Suzhou Singapore International School

News from the Dragon's Den

Issue: 8

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Calendar Dates:

15 October
SISAC Tennis @ BISS Puxi
SISAC V-ball @ CISS + SAS Puxi

17 October
CISSA Cross Country
SISAC Cross Country @ SAS Pudong

19 October
Mid-semester reports

22 October
Parent Teacher Conference

24 October
CISSA Cross Country

27-29 October
ACAMIS V-ball @ IST

From the Head of School – Mrs Anne Fowles

Dear SSIS Parents and Community,

I hope that you all had the opportunity to enjoy a break over the national holiday and spend some time with your family. I am presently in Singapore attending the IB Global Heads Council meeting and IB Heads Conference. The theme of this is "The Adventures of Leadership: Leaders and Learners, Learners as Leaders." To date the inspirational speakers have included leaders in educational research such as Professor Sugata Mitra and Dr Douglas Reeves.

Professor Mitra's extensive research involving students in groups self-teaching, researching and learning in response to big questions or problems was a provocative concept for many. But fitted perfectly with the IB constructivist and inquiry model, particularly in the PYP and MYP where significant concepts and unit questions are considered. Dr Reeves' research on school development and leadership encouraged Heads to strongly consider our focus as schools tend to have multiple levels of development taking place on a variety of divisional or administrative matters. Student presenters in turn gave Heads their perspective on themselves as learners and leaders.

The IB programmes, particularly the PYP Exhibition in Grade 5, the MYP Personal Project in Grade 10 and the Extended Essay in Grade 12 along with Action, Service and CAS are means by which our students can further develop in depth learning and opportunities for leadership.

Parent Teacher conferences are taking place at SSIS on October 22. I encourage all our parents to attend these to find out more about their children as learners.

Best wishes,
Mrs Anne Fowles
Head of School

From the Elementary Principal – Mr Mark Treichel

The Grade 3-5 students each enjoyed their day at CISSA Soccer in Shanghai this week. My thanks to the teachers and the parent volunteers who accompanied them for making this day possible. The day is designed to allow friendly competition and the opportunity to mix with international students from other schools. Photos from the various days will be uploaded to our photo gallery soon.

Kindergarten classes conducted a tuning-in activity for their transdisciplinary theme "Where we are in place and time" on Wednesday this week. The central idea students will inquire into being "The buildings around us are different for a variety of reasons." Students and parents were exposed to a wide range of activities to spark their interest in what is to come.

Notices and emails were sent home this week regarding the upcoming Parent Teacher conferences to be held on Saturday 22 October from 9.00-5.00. Please refer to our website for more details. A regular shuttle bus schedule will be published on the website to assist with transport on this day. A crèche service will also be available in the Elementary library during interview time. It is important that parents sign their children in and out of this service. I appreciate your cooperation in this matter.

Grade 1's presented a very entertaining and informative assembly on Friday as a finale to their Healthy Me unit of inquiry. Students have learnt much about balanced diets, keeping fit, good hygiene and the importance of play and rest.

Secondary students organized an event for our Grade 1-5 students on Friday to support the Terry Fox Foundation. They presented a short information session during assembly about who he was and then had an organized activity of the sports field for students to participate in.

Upcoming dates for October:
Saturday 22nd – Parent/Teacher Conferences
Tuesday 25th – Grade 2 Field Trip to Century Mart
Wednesday 26th – Grade 1 Field Trip to Yi Li Dairy Factory
Wednesday 26th – Friday 28th – Grade 4 and 5 Camps
Thursday 27th – Friday 28th – Grade 3 Sleepover and trip to Shanghai Museum

Elementary Photo Gallery
http://www.ssis-suzhou.net/ESPrincipal/Site/Gallery/Gallery.html

Becki's Blog

Parent Help
Are you looking for ways to help at school? Throughout the year teachers are often looking for help in many ways; through their daily programmes or through extracurricular activities. If you would like to help in your child's class please let your child's homeroom teacher know. If you have a specialist skill and would like to help in any other way please let Becki know. We also have an extremely active parent volunteer group who help in all areas of the school with uniform, canteen, international family day and many more activities. This group meets once a month and are very active in the whole school. For more information please contact pvo@ssis-suzhou.net

来自家长的帮助
你在寻找各种方式为学校提供帮助吗？全年老师们都在多方面寻求帮助，他们的每日教学或者课外活动。如果你愿意在你孩子的班级里提供帮助，请告知班主任老师。如果你有某项特长，愿意以其他方式提供帮助，请告知Becki。我们还有非常活跃的家长志愿团，在所有领域给予学校帮助，包括校服、餐厅、国际日和许多其他活动。家长志愿团每个月聚会一次，非常活跃。更多信息，请联系pvo@ssis-suzhou.net

학교에 도움이 될 수 있는 방법을 찾고 계세요?항상교사들은 다양한 분야에서 도움을 필요로 하고 있습니다.: 예를 들어, 매일 운영되는 프로그램과 방과후에 운영되는 프로그램 등이 있습니다. 만약 자녀분의 반에 직접 도움을 주고 싶으시다면 담임 선생님께 말씀해 주세요. 만약 전문적인 기술을 갖고 계시고 그 분야에 도움을 주고자 하시는 분은 Becki 선생님께 말씀해 주세요. 지금도 다양한 분야(교복, 식당, International family day과 여러 활동 등등)에 적극적으로 도움을 주시는 학부모님들이 계십니다. 자원봉사를 하시는 학부모님들끼리 한 달에 한 번 회의를 하고 적극적으로 활동을 하고 있습니다.자원 봉사와 관련된 의문 사항이 있으시면 아래의 이메일 주소로 연락 주세요. 이 메일 주소 : pvo@ssis-suzhou.net

From the PYP Coordinator – Mr Dom Thomas

Current Units of Inquiry

Grade	Central Idea	Transdisciplinary Theme
N	Every day I can learn more about who I am and what I can do	Who we are
Pre-K	My relationships affect who I am	Who we are
KG	The Buildings around us are different for a variety of reasons.	Where we are in place and time
1	The journey of food is a process involving many people	How we organize ourselves
2	People make systems to exchange products and services	How we organize ourselves
3	Thinking scientifically helps us to understand forces in the world around us	How the world works
4	Energy takes a variety of forms and can be converted in different ways	How the world works
5	People's actions influence others and their environment	Sharing the planet

For more information please contact your child's homeroom teacher.

Learning is Child's Play in Pre-K...

... exploring materials ... managing ourselves ... working with others ...

... growing mental muscle ... learning respect ... knowing so much more ...

... engaging all our senses ... making sense ... laughing ...

ESL Corner

The Advantages of Being Bilingual

Some of the potential advantages of bilingualism in a child are:

- Wider communication (extended family, community, international links, employment)
- Literacy in two languages.
- Broader enculturation, a deeper multiculturalism, and two 'language worlds' of experience.
- Greater tolerance and appreciation of diversity.
- Thinking benefits (e.g. creativity, sensitivity to communication).
- Raised self-esteem.
- Security in identity.
- Increased curriculum achievement.
- Easier to learn a third language.
- Economic and employment benefits.

From: Baker, Colin. A Parents' and Teachers' Guide to Bilingualism

이중언어 사용자의 장점

이중언어를 사용하는 아이가 가질 수 있는 몇 가지 장점은:

- 광범위한 의사소통 (가족, 지역 사회, 국제적인 관계, 취업).
- 두 가지 언어에 대한 문맹률
- 넓어진 문화 적응, 깊어진 다문화주의, 그리고 두 가지 '언어적 세계'에 대한 경험.
- 커진 관용과 다양성에 대한 공감.
- 사고적인 장점. (예: 창의력, 의사소통에 대한 감수성).
- 높아진 자부심.
- 정체성 보호.
- 높아진 교육적 성취도.
- 세 번째 언어를 배우기 쉬움.
- 경제적이고 취업적인 장점.

콜린 베이커. A Parents' and Teachers' Guide to Bilingualism 에서 발췌

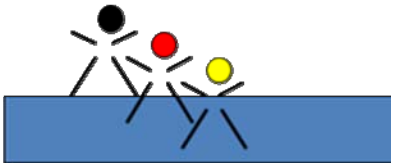
掌握两种语言的优势

孩子掌握两种语言的潜在优势是：

- 拥有更为广阔的交际能力（大家庭，社会，国际联系， 就业）
- 能具备两种语言的读写能力
- 具有更强的文化适应度，更深刻的多元文化，同时还拥有两种语言世界的阅历和感受
- 更能包容和鉴赏多元文化。
- 思维受益（例如：创新性， 对交流的敏锐性）
- 可以提高自尊心
- 可靠的自我认知
- 更能在学业上有所成就
- 更容易去学习第三种语言

有利于以后的经济和工作

German Department



Liebe Eltern

Elternsprechtag ist am Samstag, 22. Oktober. Sie können sich in der Woche davor auf der Schulwebsite in den Sprechzeiten der Lehrer eintragen.

Vom 26. bis zum 28. Oktober gehen die 4. und 5. Klassen ins **Camp** und vom 27. auf den 28. Oktober findet außerdem das **sleepover** der 3. Klassen statt. Genauere Informationen erhalten Sie später.

Auch in diesem Schuljahr treffen sich Schüler, Eltern und Lehrer des German Department wieder zu einem **Laternenumzug**. Am Donnerstag, 10. November, Treffpunkt ist um 17.30 Uhr im “Golden Lough”.

Laternenbasteln

Klasse 1/2 - Freitag, 28.October, ab 13.30 Uhr

Klasse 3/4 - Dienstag, 1. November, ab 13.30 Uhr

Herzliche Grüße, Ihr Kollegium

From the Secondary Principal – Mr Nicholas Little

Next week provides a great opportunity for you to get feedback on your child's progress. On Wednesday they will receive a progress report with effort and attainment grades for each subject and a homeroom report. You will be able to take this report with you to Parent Teacher Conference on Saturday October 22nd to get more detailed feedback from your child's teachers about why they received that grade and how to improve. Please check the front page of our website at www.ssis-suzhou.net for the link to make appointments. If you have any problems, you can phone Helen Xu, the Secondary secretary who will make it for you.

Over this weekend, our students will participate in volleyball and tennis matches in Shanghai, and on Monday another team will go there for Cross Country. The swim season continues with students getting ready for a major Swim Event in Beijing at the end of the month. The Middle School soccer season has already started with students involved in regular after school practices and weekly league games. It is not just in sports, students are getting involved – the Model United Nations are preparing for their November trips to Hangzhou and Singapore, and rehearsals have long been underway for December productions of the School Play and School Orchestra.

Tech Tips and Tools

Social Networking

Social networking describes a variety of online services like Facebook, YouTube, MySpace, Twitter, online games such as World of Warcraft and Moshi Monsters and virtual worlds such as Club Penguin. Some social networking sites targeted at children claim to moderate or check communication to provide greater protection for children.

Social networking services let children and teens communicate with other people online. This can enable young people to stay in touch with friends and family and join in fun fantasy worlds and games. However, children may forget who they are communicating with online and disclose too much information. They may also behave in ways that they wouldn't offline.

The following tips can assist in managing children's social networking interactions.

- If your child is using social networking services check the website age guidelines and terms and conditions.
- Help your child set up their profile to make sure that they don't put too much personal information online. Help your child to create screen names or IDs that do not communicate their gender, age, name or location and are not sexually provocative.
- Set rules make sure your child knows what information they can share or post online.
- Advise your child not to respond to any negative messages and to report any negative messages they receive to you or another trusted adult.

from http://www.cybersmart.gov.au/

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PVO

Suzhou Singapore International School
苏州新加坡国际学校

Parent Volunteer Organization Parent Social

On behalf of the SSIS Parent Volunteer Organization and School Administration we cordially invite you to attend a Parent Social.

Date: Wednesday, October 26 2011
Time: 2:00-3:30 pm
Location: SSIS Staff Room BN 203

Please join us in celebrating the 2011-2012 school year. Learn ways you can become involved with your child's education. Make new friends. Working in partnership SSIS will continue to be the best international school in Suzhou!

Medical Post

宁诊所 **SingHealth Medical Clinic**

Rhinitis
Rhinitis (or the common cold) is a condition where the mucous membrane in the nasal cavity is inflammed.

Causes:
It is a common condition that may be caused by an infection, an allergic response or even overuse of certain medications.

A. Infective Rhinitis: usually caused by viruses and results in the common cold.
Symptoms of rhinitis include:
- Sneezing
- Nasal obstruction
- Sensation of stuffy nose
- Runny nose

Treatment:
Infections usually resolve on their own over a few days. Medication is usually targeted at symptom relief. Antihistamines or nasal decongestants may be prescribed by your doctor to alleviate symptoms of the illness.

Nasal decongestants like oxymetazolin, work by constricting blood vessels in the mucosal lining and reducing the swelling of the mucosal lining. However, prolonged use of such decongestants is not advisable as it may result in rebound symptoms, ie. the symptoms recur later with greater severity and worsening of the nasal obstruction. This condition is known as rhinitis medicamentosa.

B. Allergic Rhinitis: is caused by the body's immune response to an environmental trigger (called the allergen). Common causes include house dust mites, animal fur, pollen and airborne moulds.
Symptoms include:
- Blocked nose
- Runny nose
- Post-nasal drip
- Watery and itchy eyes

These occur after exposure to the allergen, eg. after walking into a dusty room or breathing in pollen during spring time (seasonal allergic rhinitis).

Diagnosis:
There is often a history of other allergies and skin sensitivity and some people may also have asthma. There may also be a family history of similar allergies.

A skin prick test may be able to identify the offending allergen (the substance that triggers the allergic response). It is a simple test performed in the clinic as part of the investigations for someone suspected to have an atopic (allergic) condition. In a skin prick test, a small area of skin, usually on the forearm is used to test for allergies to various potential allergens. A positive reaction to an allergen is diagnosed by observing a reddish induration on the skin.

By identifying the allergen, severe or recurrent attacks can be reduced by avoiding or minimising subsequent exposure to the allergen.

Medical Post cont.

Treatment:
Treatment of allergic rhinitis is aimed mainly at reducing the severity and frequency of attacks.

1. Environmental Control:
Changes to the living environment will have to be made to avoid the allergens that trigger attacks. For example, frequent cleaning of living areas and replacing items such as carpets or stuffed toys may reduce the amount of exposure to dust mites in the house.

2. Medical Therapy:
Medical therapy is aimed at controlling symptoms and reducing the allergic response. In cases where the symptoms are intermittent, antihistamines may be prescribed. Where attacks are frequent, nasal steroids may be added because they are effective for long-term control of symptoms and are safe for long-term use as they have a topical (local) action and very little systemic (bodily) effects.

3. Immunotherapy:
Usually reserved for those with severe, prolonged symptoms that do not respond adequately to conventional therapy. In immunotherapy, the body's immune system is modulated to reduce the response to the allergen (also called desensitization), thus reducing the severity of symptoms. This is a slow process and will require injections or self-administered drops taken regularly over a period of one to three years.

C. Vasomotor Rhinitis: Vasomotor rhinitis (VMR) is a condition where there is chronic rhinitis in the absence of an identifiable allergy. The autonomic nervous system (ANS) partly controls the dilation of blood vessels in the nose and it is believed that an oversensitivity of this ANS can cause VMR. In some cases, the trigger may be a change of temperature or the presence of a chemical stimulant like strong perfume or chemical fumes.

D. Atrophic Rhinitis: In atrophic rhinitis, the natural mucosal membrane in the nasal passages are thinned out and the glands that secrete mucus and help with mucus clearance are lost. This leads to secondary infections and persistent crusting of the nose. This is a rare condition that occurs in those who have undergone aggressive surgery to the nasal cavities or had radiotherapy to the nasal area for cancer treatment.

If you think you may have any of the above condition, kindly seek medical advice.

In general, rhinitis is experienced by everyone at some point in their lives. Early diagnosis, appropriate treatment and lifestyle modification will definitely help those with chronic rhinitis lead a normal life with less discomfort.

Do contact us if you have any questions at 6767 1655, 6767 1611 or services@singhealthmedical.com