

To inspire every child to recognise their full potential, believe they can make a difference and respect themselves, others and the world in which they live.

September 2010 HEALTHY LIVING WEEK Special

I would like to start by welcoming back our old iCAN families, it is great to see so many familiar faces around school. However, although many of the faces were familiar it was clear on the first day that many of your children had significant growth spurts over the summer. I would like to extend an iCAN welcome to the new families who have joined us, we are looking forward to getting to know you all. We have also welcomed a wonderful group of new teachers to the iCAN teaching team. They bring with them experience, enthusiasm, energy, a passion for teaching and lots of great ideas.

Ms. Lori

Swimming at iCAN ... During our **HEALTHY LIVING** week we held two adrenalin packed swimming galas, both full of excitement. Go to pages 6 & 7 to find out more!

Our iCAN **SWIM SQUAD** have begun training for their first meet of the year ... more on page 12!



Parent & Carers drop-in sessions 2010-11

There are 4 of these drop-in sessions on the School calendar for the 2010-11 academic year. They are all on Mondays:

27th September 2010 8th November 2010
 17th January 2011 28th February 2011

As you can see, the first one is in just over a weeks time. On this day you will be able to explore your child's classroom, guided by your child. Their teacher will be available to answer any questions you may have about their learning journey.

Grass ... in Phnom Penh?



Who's this rolling down the hill in our new **iCAN Garden?**

Well he hasn't been the only one having lots of fun in our fantastic new outdoor space!

On pages 10 & 11 ... find out how our Garden will be evolving over the coming months.

... STOP PRESS ... LATEST NEWS ...

iCAN has just been selected to host the first C.E.O.P. (Child Exploitation & Online Protection) national training course on **20-22 October** here at iCAN.

www.thinkuknow.co.uk

Please contact david@ican.edu.kh for more details.

DIARY DATE REMINDERS

September

- 20th** Start of TB2
- 22nd** 2J Class Assembly
- 27th** Parent & Carers drop-in session
- 28th** iCAN Swim Meet

October

- 4th-8th** Pchum Ben break
- 18th-29th** KS2/3 Class cycling trips
- 29th** International Day at iCAN

Healthy Living **Food**



The theme for our Science, Technology & I.C.T. week this year was **Healthy Living.**

The teachers planned lots of exciting, tasty and energetic activities throughout the week.

Lots of children designed healthy plates and made delicious fruit kebabs.

Smoothies were another favourite throughout the school with a huge variety of flavours and combinations being created,



We also had a visit from the dentist who talked about how we can keep our teeth healthy!



Have you discovered our new lunch menu?

Since the start of this school year our children at iCAN have been able to enjoy a wider variety of healthy lunch options in our school canteen.

Each day there are

3 main courses to choose from: beef/pork, chicken/fish or vegetarian.

You can find our new lunch menu on our school website in Healthy Eating!

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Healthy Living Food



Mr. David visited Year 4 as they had lots of questions for him about what he ate being a vegan. They were interested to find out that he got lots of his **PROTEINS** from beans, nuts and grains, whilst he consumed the essential mineral **CALCIUM** from eating almonds, brocolli, chickpeas and tofu.
Do you know what a **vegan** does and doesnot eat?



Mr. Andy wrote a new song all about the different food groups to help us remember them!



In upper Key Stage 2 the children were challenged to Ready ... Steady ... Cook! Great teamwork all round!

Healthy Living **Football**



We hope to be playing a variety of sporting fixtures against other schools in Phnom Penh soon.

Mr. Cameron organised a great weeks worth of sporting activities for all the classes. Towards the end of Teaching Block 2 he will be taking KS2&3 classes on their cycling trips!

Mr. Jeremy was kept very busy during the KS1 football tournament ... it was end-to-end action! Our KS1 children were full of energy and chased the ball wherever it went! Some fantastic footwork too!



GOAL!



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Healthy Living **Football**



Mr. James was the manager of the blue team which won the exhilarating football tournament in upper Key Stage 2. Congratulations!



The Schools Fantasy Football League has just kicked off again here at iCAN. Mr. Paul is hoping to hang on to the title he won in emphatic style last year, although there are a few (unlikely) managers new on the football circuit who are determined to challenge him throughout the season!

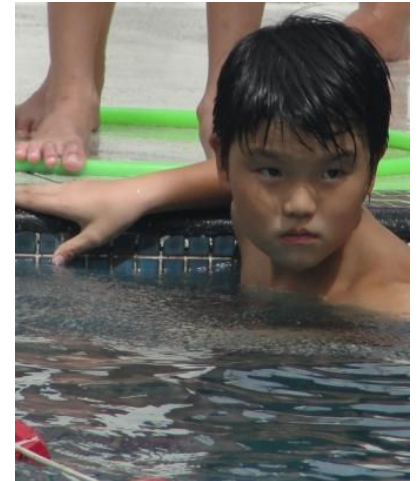


Ms. Andrea and her yellow team performed the Haka just before taking on the formidable blue team in the final.



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Healthy Living **Swimming Galas**



Mr. Cameron, Ms. Emma and Mr. David organised two afternoons of excitement in the pool with our first (of what will no doubt be many) iCAN swimming galas!

Children throughout Key Stage 2 could be heard chanting their team names and cheering for all their friends and classmates as they competed for a place on the podium!



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Healthy Living **Swimming Galas**



The lower Key Stage 2 **Vitamins** team, could be heard chanting and singing at the top of their voices as they made their way down to the poolside, at the start of the afternoons events. This enthusiasm was shared by all teams as they swam at their best repeatedly!



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Healthy Living **Key Stage 3**



Key Stage 3 students were very scientific during our Healthy Living week as they researched and formulated ideas for creating new Science-based games for our younger pupils.



One of the games was based on Monopoly ... but with a scientific twist ... **Microbe-opoly!** New Top Trumps cards were also created and KS3 students will spend time over the coming weeks sharing these with KS1&2.



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Healthy Living **Wake Up & Shake Up**

Wake Up & Shake Up found a new home for one evening during our Healthy Living Week ... as iCAN headed to Hun Sen park to perform a Wake Up & Shake Up medley to the masses. Over 100 people joined the exercise extravaganza and iCAN has officially been recognised as having the largest Wake Up & Shake Up session in Cambodia!



The crowd started to grow from 5.30pm and we kicked off the first of our five **Wake Up & Shake Up** routines at 5.45pm. Thank you to all of you who made this such a memorable event!

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Our new iCAN Garden



The children were obviously happy to be back at school after the lovely long holiday and we have had a fun packed start to the 2010-11 school year here at iCAN.

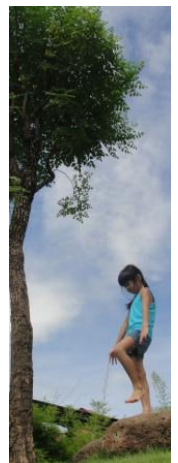
After several months developing our new iCAN Garden, it finally opened on the first day of the school year.



Everyone loves our new garden area, we have all had a go at rolling down the grassy bank.

There are also plans to develop this and the other outside spaces further over the coming months.

Watch this space!



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Our new iCAN Garden



One space ...
so many different uses ...
rolling, reading, chatting,
running, paddling, sitting,
relaxing, climbing
and more!
We love it!



It's not finished yet ...
we are looking at shade
options and will be adding
new features with the c
hildren's help to enhance
our fantastic outdoor space.



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The following children have been selected to join the **iCAN SWIM SQUAD** since the start of this year:

Year 3

James & Mea

Year 4

Les, Donald, Mariamawit & Lehkena

Year 5

Vuthy, Rika, Jamie, Serinya, Jet, Jessie, Alex, Chivann, Eli, Amy, Cameron & Phannita

Year 6

Jack, Lucy, Nat, Karissa, Nathan, James & Yo Han

Year 7

Jakamo, Adi, Mai, Ellie, Socheata, Jalesa & Emily

Year 8

David, Matteo, Emma, Lily, Jonah, Chettha, An, Olivia, Sowon & Jessica

Our first swim meet of the year will be held here at iCAN on **Tuesday 28th September** 3.30-5.30pm.

This first meet will have some unexpected swimmers ... so come along and cheer for your favourite **iCAN TEAM!**

The Mekong River Swim draws enthusiasts from around the world who make a pilgrimage to the Prek Leap Agricultural College just to conquer the mighty Mekong river. All in good fun but with plenty of prizes and a myriad of smiling faces, the Mekong River Swim has become increasingly popular since its humble beginnings back in 1995.

Last year the event didn't take place, for the first time in 15 years. In 2011 the Mekong River Swim will be back and will hopefully be held on Sunday 3rd April!

Our iCAN team will take over the organisation and running of the annual Mekong River Swim in 2011. As in previous years, the Swim will be at the Prek Leap Agricultural College, about 6km outside Phnom Penh, over the Japanese Bridge.

The swim is open to anyone wishing to participate. In 2009 over 160 swimmers from numerous countries and aged from 10-71, joined the event and it was enjoyed by a large contingent of enthusiastic spectators. Competitors swim 650 meters across the Mekong, and return to the starting point by boat. Spectator boats will be available for those who prefer a more leisurely crossing.

If you would like to get involved by volunteering, sponsoring or participating in the Mekong River Swim 2011, then please contact Mr. David at school:

david@ican.edu.kh

With your support we hope to make the 2011 Mekong River Swim the most successful to date.

Mekong River Swim
Sunday 3rd April 2011
organised by iCAN

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ICAN is a truly International school with over 30 different nationalities represented. It offers affordable, high quality education using the British curriculum to over 300 children, aged 18 months - 14 years.

ICAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All ICAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

ICAN PLAY Early Years Centre
1½-3 year olds
If your little star is craving creativity and bursting with curiosity, come and discover ICAN PLAY Early Years Centre -learning through PLAY!



ICAN British International School 3-14 year olds
85 Sothearos Blvd Phnom Penh Cambodia
Tel: (855-23) 222 416-8 e-mail: ican@ican.edu.kh www.ican.edu.kh

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A huge thank you to everyone who made our **Healthy Living** week such an amazing success, especially Ms. Jo, Ms. Caroline & Ms. Andrea who coordinated the weeks events!

Our next specialist week is **Creative Arts** week which runs from **13th-17th December** and will focus on art in our iCAN environment.

NEXT ISSUE ...

- **iCAN Swim meet**
- **Cycling trips**
- **International Day**

We are all delighted with the new KS3 learning spaces and the KS3 students are particularly happy with their lockers!

The family events have been well attended and we are looking forward to seeing lots of you at the Parent & Carer drop-in sessions this year. We hope these sessions will give you another opportunity to see how and what your child is learning here at iCAN.

We are all looking forward to inspiring your children this year so that they recognise their full potential, make a difference and respect themselves, others and the world in which they live.

Ms. Lori

SWIM & SURVIVE PROGRAMME

Ms. Emma, Mr. Phirum & Mr. Cameron will begin delivering our new Swim & Survive programme to our iCAN pupils over the coming months. Children in Key Stages 1 & 2 will be able to work towards Swim & Survive badges and certificates. More information in the next iCAN Times.

iSPACE

Remember to check out this amazing resource. It will provide hours of fun learning, for your child (and you!)

You can access it by going to the school website, www.ican.edu.kh and then clicking

iSPACE

INTERNATIONAL DAY

Friday 29th October 2010

After the most successful International Day ever last year, Ms. Jenna is busy planning our

iCAN International Day 2010.

She already has lots of amazing ideas but would like to hear from you if you can offer your help, your time or would like to share your nations costumes, dances, music, food and history.

jcolbourne@ican.edu.kh

CONTACT US...

iCAN British International School
85 Sothearos Blvd.
Sangkat Tonle Bassac
Phnom Penh
Cambodia

Phone: 023 222 416-7

Fax: 023 222 418

Email: ican@ican.edu.kh

www.ican.edu.kh