

**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.**

**February 2014**

**Sports Days & Book Week SPECIAL!**

Dear iCAN families,

Another learning block comes to an end.

It has been a very sporty learning block with a basketball friendly with East West, the NISC athletics and we all had a great time at the KS1 and KS2/3 sports days. Ms. Nicole, our PE teacher was instrumental in the smooth running of these events, her organisational skills are second to none.

Book Week was lots of fun as you will see from the photos, the costumes were amazing, what a wonderfully creative team we have at iCAN. The children showcased their learning today in assembly, sharing their learning with each other.

We are delighted to report that the five students who left iCAN at the end of Y9 and moved to ISPP at the start of this school year were all awarded the Honour roll in December. This means that each of them obtained a Grade 4 or above in each of the 8 subjects. This is an incredible achievement and we are so proud of them but not just because they have achieved academic success but because they are all such well rounded young people. I hear nothing but positive comments from other Principals about iCAN students who have transferred to their schools. It is very heartening to know that wherever they go they take their 'iCAN-ness' with them.

I would like to take this opportunity to say 'Thank you' to the class teachers, specialist teachers, LSA's and our iCAN Team who have yet again gone above and beyond to ensure our children benefit every day from the learning rich environment that supports their learning experiences.

We all continue to learn every day and several members of the team will be attending different courses in the first week of learning Block 5 to further develop their learning. Ms. Louise, Ms. Kirsty and Mr. David will be attending the International Child Protection Network (ICPN) workshops here in Phnom Penh. Ms. Charlie, Ms. Rosaleen, Mr. Thabo and Ms. Michaela will all be attending the IPC/IMYC Summer School in Kuala Lumpur. We look forward to them sharing what they learn on these courses with the rest of the team when they return.

I hope that you all have a wonderful week with your families and look forward to seeing everyone refreshed and ready for more learning on Monday 3<sup>rd</sup> March.

I leave you with a quote from Maya Angelou 'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'

**Ms. Lori**



**Check out our pages 14-17 to find out all about our energetic, athletic sports stars who have performed amazingly during LB4!**

## **DIARY DATE REMINDERS**

### **March**

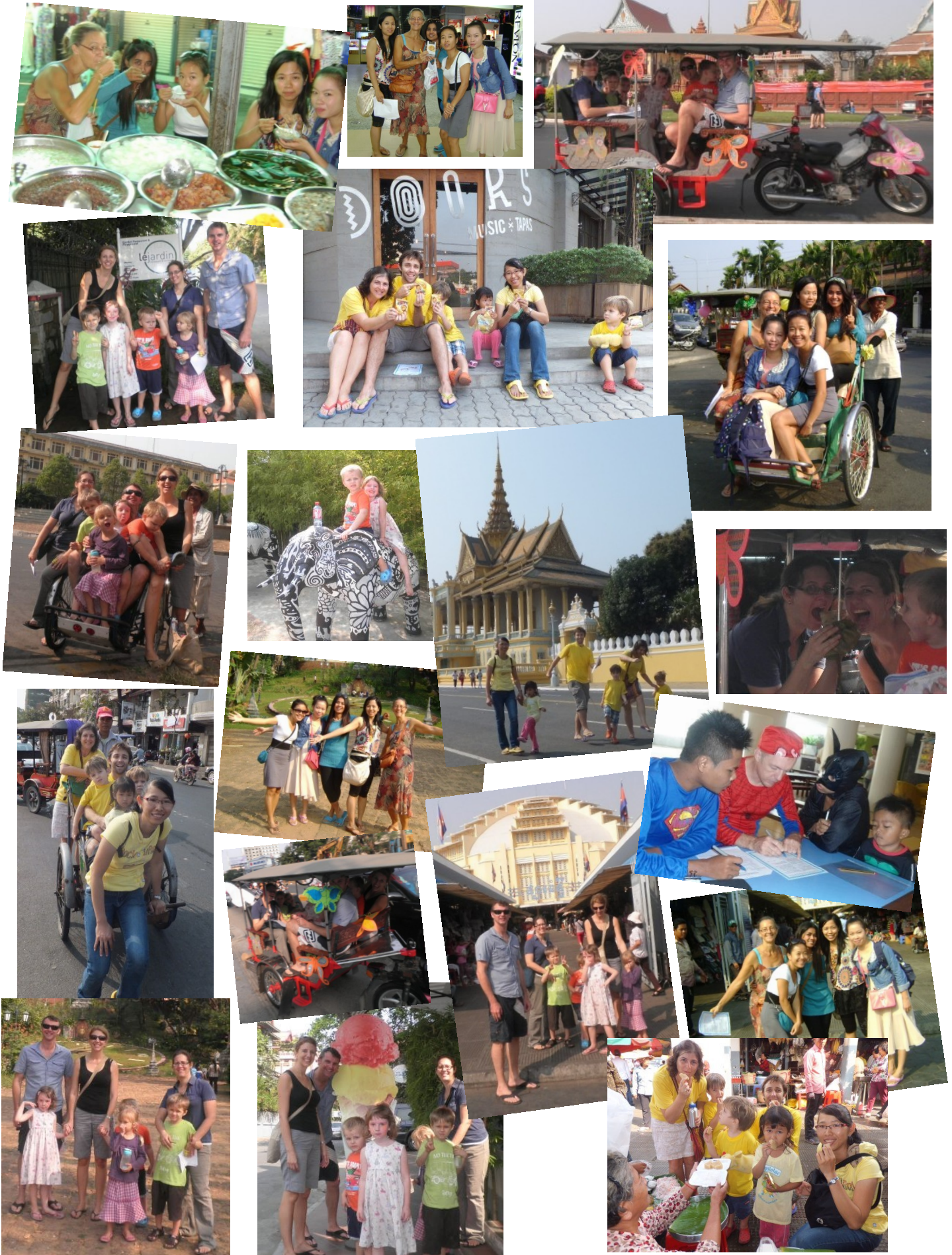
- 3rd** Start of LB5
- 5th** 6J class assembly
- 10th** Parent/Carer drop in session
- 12th** Maths day
- 12th** 3A class assembly
- 15th** Inter-school swim meet 8-11am at NISC
- 19th** RV assembly
- 24th-28th** Y9 residential visit

### **April**

- 2nd** 2J class assembly
- 4th** International Day
- 9th** Book sale
- 11th** End of LB5

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# Amazing Tuk Tuk Race



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# Creative Arts Trail



At the end of January lots of our parents came into school to look at our fantastic art work we created during Creative Arts Week. Our wonderful work was display throughout the school and we brought our parents on a tour and explained the art made by the children in each year group.

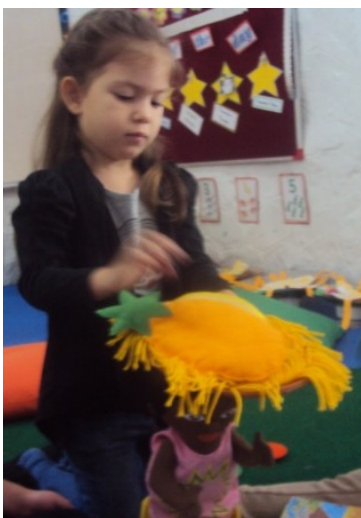


You can still see our creative pieces of art displayed around school, so if you didn't get chance to look around already next time you are in iCAN spend a few minutes admiring the creative gallery!



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# EYFS Learning Journey



## Policy on medicines in school

If your child needs to take any medicines during the school day please send an adult to administer the medicine. Staff at iCAN are not allowed to give any child medicine at school. Children should never have any medicines in school in their bags in case these should be lost or misplaced and taken by another child. Children who need inhalers may bring these to school following a meeting with their families. These are kept in an identified safe place.

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# EYFS Learning Journey



## **Sombath update**

Before the holidays many of you donated money or bought Christmas cakes from Reth who was raising funds for her son Sombath's operation. He had the operation in Vietnam in January and the great news is that it was successful and he is now back in Phnom Penh recovering well. Thank you to everyone who supported Reth and Sombath.

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# MP1 Celebrations

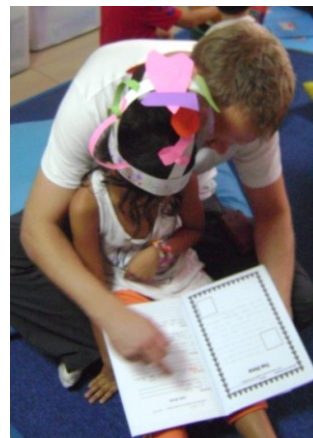


Milepost 1 had a fantastic time learning about some amazing celebrations during this learning block. We began our 'Let's Celebrate' unit with a New Year's Eve ball in the hall where we all got dressed up, shared some fantastic party food and sang 'Auld Lang Syne' to welcome the new year! We then went on to learn about birthday celebrations over time and around the world, found out how weddings were celebrated in different cultures and learned a huge amount about the amazing celebrations which take place for Chinese New Year. We've had a wonderful time and learned lots!



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# Years 1 & 2 Celebrations



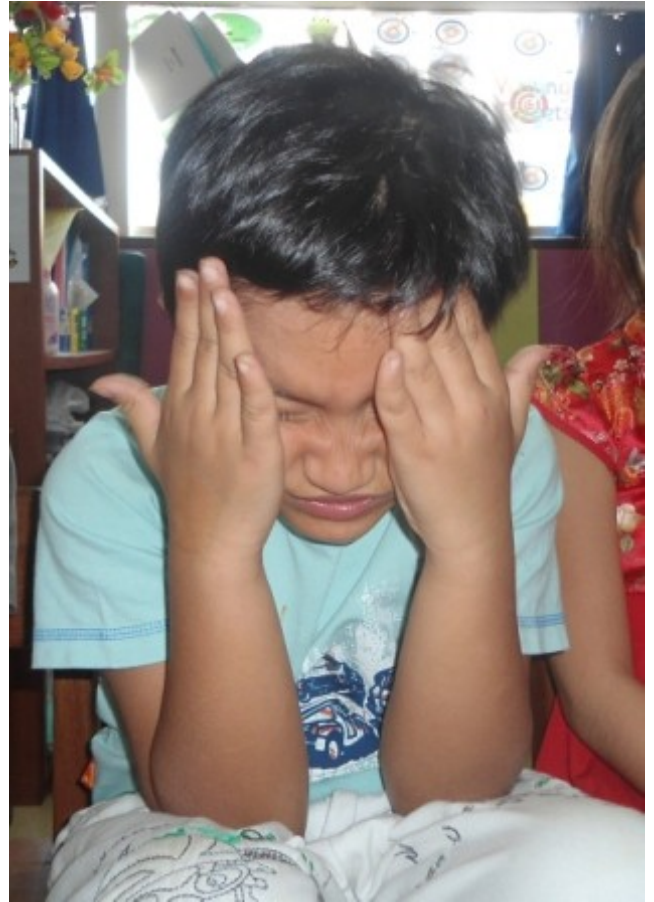
MP1 celebrated the end of their 'Celebrations' unit with a delicious Tea Party! The children prepared food, made menus and placemats and even designed amazing party hats. Invitations were sent home to parents and carers, and so many people came! The excitement in the classrooms was electrifying! The children hosted the party, serving food to their guests and then once tummies were full, the children took their guests on a tour of their learning. They were able to share all that they had learnt throughout the topic, looking at their displays and their books. What a fantastic exit point!

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# MP2 Chocolate



MP2 started their new topic, 'Chocolate'. For our entry point we did some blind taste testing. We had fun guessing what each ingredient was. We tasted sweet flavours, salty flavours, bitter flavours ... and even spicy flavours! We liked the taste of chocolate the best though!



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# Years 3 & 4 Chocolate



3A and 3D changed our classrooms into a science lab for the Chocolate entry point. We became taste testers and were blindfolded as we had to guess what we were tasting!



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# MP3 Fairgrounds



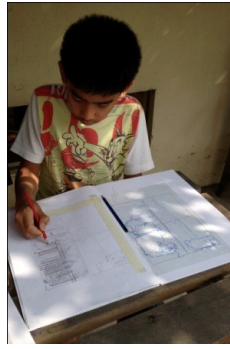
Mile Post 3 enjoyed an excellent entry point to their new IPC unit of work entitled 'Fairgrounds'. This unit will mostly explore facts to do with Science. As you can see from the pictures learners were extremely enthusiastic about their fairground models which they had to construct with just a few basic materials.

Years 5 and 6 learnt about many areas of science during their fairground unit so far. They have been looking at forces, magnets, floating and sinking and many other areas of science. It's been great fun.



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# Middle Years(KS3) Learning Journey



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# Never too old for a bedtime story!



Thanks to Ms. Jo & Ms. Shona for organising the most event filled Book Week we've ever had! Illustrators ... authors ... Give us a clue, teachers! ... Guess the reading teacher ... bedtime stories ... and so much more!



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# Cycling Adventures Mileposts 2 & 3



Ms. Adele & Mr. Kosal coordinated another series of safe cycling adventures for Mileposts 2 & 3 at the start of Learning Block 4. Thank you!

# Dragon dance Chinese New Year



We were lucky enough to experience the amazing dragon dancers in the build up to Chinese New Year.

Milepost 1 were particularly excited as they had spent the previous week learning all about how Chinese people celebrate their New Year as part of their 'Celebrations' learning journey.



## Thank you!

We have been trying to improve punctuality at iCAN this year and would like to take this opportunity to thank all those iCAN families who get their children to school on time for the start of the school day. This makes the start of your child's day a much more positive experience and ensures that they don't miss any important learning. Thank you for working with us to support your child's learning.

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# Sports Day Milepost 1



Our able and eager KS3 sports leaders coordinated a superb MP1 Sports Day under the supportive Ms. Nicole. It ran like clockwork and even managed to finish ahead of schedule! Our Year 1 & 2 sports stars excelled in every aspect of both track and field events. It was great to see so many families come along to cheer for the teams. After winning the team chant-off, the BLUE team managed to hold onto the lead right through to the end in a tight competition. The iCAN spirit shone through throughout the event and everyone returned to iCAN tired ... but SMILING!



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# Sports day Years 3-9



Years 3-9 all headed to Sovann Komar once again to enjoy a fantastic Sports Day organised by our fabulous sports teacher, Ms. Nicole.

After warming up with several tug-of-war bouts, we soon began with the carousel of sports stations trying to achieve our best.



The competition was tight again but after the lead chaging hands several times during the morning, it was the ORANGE team who eventually came out on top, winning the overall trophy. Congratulations to the BLUE team for the best team chant!



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# NISC track meet



Last Wednesday, iCAN along with several other international schools, was invited to join the annual NISC track meet. Our sports stars once again excelled in both the track and field events, showing lots of determination, resilience and the infamous iCAN spirit!



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# NISC track meet



Years 4, 5 and 6 had such a great day at the NISC track meet this year. Everyone tried their absolute best and there were so many personal bests!



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# Year 6 Siem Reap & Battambang



During this learning block Year 6 enjoyed a fabulous trip to Siem Reap and Battambang. On arrival the first day they savoured the delights of some street food and took in the sights, sounds and smells of the night markets. On the second day Year 6 visited Kampong Kleng, a floating village on the Tonle Sap. As well as this they visited Beng Melea Temple and learned some fascinating facts about the history of the area. After Siem Reap Year 6 visited Battambang and learnt about how some foods are produced locally. A highlight for many was the bamboo train but for others it was the Phare Ponleu Selpak Circus. Overall it was an extremely enriching and enjoying for all concerned and an experience that will not be forgotten for some time to come.



The day started with a delicious French breakfast. After gathering together all our things we boarded the bus for the floating village. On arrival we donned our luminous jackets and climbed aboard our boat. For the rest of the morning we enjoyed a smooth tour of the Tonle Sap, with Mr. Bunseng, our tour guide. We learned about the wildlife and the local community that lives in this special area. Another bus ride later and we enjoyed lunch just outside Beng Melea temple. From there we headed towards the temple and after a group circle shared time we were given our temple challenge by Ms. Jasmijn. The idea of the task was to match the random photos of the temple with where it was taken. We had to take a photo of our team next to a particular part of the temple to receive our next picture and word clue. After some extreme temple hunting we ran out of time and collected together the word clue ... The final answer was 'Two Brothers' (the name of the Disney movie based at Beng Melea temple).



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# Year 6 residential visit

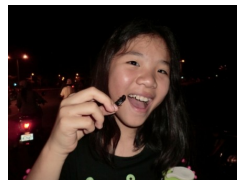


Alex ... I bought a snake to eat at the street food market which I ate which I am really proud of. A challenge for me has been the temple challenge - matching the pictures up to the actual location they were taken. My highlight so far has been the bamboo train and how fast it went and seeing the Google Maps team pass by whilst we were at the prahok factory.



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# Year 6 Siem Reap & Battambang

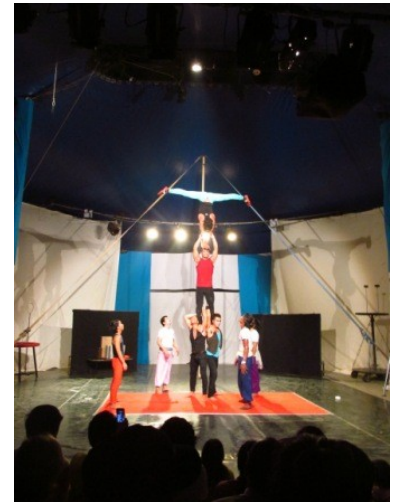


When we got to the market we had 3 dollars per person that we had to share in our groups of at least 3 or 4. At 4:30pm we hopped on our bus to go to the market, but our last market was better than the first because we got to eat hot dogs and try new things. We smelt mostly sugar because there were mostly pancakes and sugar flowers. We saw all kinds of food and insects. A lot of the people in our class were trying new food but the rest of us were just enjoying our food. Alex and Xinaro tried to eat fried snakes. Overall we had a lot of fun and Monin bought a delicious drink. Mr. David suggested the remaining money we would give to charity. Next we went back to the hotel.

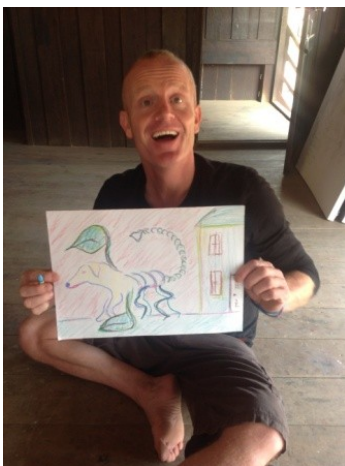


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# Year 6 residential visit



After a lovely dinner at Khmer Delight we headed back to Phare Ponleu Selapak see the circus. The first act showed us three servants fooling around with juggling bats. Then on came a very flexible performer who presented her various body shapes. Next came some balancers who balanced on a board on another board. We all started to cheer. Some of us were worried and nervous because we thought he might fall. Toward the end they began to juggle with real fire and the whole room filled with smoke. Finally they brought out a skipping rope that was on fire. The rope thrashed the red carpet and it burnt. At the very end all the performers including the musicians came out for a round of applause.



**Stephen ...** I've learnt that bamboo trains are made by hand and that the tracks were built since the civil war. Also it was interesting because it is a way that Khmer people used to transport cargo or themselves around the country. I also went to Beng Melea which was my first time. I learnt that it was built during the 12th century. We also explored dark tunnels there and the architect must have been very good because some parts were still standing after over 800 years.

**Check out our next issue of the iCAN TIMES to find out what our Year 9 learners got up to on their residential adventure!**

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# iCAN Agony Aunt **replies**



Dear Agony Aunt,

My children and I are having arguments about how much time they spend playing with their iPads, the TV and computers. I try to stop them from playing with them and try to encourage more talking with me and their father, but I can't get the habit to stick. It's beginning to cause arguments and I am not sure what to do? They have always had access to their computers, the iPads and TVs but I have never had to tell them off so much for it before. What can I do?

Tired, from Chamkarmon

Dear Tired,

Screen time (any time spent in front of a screen, such as a TV, computer, or video game player) for children can be difficult to manage. I understand your concern.

Of course, everything in moderation can be a good thing. Early Years learners can get help learning the alphabet on television, primary aged children can learn about wildlife and a great variety of interesting things through computerised games and documentary shows. Parents can also keep abreast of current affairs on news channels, websites. Let's not forget how often we use our computers at work and at home for correspondence, research and other things that we have come to depend on them for. There is no doubt about it, TV and computers can be excellent educators and entertainers. Aside from all of this, we know **our children will be growing up in a technology-rich world**, so these sorts of skills are very important in preparing our children for their futures.

However, despite the obvious advantages of technological skill, there are very important *disadvantages* to know about when thinking about *how much* screen time we should be allowing our children to have.

Current health regulations suggest that children under 2 get NO screen time at all, and that children under 5 have less than an hour a day. Additionally, there are always warnings that too much TV and other media use have been tied to obesity, sleep and school problems, and aggression.

So, back to your question of *how* we get our children away from those screens...

The first thing I would suggest is to **limit the amount of screen time** they are allowed to have every day. This means you are not taking it away completely, just controlling their exposure to it. An hour a day during the week and an hour and a half on weekends is fine. Remember to stick to it though. Your child will know when you mean it and you must follow through with it. **Introduce the rule in a calm and sensitive manner** – explain why you are doing it and have a conversation with them about it. Decide **together with your children** how much time is a reasonable amount would be. It might be a good idea to follow the rules yourself – it will be easier to stick to if you do it as a family. Make sure the other members of your household know about the rules so that everyone sticks to it.

**Create alternative activities** for the children to engage in instead of screen time. Go out without the portable tablet device. Do **something physical** instead – Kids City is a good place for activities that will stimulate conversation afterwards. Or put some music on and have an impromptu dance party. You'll have a great time and the more time you spend on these activities or indeed activities like it, the less time they will spend looking at a screen. Everyone will be getting some exercise, and having a good time doing it. If you have a garden, encourage games and running around outside – badminton and football are easy and cheap to resource. Child development experts state that children between the ages of 5 and 12 greatly benefit from physical activity as it can promote healthy growth and development, improve self-esteem as well as a variety of other benefits. I would even go so far as to say that if your child is not sleeping well, curbing their screen time will help them overcome sleeping problems. I appreciate time will be a problem if you are working. If everyone in your household knows how much screen time is allowed, there will be consistency about the rules and your children will develop new routines that exclude time in front of a screen.

Make sure there are enough alternatives to TV in your household for when the children are at home without you. **Board games and books** are good alternatives. Make sure they're fun though, your children won't choose them if they aren't to their tastes. **Art and craft activities** are also good alternatives – paints, brushes and paper are easy to find. Encourage your children to embark on home project that they work on in their spare time. Let them play with their other toys! Enabling more time with free play will help your children with creativity, imagination and their learning. It's win-win!

Keeping one TV in the household, in a place where the whole family watches it, can also help to control how much screen time your children get. If you limited the use of TV and other games devices to one area, you may find it easier to control this also.

I hope this has been helpful for you, Tired. All the best!

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IPC Units Coming Up ...

**'The stories people tell'** in MP1, **'Chocolate'** unit in MP2 and **'Fairgrounds'** 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](http://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 ...

- **Maths Day**
- **International Day**
- **Year 9 residential visit**
- **Inter-school sports**

**... and so much more great learning!**

**Check out our next issue of the iCAN TIMES to find out all about our World Cup themed International Day!**

### 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:

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