



# School News

# Book Week

Dear Parents & Carers,

I continue to be amazed by the inspirational children and adults at iCAN. Last weekend I was so proud of the courage and sheer determination shown by four of our young people when they took on the mighty Mekong. Swimming across the Mekong River is a challenge for the fittest adults and believe me, when you stood at one side looking over to the other side it seemed almost impossible that anyone could swim that far. You can read their accounts of this epic swim on pages 10-11.

This edition is packed with photos and news about Book Week, our Year 5 visit to Kampot & Kep, our Years 6 & 7 visit to Vietnam, the Mekong river swim and more. We have certainly had a busy teaching block at iCAN.

I hope that you all enjoy Khmer New Year and look forward to seeing everyone back on the 20th April.

Miss Lori

## Book Week was brilliant...

We had so much fun celebrating books and reading.

Pages 2 to 5 are full of photos of the various book week activities.

Thank you, thank you:

- To all of you who donated books to the children at CDCC.
- To all the iCAN parents and nannies who came in to read stories in Book Week.

... and a special thanks to Ms. Donna for all her hard work in making book week such a huge success.

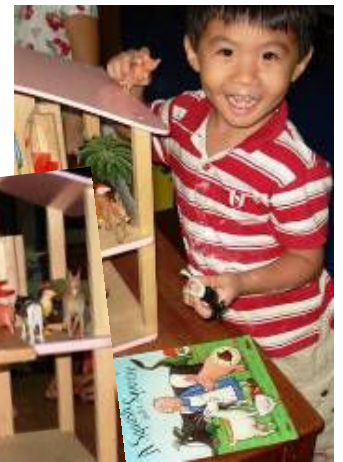
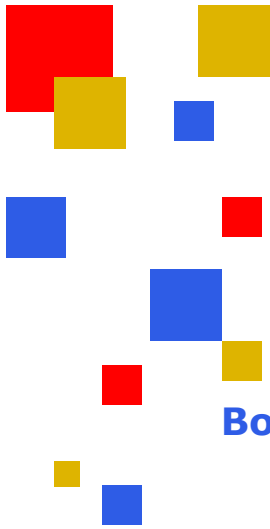
## DATES FOR YOUR DIARY AT A GLANCE

### DENTAL CHECK-UPS

On March 11th and 12th Dr. Wolfgang came into school for the annual dental check-ups. Sixty two children visited Dr. Wolfgang's dental clinic which he set up in the staff room, complete with a dentists chair. Of the 62 children approximately 50% were children who have already had their teeth checked by Dr. Wolfgang in the past and 50% were having their teeth checked for the first time. The clinic that Dr. Wolfgang runs at school offers more than a dental check-up, as he also spends time teaching the children about how to take care of their teeth.

- 20/4 Start of TB6
- 22/4 CHILD LED CONFERENCES
- 1/5 Y1S Class Assembly
- 8/5 Rec. J Class Assembly
- 14/5 No school –Professional Development for teachers
- 15/5 No school—King Sihamoni's Birthday
- 18/5 Last week of clubs
- 29/5 School reports sent home
- 30/5 KS1 Family event
- 3/6 Book sale

# Book Week in our Early Years



**Book Week** was amazing fun!  
The message was clear  
—children **love** books!

Each class from Early Years up to Key Stage 3, focused on a particular author. Children were also encouraged to read any book whilst relaxing in the reading tents at playtime.

We all remember how pictures bring stories alive. During **Book Week** illustrators from the Reading Room showed children how to illustrate the book that they were translating into Khmer and English for our friends at C.D.C.C.. The results were spectacular!

All children love reading and books should be shared. Thank you to everyone who donated old books to C.D.C.C. Others shared the magic of reading by buying new books. Thanks to everyone's generosity the children at C.D.C.C. left with three large baskets of books. They love reading so much, they often forget to eat!





# Book Week in Key Stages 1-3



Children from C.D.C.C. had a great time visiting iCAN and assisting with the activities. They were delighted with the story sack, the clay character models, the big books and masks.

In addition they were astounded by the high quality film and audio CD created by Years 5 and 7, with songs and music produced by Key Stage 1.



You will soon be able to enjoy both the film and audio CD created during Book Week at

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on our [School website!](#)



**Book Week** reminded children of the magic and power of books. Put away the computers and X-boxes, snuggle up and spend quality time in the land of dreams, adventure and imagination by reading a good book — not just in **Book Week** — every week!

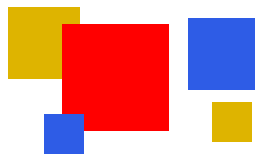


Thank you to everyone in our iCAN community who supported our fantastically successful and enjoyable **Book Week!**



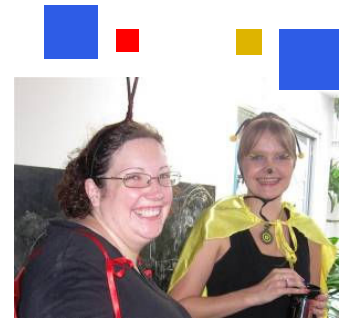


# Book Week Assembly





# Book Week ... recognise anyone?





# Year 5 in Kep & Kampot

When we sat down and watched the flying fish and the sunset was my favourite part of today. It was nice to be with all my friends when we watched it. I enjoyed going to the village and seeing how they lived and made gas from poo! **Ellie**

I enjoyed walking to the village to meet the people who lived in the community, they were so friendly and we could see what real life was like for them. Our homestay in Kampot is oh, so lovely. It feels relaxing and we can see the sunset over the river. **Ms. Chandy**

I liked the part when we walked through the swamp on our night walk. It was creepy! **Mak**

It was very quiet on the bus on the way to the community village and very few snacks were consumed along the way. During the roll call, they refrained from screaming their numbers at the tops of their voices and whispered instead; it was blissful. At the community village, the children didn't go wild with excitement when they saw the calves and ducklings, and nobody tried to poke their heads into the big pot of poo! At Les Mangieurs they didn't become ant-like as they explored the grounds and, in fact, it was barely noticeable that they were there at all! At supper, there was plenty of food left after the main course and, of course, nobody consumed seconds during dessert. The night walk was an exceedingly calm affair, with no yelling, and absolutely no-one tried to freak the others out by creating images of ghosts and goblins sneaking through the trees around us. Pleasant stories of fairy castles and animal friendships finished the evening off in style. Sigh. Can there have ever been a more tranquil day? The only slight problem was... some of these things may not have happened. **Mr. Sam**



After an early start and delicious breakfast we headed into Kampot town, along the banks of the Kampot river and through the rainforest, which wasn't as scary as our exploration there last night. Whilst trekking through the forest we came across two rickety wooden footbridges that we needed to cross to get across to the other side. We were unsure if Mr. Sam was going to be too heavy to cross the footbridges, especially after all the breakfast he ate (ask him about the omelette mountain)!

I didn't enjoy walking so much as my legs were aching. I liked playing volleyball and eating ice cream on the banks of the Kampot river with my friends. **Sang Min**

I liked watching the sunset whilst sitting on the pontoon at our homestay. I also enjoyed watching the performance at EPIC Arts. **Jalesa**

Going through the forest and going on the crackly bridge was fun. I also enjoyed sitting on the pontoon and watching all the little fish swimming in the Kampot river. **Anouk**



# Year 5 in Kep & Kampot



I thought the salt fields were great because we got to climb the salt mountains and actually taste the salt; the pepper plantations were good too because I saw the biggest ever mango there and the puppies were so cute. **Mai**



I liked listening to Mr Sam's scary bedtime story about the mystery of Les Mangieurs' last owners; Miss Chandy said I even shouted out for more in my sleep! **Ponnaka**



The necklace making at Lili Perles was fun because I've been away from my mum for four days and I wanted to make her something nice. **Kun Woo**



I really enjoyed the night walk to Lili Perles because we went down the hill, which was fun; the spooky story was great too because Mr Sam used just the right amount of spook! **Adi**



The salt fields were amazing because I have never seen so much salt in one place before; I thought Funky Junk was good because it was recycling and it was fun. **Angela**



The children have been so impressive on this trip! They've been given fantastic responsibility and they've rewarded our trust with some absolutely impeccable behaviour. They have thrown themselves, with typical gusto and enthusiasm, into every aspect of the trip too and I have enjoyed watching them accomplish all the little challenges – be they getting themselves ready for supper by a certain time; listening attentively and respectfully to the information provided about the Bridges Across Borders project; or demonstrating how well they can take care of their possessions and money – presented to them. I think all the adults on the trip would agree that Year 5 will be taking back to Phnom Penh some wonderful new skills that they will make use of, probably, for the rest of their lives, and it is easy to say that I am incredibly proud of them all! **Mr. Sam**



"This trip rocks!!!" **Kun Woo**



# Years 6 & 7 in Vietnam



## Day 1 ... Monday 2nd March

### Greetings from Ho Chi Minh City!

Today was really hot and we were sweating like mad and drinking lots of lots of water! I overcame my fear of going into the tunnels and they were bigger than I expected, especially when I heard Mr. Marc telling Mr. David he was too fat to go through them. Our hotel is really cool!  
**Ragina**

When we went to the tunnels, first of all we went around seeing all the different booby traps that the Vietnamese made and we saw lots of spiky traps that they used to trap the Americans. They also showed us how they worked, luckily with a stick, not a human! Then we went into the tunnels and I overcame my fear of claustrophobia. We were way too fast for Mr. David in the tunnels and left him behind taking photos!  
**Raven**

## Day 2 ... Tuesday 3rd March

### Arrival at Cai Be island

So... first in the morning we went to two very old fashioned buildings in Vietnam. One was a Post Office and the other one was the Notre Dame cathedral. Ms. Sarah took a picture of all the girls in the old fashioned telephone booths. Then we went for a picnic in a huge park. After we went to the boat and onto Cai Be island. We are staying in an eco-guesthouse and our rooms are very open. We went for a walk in the night and everyone got really, really scared. We are now lying in our rooms listening to the boys conversations about who loves who, and Raphael is talking about flying!  
Good night!  
**Raven**

I have been walking a long way tonight and it was very spooky. We have been chit chatting about love.  
**Regis**





# Years 6 & 7 in Vietnam



## Day 3 ... Wednesday 4th March Cycling around and exploring Cai Be island

Today we stayed on the Mekong delta the whole day! We rode bikes for 2 hours. It was amazing, but at the end I was so tired. After lunch we rode bikes again for 2 hours. We also measured the velocity of a stream in the Mekong delta. It was amazing! Bye, **Matteo**

We went on a 15km bike ride this morning and I don't think I've ever been on so many bridges and seen so many graves in one day! This is because in Vietnam family members are buried close to where they grow their crops so they can tend to their family graves easily. The bike trip was fun and it was quite cool because we had wind blowing in our faces most of the time. We also went on another night walk which was even more creepy than last night. On the way back we had to walk with no torches on, only using the moonlight to guide our way. We're all having as much fun as I am! Good night! **Jessica**



## Day 4 ... Thursday 5th March Markets, bricks, snakes and shopping!

Tonight I bought a lot of stuff in Ben Thanh market and later we went to dinner and then to the night market. I bought lots of stuff after lots of bartering. I managed to spend every last Dong! **Jonah**

I really enjoyed the night market because I learnt how to barter and negotiate the best price for what I wanted to buy. My best bargain of the night was my sandals which I bought for 60,000 Dong. They're fantastic! **Raphael**

Today I really enjoyed myself so much. I bought stuff like crazy at the markets. I enjoyed looking at the animals at the snake farm, but I felt sad for them because they were in such small cages and tanks. Some of them were really huge. I also saw a monkey, which was the most beautiful monkey I have ever seen in my entire life. I am excited to go home tomorrow, but I am very sad to end my trip to Vietnam with my friends. **Sowon**





# Mekong River Swim

## Sunday 5th April 2009



On Sunday, we swam the Mekong River and it was an incredible experience. I felt both excited and nervous. When I saw how long it was I felt a bit nauseous but did it anyway, because I knew it would be a fun thing to try. It was very exhausting and I don't think I have ever swum so hard and so much in my life! While swimming the river, I wanted to give up because I was completely wiped out but I urged myself to get to the end. No turning back now! When I finally got up to the bank I felt as if I was going to flop over. But the support of my friends and family made me walk up the muddy steep hill. I feel proud and now I can say: "I've swum the Mekong River!" C.D.C.C will also get brand new bikes and I feel great that I have helped to make that happen. I feel good about myself that I have achieved something so huge. The amazing feeling I get when someone tells me how proud they are, is when I knew it was definitely worth not giving up!



Sarah Wong (11) ... I swam the Mekong in 18:30



I did it!!!! It was a massive experience for me to swim across the Mekong River! I can remember going to watch the Mekong river swim last year, when I couldn't really swim at all, and wondered whether I'd ever be a good enough swimmer to do that. It's amazing what you can achieve when you put your mind to it! I thought the mighty Mekong river was going to be very deep and cold,

but instead the water was warm and kind of refreshing. It didn't smell really bad either, as I thought it might. But the scariest thing is that you can't see what's in the water at all ... it was just dark brown! I think that the Mekong river swim is a very challenging thing for people to do because if you swim straight to where you're heading, the current will push you far away. I was feeling a bit dizzy with my new and fashionable swimming cap, but it was all right because when I went into the water I felt soooo much better. When I reached half way about 400m, I felt like I had just swum two lengths of our school swimming pool. I would love to do it again because it was a very challenging experience for me and I thought that I couldn't reach the end, but fortunately I did it.

'Rapid' Regis Seng (11) ... I swam the Mekong in 15:43!







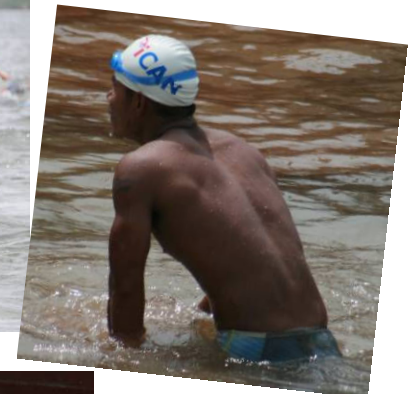
Swimming the Mekong River felt tiring and fun. It was also scary knowing what could possibly happen to me if I wasn't careful. I felt really, really, really proud of myself for doing something different for a change (since I never

really swim the Mekong as an everyday thing!) and pushing myself out of my comfort zone. When I first saw the length I had to swim, I was pretty sure that there was no way I was going to make it across. When I got in the water to warm up, I took another look at the distance and realised that it wasn't that far at all. During the swim, I was pretty tempted to wave my hand in the air and give up, but I looked at the other side and saw the children from C.D.C.C. smiling and thought that if I were to give up I would feel guilty because of all the children I had let down. That gave me an urge to give it all I've got and finish what I had started. I was feeling nervous already, when on top of that, the photographer from the Asia Life magazine, was

there to take pictures of us to feature in their magazine. It was a chance of a lifetime and I had a rainbow of feelings, but I was glad that I did it and will definitely never forget, my Mekong river swim experience.



Jessica Rendall (11) ... I swam the Mekong in 17:03!



Thank you to all our sponsors. We raised enough money to buy over 40 bicycles and helmets for our friends at C.D.C.C.

Do you want to join us and swim in 2010?



First when I saw how much I need to swim I was thinking inside my head that it was far and I can't do. When the race started I was very nervous. After I had swum about half way I thought that it wasn't too bad after all. I really enjoyed it a lot. Now CDCC are going to have bicycles and I am very proud of myself that I swam the Mekong river.

Sowon Hak (11)

... I swam the Mekong in 15:11



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**iSPACE**

A huge thank you to Monument Books who donated \$10 book vouchers to each of the eleven winning book characters, in addition to donating a number of Khmer language books to C.D.C.C. for their library.

**Child Led Conferences**  
**Wednesday 22nd April 2009**  
(all classes except for Y1A and Y6)

## International-School Swim Meet



This will take place on  
Saturday 11th April  
at Northbridge  
International School.

The races start at 8am  
Come along and cheer for the



## iSPACE

This amazing area on the iCAN website is now up and running and has been accessed by people in China, the UK, the USA, Uganda, UAE, Australia, New Zealand and of course Cambodia. You can access it by going to the school website on [www.ican.edu.kh](http://www.ican.edu.kh) and then clicking **iSPACE**

or using the following link:

[www.ican.edu.kh/ispace/home/ispace.htm](http://www.ican.edu.kh/ispace/home/ispace.htm)

## Staff News...

- Ms. Nour and Mr Andy are now the proud parents of a baby boy. Ziya Yassin Hawkings was born underwater at 9.47pm on Wednesday 8th April, weighing 3.3kg. We wish them all the best and can't wait until they are back in Phnom Penh.
- We have now completed the teaching staff recruitment for next year. There will be a special edition of the iCAN Times next teaching block with information about the iCAN team for 2009-10.

Have you visited **iSPACE** on our website yet?