



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.

December 2013

Creative Cambodian Arts Week SPECIAL!

Dear iCAN families,

I am sure that your children have been sharing their excitement about Creative Arts Week at iCAN. What an amazing week it has been.

Sir Ken Robinson who is guru in the education world speaks to many audiences worldwide about schools and learning and one of his famous TED talks is called ... **'How schools kill creativity'**.

I'd like to think that at iCAN we do the opposite and we nurture and encourage creativity as the creative arts are an integral part of our learning at iCAN.

Creative Arts Week this year celebrated the arts of **Cambodia**, our host country. Throughout the week we were reminded about;

- The diversity of arts and talented artists in Cambodia.
- The resilience of the Cambodian people who have revived traditional arts against the odds.
- The creativity of Cambodian artists who have interpreted traditional arts in a modern way.

We had the opportunity to learn new skills and practise existing skills.

I would like to take this opportunity to say **'Thank you'** to the class teachers, specialist teachers, LSA's and our iCAN Team who worked so hard to make this week happen.

A special thank you to the **Creative Arts Team**

Laura our Primary Art teacher, **Nicole**, our PE teacher, **Julie** and **Esther** our Music teachers and **Leakena** our Head LSA.

Some incredible pieces have been created this week and we will be holding an exhibition after the holidays to share our creations with you all.

I hope that you all have a wonderful break with your families and look forward to seeing everyone again on **Wednesday 8th January 2014** ready for learning.

Ms. Lori



DIARY DATE REMINDERS

January

- 8th** Start of LB4
- 10th** After School Activities information published
- 11th** Family kite flying picnic
- 13th** Parent/Carer drop in session
- 15th** 3A class assembly
- 15th-17th** MP3 cycle adventures
- 16th** After School Activities sign up before school
- 21st-24th** MP2 cycle adventures
- 27th** After School Activities start
- 29th** 5SL class assembly

February

- 3rd-7th** Y6 residential visit
- 12th** 1A class assembly
- 15th** Amazing family tuk-tuk race
- 17th-21st** Book week
- 20th** Y3 sleepover
- 21st** End of LB4

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EYFS Creative Arts



During Creative Arts week Early Years had an amazing time working in different workshops! We started our CAW with a visit to French Cultural Centre to see an exhibition of Ms. Marine's fantastic creations. We enjoyed making collages with different textures made by paper with her in the F.C.C.



All our iCAN learners, young and old, really enjoyed their traditional dance class with the LSAs. They learned the Romvong and the Madison.



We met with Ms. Marine again to make more beautiful collages, shell necklaces and build objects with Lego.



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EYFS Creative Arts



To wrap up our amazing CAW Year 5SL class came to make paper bead jewellery with us and we created necklaces and bracelets.



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MP1 Cambodian Creative Arts



Marine Ky is a Phnom Penh based artist who worked with the children from Early Years and Milepost 1. Marine worked with the children on the Peace Project which she has worked on with many children in different countries around the world. During the week the children worked with lots of textiles and they also incorporated other children's work into their own creative pieces.



We all had an amazing week working and creating with textiles. Ms. Marine certainly inspired our creativity!

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MP2 Cambodian Creative Arts



The children in MP2 researched traditional Cambodian houses. They then worked in their teams to make a model of a house using lollipop sticks!



MP2 found out about a famous Cambodian myth and in their teams, the children designed some stencils based on the myth. They then used black ink to paint their image onto some silk. Later the children made a large foam stamp in the shape of something which represents Cambodia to them. They used paint to stamp on their image.



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MP3 Creative Arts



MP3 have had a great time during Creative Arts Week. We started the week by looking at Khmer painted signs. Our Year 5 & 6 learners then produced their own design on wood, using oil pastels. They had to think of an image or shop which to them really represented Cambodia. We had lots of fantastic ideas from sugar cane juice, coconuts through to tailors and massages. We then looked at line drawing postcards and used these as a stimulus to create mini canvases in the same style. Again we had a wide range of ideas from rice fields through to tuk tuks.



Our MP3 learners worked with David Holliday to arrange their montages from the photographs they took in LB2. The completed montages are being printed onto canvas and they will be displayed in our school soon!



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MP3 Creative Arts



We have also been working hard with the rest of KS2 to reproduce the school's slogan into Khmer. Look out for this and all of the rest of our amazing Creative Arts Week creations around the school in the coming weeks!



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Years 2/3/4 Photojournalists

During Creative Arts Week Years 2, 3 and 4 worked with David Holliday and Mr. Ged to document the creativity activities that were happening around the school.



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Creative Arts Photography



A huge thanks to David Holliday & Mr. Ged who helped us capture some amazing moments during Creative Arts Week!



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Year 5 residential visit



During Learning Block 3 Year 5 headed off on their first residential visit with iCAN. 5SK & 5SL travelled south to explore both Kep & Kampot. In Kampot each class joined art and movement workshops with our friends at EPiC Arts!



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Year 5 Kep & Kampot



Whilst in Kep both classes were able to learn all about jewellery making with the staff at the Veranda as well as learn how to sail down at the Sailing Club with Mr. Lucky and his professional team. Throughout the week Year 5 sent e-mails to their families recounting their adventures and also celebrating the success and achievements of their peers. Next year ... Siem Reap & Battambang!

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Reception visit the Royal Palace



Reception took their learning journey to the Royal Palace a few weeks ago. They enjoyed exploring and sketching during their royal adventure!



Parent/Carer Drop-in sessions

Parent & Carers drop-in

There are 2 more of these drop-in sessions on the School calendar for the 2013-14 academic year. They are all on Mondays:

13th January 2014

10th March 2014

As you can see, the next one is just after the Winter break. On this day you will once again 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.



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Year 9 Photojournalism



Year 9 have been studying photojournalism and have taken photos showing the less seen side of Cambodia.

The photos you can see above are two of those that they have taken and edited after their recent excursion.

Here on the right you can see 3 of our budding photojournalists in the background whilst a classmate snapped the mangoes!



Year 7 Film making club



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Inter-school swim meet at CCC

Our iCAN Swim Team enjoyed our third inter-school swim meet which was held on Saturday 7th December at the CCC. There was a huge turn out from all 5 schools and the many spectators came to watch the races. The top 3 in each age group:

8/9 year olds

1st	iCAN	86pts
2nd	ISPP	57pts
3rd	NISC	36pts

10/11 year olds

1st	iCAN	70pts
2nd	LOGOS	47pts
3rd	ISPP	45pts

12/13 year olds

=1st	iCAN	57pts
=1st	HOPE	57pts
3rd	LOGOS	54pts



After the previous inter-school swim meet in October our iCAN Swim Squad certainly developed their resilience as they joined more training sessions throughout each week. As a result of their superb efforts last weekend, iCAN swimmers now hold more than 60% of the fastest times swum this year in the inter-school 8/9, 10/11 & 12/13 events—a truly remarkable achievement considering there are 5 schools competing! In the 8/9 age group alone our iCAN swimmers hold the event best times in 11 of the 13 events.

So what does 2014 hold for our swimmers? Some of our older swimmers will join the 18th Annual Mekong River Swim in April, we have the final 2 inter-school swim meets PLUS we've been invited to our first ever international swim meet in Ho Chi Minh City, Vietnam in May ... so there's plenty to keep our swimmers busy in the pool!

Pupil Council Christmas Party



iCAN's Pupil Council worked really hard to prepare a Christmas Party.

There were lots of games, Santa hats, prizes and dancing to be seen!

Everyone had a great time getting into the Christmas spirit in time for the winter holidays!

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So long, farewell Ms. Roseta

After working at iCAN for 10 years, Ms. Roseta in our School office is now setting off on her next adventure. Ms. Roseta joined iCAN back in 2004 as an Learning Support Assistant whilst we were still only had Early Years classes and were based at the Phnom Penh Center. During her time at iCAN Ms. Roseta has also worked as our Head L.S.A., Staff Development Coordinator and School Administrator. Ms. Roseta is iCAN through and through ... lucky for us that she will still be close by, at iChing!



We would also like to take this opportunity to say 'Goodbye' to the children who are leaving iCAN today. Some are returning to home countries, some are moving countries other are moving to new schools. We thank each and everyone of them for what they have brought to iCAN and wish them all the best for the future as they go off around the world.



Family events at iCAN

We have planned a number of family events this year and hope that you will all join us and take the opportunity to meet and enjoy the company of other iCAN families.

We started the year with the Parent/Carer social in the second week and this was very successful! We held some of our family events at Kids City, where children and their families enjoyed climbing, ice-skating and the Science discovery zone. We will hold our family kite flying picnic on Saturday 11th January and the fourth iCAN Amazing Race when the weather cools down on Saturday 15th February.

Upcoming events are also highlighted on your iCAN school calendar which you received in August. If you would like to buy additional iCAN calendars for your family, then please contact our school office where you can buy them at a cost of \$3.

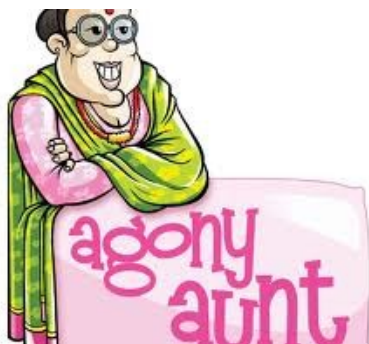
We're now at the half way point of another action packed year at iCAN, full of fun learning.

We wish you all a safe and enjoyable Winter break.

iCAN British International School		JANUARY 2014					WWW.ICAN.EDU.KH
SUN	MON	TUE	WED	THU	FRI	SAT	
COMING UP IN FEBRUARY ... -Y6 residential visit to Siem Reap & Battambang -Book Week -Y5 sleepover at school -Amazing family tuk-tuk race around Phnom Penh			1 WINTER BREAK	2	3	4	
5	6 TEACHER TRAINING DAY	7 VICTORY DAY	8 Start of LSA	9	10 iChing School Activities information published and distributed	11 Family kite flying picnic (10am-1pm)	
12	13 Parent/Carer drop in session after school	14	15 5th class assembly 7:45-8:15am MP2 cycling adventure	16 Sign up For iChing School Activities before school MP2 cycling adventure	17 MP2 cycling adventure	18	
19	20	21 MP2 cycling adventure	22 MP2 cycling adventure	23 MP2 cycling adventure	24 MP2 cycling adventure	25	
26	27 iChing School Activities start this week (Wed)	28	29 5th class assembly 7:45-8:15am	30	31		

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iCAN Agony Aunt replies



Dear iCAN Agony Aunt,

My husband and I are having trouble putting our 5 year old to bed. She is very reluctant to go to bed in the first place, and bedtime almost always involves tears and tantrums. My husband and I are so tired from having this battle every night. What can I do to make this better for my family?

'Tired of Toul Kork'

Dear 'Tired of Toul Kork',

Bedtime ... *sigh*. I'm sure I can hear a collective sigh from other parents out there who are sharing in your bedtime dilemmas.

Sleep, as we all know, is very important to a child's wellbeing. A lack of sleep can cause a child to become hyperactive and disagreeable, and have extremes in their behaviour. There has been complex research done in to the different sleep problems children have and what might cause them, but I want to focus on the most common causes of the problems with bedtime: overtiredness and a bed time that is not right for their age.

Here is the NHS recommended (the UK National Health Service) amounts of sleep children should get:

1 week	Daytime: 8 hrs Night time: 8.5 hours
4 weeks	Daytime: 6 $\frac{3}{4}$ hours Night time: 8 $\frac{3}{4}$ hours
3 months	Daytime: 5 hours Night time: 10 hours
6 months	Daytime: 4 hours Night time: 10 hours
9 months	Daytime: 2 $\frac{3}{4}$ hours Night time: 11 $\frac{3}{4}$ hours
12 months	Daytime: 2 $\frac{1}{2}$ hours Night time: 11 $\frac{1}{2}$ hours
2 years	Daytime: 1 $\frac{1}{4}$ hours Night time: 11 $\frac{3}{4}$ hours
3 years	Daytime: 1 hour Night time: 11 hours

4 years	Night time: 11 $\frac{1}{2}$ hours
5 years	Night time: 11 hours
6 years	Night time: 10 $\frac{3}{4}$ hours
7 years	Night time: 10 $\frac{1}{2}$ hours
8 years	Night time: 10 $\frac{1}{4}$ hours
9 years	Night time: 10 hours
10 years	Night time: 9 $\frac{3}{4}$ hours
11 years	Night time: 9 $\frac{1}{2}$ hours

According to this table, your 5 year old should be getting 11 hours sleep a night. I would suggest that the first thing you try is enabling an 11 hour sleep every night for your child. Of course, this is just a recommendation. Sleep needs vary between individuals, so you might find that your child needs more than this, or indeed, less. What is important is that **you** know what your child needs & enable this.

If bedtime has been a nightmare for an extended period of time, I would also suggest you look at your bedtime routine.

What time is your child going to sleep? What are you doing before bed? Furthermore, if your chosen bedtime routine is unclear and/or inconsistently 'enforced', bedtime resistance becomes a major problem. You must decide on the best bed time for them, calculating what time works with your family's schedule. Everyone in your household must know this time and work with you to support that bed time.

It is best that you and your child engage in calm activities before bed – things like reading, and quiet play rather than jumping around and dancing or competitive games. Gentle reminders for what is coming next, e.g. 'In 5 minutes it is bedtime' are helpful for both you and your child. Try to avoid looking at your watch, or hurrying things along; keep your tone calm. On the whole, bedtime should be a calm 'together' time.

Instilling this 'calm' routine will take time but I promise your hard work will pay off! Don't give up!

Another potential reason for bedtime resistance could be anxiety about bad dreams. Nightmares are common in children aged 3 – 6 years however most children grow out of them. They usually occur later in the night and cause strong feelings of terror, fear, distress or anxiety. Your child may wake up and be able to remember them and describe the dream to you. In children, nightmares can be caused by a frightening experience like watching a scary film or by something that is worrying them. If this is what is happening with your child, talk to them to find out whether there is anything that is worrying them that could be triggering the nightmares. Making sure the bedtime routine is relaxing will also help.

Bedtime and sleep are important so I hope this helps you. Remember to stick with it and things will get better!

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IPC Units Coming Up ... **'Let's celebrate!'** in MP1, **'Bright sparks'** unit in MP2 and **'Existing ... Endangered ... Extinct!'** for MP3! Check future iCAN Times for yet more photos highlighting your children's learning.

We continue to develop our 8 personal goals at iCAN, which we will be encouraging and celebrating each month throughout the year. Our 8 personal goals are:

Adaptability	Communication
Cooperation	Enquiry
Morality	Resilience
Respect	Thoughtfulness

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 our school website, www.ican.edu.kh and then clicking

iSPACE

ABSENCE FROM SCHOOL

If your child is unable to attend school due to sickness or another reason please ring the office in the morning and inform

Ms. Phalla on **023 222 416**

Many children miss a significant amount of time from school which has an impact on their learning. We understand that there are times when this is unavoidable but it is important that we are informed prior to the child being absent. We would recommend that if you wish to take your child out of school during school time for a particular event or a holiday you pop in and see Ms. Lori in the office first. If this is not possible please write a letter to Ms. Lori.

NEXT ISSUE ...

- **Kite flying picnic**
- **Cycling adventure**
- **Year 6 residential visit**
- **iCAN's Amazing Tuk-Tuk Race**
- **Creative Arts exhibition**
- **Year 3 sleepover**
- **Book Week**

... and so much more

MEKONG RIVER SWIM

Sunday 27th April 2014

The annual Mekong River Swim organised by iCAN will be taking place at the end of April.

E-mail:

mekongriverswim@ican.edu.kh
for a registration form

CONTACT US...

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