to keep your eyelids open than you are studying? If so, it's time for a change. Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. If you want to become a successful student then you need to learn to be consistent in your studies and to have regular, yet shorter, study periods.

2. Plan when you're going to study.

Successful students schedule specific times throughout the week when they are going to study -- and then they stick with their schedule. Students who study sporadically and whimsically typically do not perform as well as students who have a set study schedule. Even if you're all caught up with your studies, creating a weekly routine, where you set aside a period of time a few days a week, to review your courses will ensure you develop habits that will enable you to succeed in your education long term.

3. Study at the same time.

Not only is it important that you plan when you're going to study, it's important you create a consistent, daily study routine. When you study at the same time each day and each week, your studying will become a regular part of your life. You'll be mentally and emotionally more prepared for each study session and each study session will become more productive. If you have to change your schedule from time to time due to unexpected events, that's okay, but get back on your routine as soon as the event has passed.

4. Each study time should have a specific goal.

Simply studying without direction is not effective. You need to know exactly what you need to accomplish during each study session. Before you start studying, set a study session goal that supports your overall academic goal (i.e. memorize 30 vocabulary words in order to ace the vocabulary section on an upcoming English test.)

5. Never procrastinate your planned study session.

It's very easy, and common, to put off your study session because of lack of interest in the subject, because you have other things you need to get done, or just because the assignment is hard. Successful students DO NOT procrastinate studying. If you procrastinate your study session, your studying will become much less effective and you may not get everything accomplished that you need to. Procrastination also leads to rushing, and rushing is the number one cause of errors.

6. Start with the most difficult subject first.

As your most difficult assignment or subject will require the most effort and mental energy, you should start with it first. Once you've completed the most difficult work, it will be much easier to complete the rest of your work. Believe it or not, starting with the most difficult subject will greatly improve the effectiveness of your study sessions, and your academic performance.

7. Always review your notes before starting an assignment.

Obviously, before you can review your notes you must first have notes to review. Always make sure to take good notes in class. Before you start each study session, and before you start a particular assignment, review your notes thoroughly to make sure you know how to complete the assignment correctly. Reviewing your notes before each study session will help you remember important subject matter learned during the day, and make sure your studying is targeted and effective.

8. Make sure you're not distracted while you're studying.

Everyone gets distracted by something. Maybe it's the TV. Or maybe it's your family. Or maybe it's just too quiet. Some people actually study better with a little background noise. When you're distracted while studying you (1) lose your train of thought and (2) are unable to focus -- both of which will lead to very ineffective studying. Before you start studying, find a place where you won't be disturbed or distracted. For some people this is a quiet cubicle in the recesses of the library. For others it is in a common area where there is a little background noise.

9. Use study groups effectively.

Ever heard the phrase "two heads are better than one?" Well this can be especially true when it comes to studying. Working in groups enables you to (1) get help from others when you're struggling to understand a concept, (2) complete assignments more quickly, and (3) teach others, whereby helping both the other students and yourself to internalize the subject matter. However, study groups can become very ineffective if they're not structured and if group members come unprepared. Effective students use study groups effectively.

10. Review your notes, schoolwork and other class materials over the weekend.

Successful students review what they've learned during the week over the weekend. This way they're well prepared to continue learning new concepts that build upon previous coursework and knowledge acquired the previous week.

We're confident that if you'll develop the habits outlined above that you'll see a major improvement in your academic success.



From ReachOut.com

The food you put into your body can have a huge impact on how your brain works. This is important to remember around exam time, when you're probably paying more attention to books than brekkie. Learn how the food you eat affects your body so you can choose foods that improve your memory, fuel your brain and help you smash your study schedule.

What's food got to do with it?

Your brain is the most complex part of your body. Like a computer, it runs millions of processes every day. It never stops working, so it needs constant topping up with the fuel it operates on—glucose, which is a type of sugar. Your body obtains glucose from your food, and it's delivered to the brain through the bloodstream. The problem is, your brain can't store glucose, so you need to top up your levels every day.

If your brain isn't properly fuelled, you're likely to feel sad and irritable. You might also have trouble sleeping, poor memory, and difficulty problem-solving. That's not how you want to feel when you turn up for an exam.

Which foods are the best fuel?

Healthy brain food for studying includes:

- Protein — meat, fish, eggs, poultry, legumes, nuts and seeds, dried beans and lentils, dairy products and soy products. Protein helps your brain send messages to the rest of your body, and helps create brain chemicals that improve your mood.
- Antioxidants — fruits and veggies, including berries, and pomegranate juice. Antioxidants can help delay or even prevent certain effects of aging on the brain.
- Omega-3 — oily fish, flax seeds and flax oil, and eggs, chicken and beef. Omega-3s have been found to help your brain work harder and improve your mental health.
- Dietary cholesterol — dairy and egg yolks. Your brain relies on cholesterol to create the cells that send messages to the rest of the body.
- Monounsaturated fats — avocados, nuts, olive oil, canola oil and peanut oil. Food that contains monounsaturated fats can improve your memory and help your brain work harder, better, faster, stronger.
- Caffeine (moderate amounts) — tea, coffee and dark chocolate. In small doses, caffeine can help you feel refreshed and more focused.
- Water. Your brain is 73% water, and water is vital to keeping your body (and brain) in tip-top shape.

The best way to feed your brain is to eat a wide range of foods from all food groups. However, when you're hitting the books, it can be a little tricky to put it into practice.

Eating well-rounded meals most of the time will help you study better, and lead to better results, both in the short-term and the long-term. While many of the brain foods we've talked about have immediate results (like caffeine), the best results are the ones that show up over time, such as the slowing down of age-related cognitive decline, and the decreased likelihood of degenerative conditions like Alzheimer's.