

**Learning is an ongoing journey of discovery.
We can gain new knowledge, practise and
improve our skills and develop our
understanding through making connections
and learning from our mistakes.**

Learning Swimming Family events 2014-15

Dear Families,

Another incredible iCAN year of learning comes to a close!

As a community we have really improved learning at iCAN this year, really challenging ourselves to define learning and articulate this understanding in different ways. We are excited about the year ahead as we continue to 'look for learning'.

As we prepare for the end of a year it is with much emotion as we face change and new beginnings.

Today we said goodbye to a number of children and adults who have been part of our iCAN family. Our graduating Year 9's will be moving on and changing the world wherever they go in the future. For some of them their iCAN journey started in Nursery, it has been a long journey and one that I am so grateful I was able to be part of. They have become wonderful young people and we are so proud of them. In the words of that wise old bear, Winnie the Pooh *'How lucky I am to have something that makes saying goodbye so hard'*.

For those of you who are moving on we hope as you move to new places and schools that you will take great memories of iCAN with you. We wish you and your families all the best for the future.

I would like to finish my end of year goodbyes with a quote from Paul Coelho as it feels very appropriate at this point ...

***'If you're brave enough to say goodbye,
life will reward you with a new hello'***

For families and children who will be back in August, have a great holiday, have adventures, take risks and make the most of each day. We look forward to hearing all about your adventures when you return.

Ms. Lori

**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.**



The **lotus pod** represents the sanctuary of **community** where the seeds of **creativity** and **expression** are nurtured and prepare for **transformation**.

iCAN
British
International
School

... welcomes all explorers wherever you
are on your journey - whether you're in
the mud, sprouting through the water,
or ready to bloom! ican.edu.kh

DIARY DATE REMINDERS

August

- 13th** Start of LB1 Years 1-9
- 14th** Start of LB1 Reception
- 18th** Start of LB1 Nursery & iCAN PLAY (for previous learners)
- 20th** Parent/Carer/Teacher Social
- 22nd** After School Activities programme published
- 28th** Sign up for after School Activities at 0700

September

- 16th** Learning Team Planning - School finishes at 11.30am for children
- 19th** iCAN Times issue 73 published & LB1 Ends

EYFS Traditional Tales



Early Years spent most of the final learning block, discovering more about traditional tales. There was lots of opportunities for role-play, hot-seating and dressing up! We also used puppets, props and toys to retell our favourite tales!



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EYFS & MP1 Pirate Day



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MP1 Sensational learning!



Milepost 1 have been having an amazing time learning about the five senses in our Sensations IPC unit. We kicked this learning off with an amazing senses market for our entry point! We ate strange coloured food, explored sight using different coloured glasses, were blindfolded to enhance our sense of touch and smelled/tasted all sorts of other wonderful things! Following on from this we have learned all about how our eyes and ears work and even what all of their different parts are called. We had a great time trying to trick our friends when we learned how to create optical illusions and have been fantastic investigators finding out about everything from which equipment makes the best telephones to whether our senses work by themselves or not. Amazing fun and amazing learning!

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MP2 Chocolate!



Milepost 2 had a lot of fun learning all about chocolate earlier this year! Class 4C then shared all their tasty chocolate learning with us during their class assembly!

Maths Training in the community



Ms. Kate, Mr. Thabo and Ms. Thona delivered 10 more school-in-a-box maths resource boxes to schools in Kampong Speu earlier this month.



They spent some time with the teachers, sharing ideas for exciting ways to make maths learning, fun in the classroom!

"It was an amazing and interesting training session for our teachers from Rung and Prey Chum today. They were very pleased to learn and participate. I do hope they could share what they have learnt with their kids and hope those kids love and enjoy learning with these math resources as our kids at CCC too." Sophak, Camkids Project Co-ordinator

Thank you to everyone for their support with this fundraising. The initiative will continue next year so watch this space to find out more about how everyone can get involved ...

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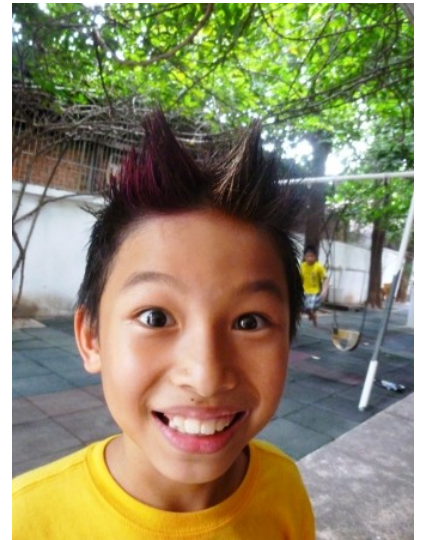
MP2 & 3 Enrichment Celebration



In celebration of their incredible hard work, MP2 and MP3 learners who completed Enrichment Tasks this year had a fantastic Enrichment Afternoon.

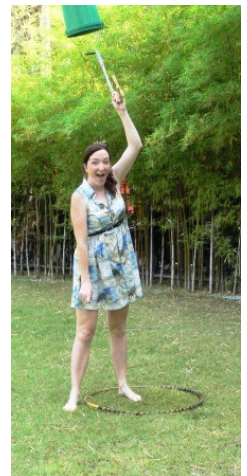
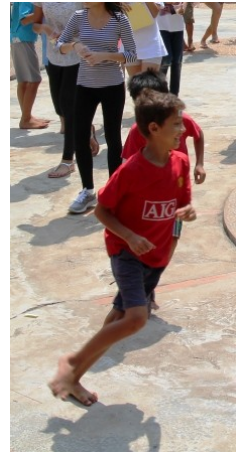
We got very wet on the bouncy castle, ate delicious chocolate from the chocolate fountain, showed off our football skills at the penalty shoot out and beautified ourselves with funky hair styles and gorgeous nails!

Well done to all of the students who took part – the quality of the enrichment tasks this year was fantastic!



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MP3 Fairgrounds



MP3 finished their epic 'Fairgrounds' unit by throwing their own mini fairground! It was so much fun and the children showed off all of their learning with enthusiasm and expertise. It was great to have so many classes from the school who came along to join in as well as seeing so many iCAN families there too! A fantastic Exit Point to complete a fantastic unit!



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Milepost 3 Exit point



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MP3 Fairgrounds



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2014-15 Learning Team planning

You will note from the 2014-15 calendar that we have reduced the school holidays by 2 days (from the months of January and May). This is in order to enable our staff learning teams to meet in their mileposts and plan together for upcoming IPC and IMYC units.

On these 5 planning days throughout the year, school will finish at 11:30am for all iCAN learners. Learners will go home for lunch.

The first Learning Team Planning afternoon of 2014-15 will take place on **Tuesday 16th September.**

All our learning block and school break dates can be found on the iCAN calendar on our website www.ican.edu.kh

September 2014

S	M	T	W	T	F	S
	*1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

16th Learning Team Planning (11:30-4)

22nd-26th Pchum Ben break

29th Cooperative Learning Training

* 2nd fee installment due

MP3 Tuk-tuk Challenge



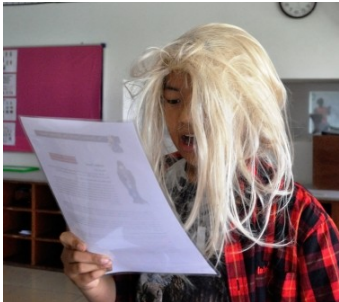
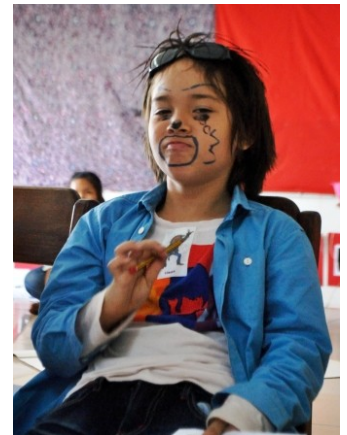
As part of our Science Investigators Units we took part in a crime solving Tuk-tuk challenge around the city.

Ms. Lori was devastated to find her much loved childhood teddy stolen from her office! In our teams we had to solve the clues to try and follow the suspect. We eventually found **Mr. David** hidden at iCAN PLAY with Ms. Lori's teddy. He was made to explain himself and has promised to never do such a horrible thing again!

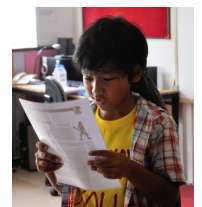


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Milepost 3 Investigators



This was our Entry Point for our final unit, 'Science Investigators'. We took part in our own crime mystery, 'The case of the missing music'. We had to work together to solve the crime – Who had stolen the guitar? The next morning we discovered Ms. Jo injured and upset in the 6Z classroom – we took notes of the crime scene and were able to ask her some questions. This set up the crime which we have been working so hard to solve! The culprit was a surprise to us all!



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Middle Years Leavers Dinner



Middle Years learning defined ...

Learning is an active growth process where we make meaningful connections across our subjects within the global community. It is a personal ongoing journey of resilience and struggle. An iCAN Middle Years learner is self aware, engaged and reflective, and able to find personal understanding, make sense of their learning, and be actively involved with their peers and community.



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18th Annual Mekong River Swim



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Huge thanks also to all our amazing MRS sponsors ... **International SOS** ... **The Shop** ... **DKSH** ... **LUNA** ... **Mama Wong's** ... **The Duck** ... **Snow Yogurt** ... **K'NYAY Cuisine at The Terrace on 95** ... and all the **volunteers** from our Phnom Penh community.

Thanks also to the Director & team at **Prek Leap** for once again hosting this event. Their support in making this happen each year is much appreciated.

A hugely talented young artist, **Sophia from iCAN**, created the MRS2014 logo inspired during an art lesson at iCAN with Ms. Laura. We really appreciate her creative donation and the work done behind the scenes to create the final t-shirt and certificate designs – thanks also to **Emma, a former iCAN learner** who is now based in Kuala Lumpur!

Last, and by no means least, a MASSIVE thanks to the team of volunteers at **iCAN British International School & iCAN PLAY Early Years Centre!** After the cancellation of MRS 2010 due to a lack of volunteers, the Swim Team at iCAN offered to take over the organisation of the MRS in 2011. It was a real team effort and over 50 of the iCAN staff and school community have volunteered at each of the Swims from 2011-2014. Thank you!



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MRS2015: Sunday 26th April 2015



Here are the results ...

JUNIOR FEMALE 10-17

- 1st Mai Hastings 13:27
- 2nd Anna Rasmusson 14:35
- 3rd Yeelen van der Laan 14:39

FEMALE 18+

- 1st Becks Green 10:26
- 2nd Karen Genzink 11:10
- 3rd Adele Peers 11:57

JUNIOR MALE 10-17

- 1st David Suh 10:48
- 2nd Lukas Amstutz 11:46
- 3rd Cameron Shapiro 11:50

MALE 18+

- 1st Xavier Riblet 7:50
- 2nd Dean Hancock 8:41
- 3rd Birant Yuteri 9:20

Fastest Team: 1st place was the iCAN Team consisting of Cameron Shapiro (11:50), Eli Shapiro (12:00), Les Kosem (12:42) & Vuthy Hastings (12:58) TOTAL TIME 49:30

Fastest Cambodian 10-17: Cameron Shapiro 11:50

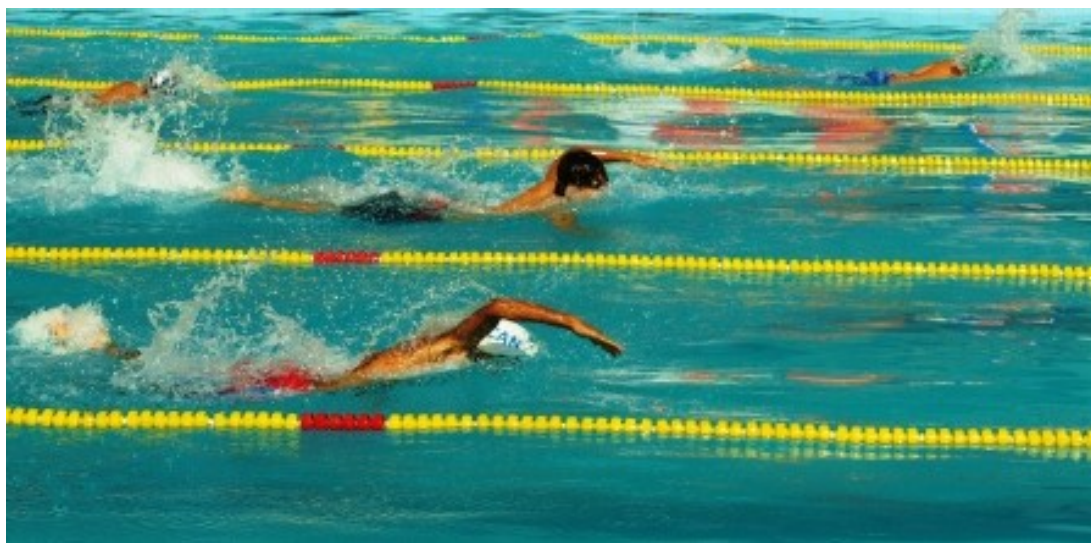
Fastest Cambodian 18+: Narak Kun 10:58

MRS2015 will take place on Sunday 26th April 2015



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Olympic Pool Inter-school swim meet



On Saturday 3rd May, iCAN hosted the final inter-school swim meet of the 2013-14 season at the Olympic pool.

Teams from HOPE, ISPP, LOGOS and NISC joined, along with a visiting team from Vietnam ... Saigon Swordfish!

Many personal bests were achieved in the pool!

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CONGRATULATIONS Swim Team!



At the end of a hard fought swim season these are the points each school age group team accumulated throughout the 5 inter-school swim meets in 2013-14 ...

12/13 year olds

1 st	iCAN	297 points
2 nd	LOGOS	242 points
3 rd	HOPE	238 points
4 th	NISC	169 points
5 th	ISPP	125 points

10/11 year olds

1 st	iCAN	311 points
2 nd	ISPP	239 points
3 rd	NISC	198 points
4 th	LOGOS	181 points
5 th	HOPE	163 points

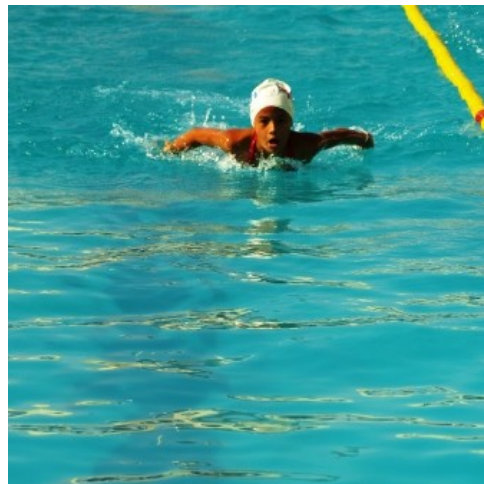
8/9 years old

1 st	iCAN	332 points
2 nd	ISPP	323 points
3 rd	NISC	182 points
4 th	LOGOS	154 points
5 th	HOPE	133 points



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Olympic Pool Inter-school swim meet



Fond farewell to
Les & Sothea ...
two of our superstars
relocating overseas!



A huge thank you to all members of our iCAN community who came along to the Olympic pool to volunteer and cheer on our awesome SWIM TEAM! As always, they swam their hearts out and with iCAN pride running through their veins, they cheered and clapped during every single event!

Thanks to all our swim coaches; Mr. Narak, Mr. Sopheap & Ms. Adele for supporting and encouraging our swimmers to be the best that they can be during training sessions and swim meets. Bring on 2014-15!

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International Swim Meet Vietnam



The week after our final inter-school swim meet of the year in Phnom Penh, 14 of our iCAN swimmers and coaches, jumped on a bus and headed over to Ho Chi Minh City for our first ever international invitational meet.

Once at ISHCMC, 16 swim teams and 330 swimmers from schools and clubs across SE Asia competed against each other over 2 days.

Our iCAN team were once again a real credit to themselves, their families and our school!



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Saturday 10th May 2014



There were some truly amazing performances at our first international swim meet. Many of our swimmers achieved personal bests, as well as winning a plethora of 'heat winner' ribbons and overall event medals.

One of our swimmers, **Joakim**, earned iCAN 97 (out of a possible 100) points with his four gold medals and one silver medal in the 8 & under age group, and was crowned the 8 & under meet champion!



Next school year we are hoping to join more international invitational swim meets, the first of which is scheduled here in Cambodia at the new pool at ISPP with teams from Thailand, Vietnam & Laos also joining.

Swim squad trials for 2014-15 will take place in August ... so keep up your training!

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International Swim Meet Vietnam



Each swimmer participating at the ISHCMC meet accumulated a maximum of 100 points each towards their overall team score.

With our team of 14 swimmers, **iCAN** won themselves **526 points**.

Once the points were averaged out per swimmers, **iCAN finished in 6th place** out of the 16 teams competing.

Here are the top 9 teams:

1 st	BIS HCMC	72.58pts
2 nd	UNIS	59.85pts
3 rd	BIS	55.25pts
4 th	ISHMC	55.22pts
5 th	AIS	42.81pts
6 th	iCAN	40.46pts
7 th	SSIS	37.63pts
8 th	ISPP	33.87pts
9 th	Saigon Pearl	15.75pts



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iCAN Learning Team 2014-2015

No one can properly predict the nature of work and life opportunities that will be available for today's primary age children by the time they are adults. Many of the jobs they will have don't yet exist; especially in the fields of ICT, technology and science. So our iCAN teachers focus on a skills-based approach, developing adaptable and resilient globally-minded learners, prepared for the fast-changing world that they'll be living and working in.

There are lots of familiar faces returning to iCAN in August, along with some new teachers who are coming to join our iCAN family. Over the next two pages you can find out who will be learning with which classes and also discover more about our new team.

Ms. Maggie
iCAN PLAY



Ms. Anjali
Nursery



Ms. Vijaya & Ms. Becky
Reception



Ms. Kanha
Khmer



Ms. Meri
Spanish



Ms. Samantha & Mr. Thabo
Year 1



Ms. Denise & Ms. Jade
Year 2



Ms. Laura
Primary Art



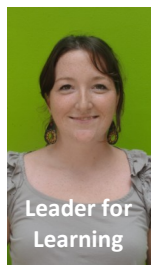
Ms. Louise & Ms. Annemiek
Learning Support



Ms. Beverly & Mr. Noel
Year 3



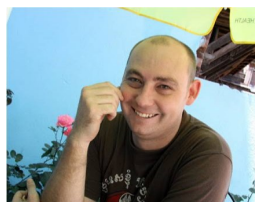
Ms. Michaela, Ms. Adele and Mr. Jamie
Year 4



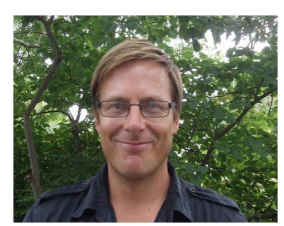
Mr. Sopheap & Mr. Narak
Swim Coaches



Ms. Jessica & Mr. Phil
Year 5



Ms. Shona & Mr. Michael
Year 6



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iCAN Learning Team 2014-2015

Ms. Mei
Chinese



Mr. Ged
ICT



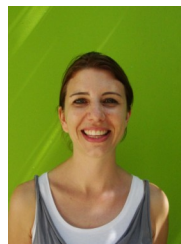
Ms. Joann
Music



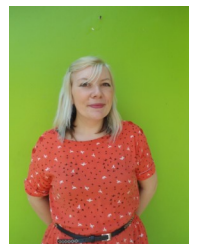
Ms. Nicole
P.E. & Sports



Ms. Debby & Ms. Jo
E.A.L.



Ms. Gemma
Literacy Support



Ms. Kirsty
Middle Years English



Ms. Rosaleen
Middle Years Humanities



Ms. Rosie & Ms. Johanna
Middle Years Science/EAL/LS



Ms. Charlie
Middle Years DT & Art



Mr. Brian
Middle Years Maths



Who will be joining our iCAN family in August?

Ms. Samantha is returning to teach in Cambodia with her partner and their new son.

Ms. Denise is joining from another international school in Phnom Penh. She is an environmentalist and adventurer!

Ms. Jade & Mr. Noel are joining us from the UK. Jade enjoys scuba diving, dance and drama whilst Noel began his teaching career in Indonesia.

Ms. Beverly is returning to iCAN after a year teaching in Spain. She also volunteered at CamKids when she was last in Cambodia.

Ms. Jessica is joining us from the UK. Previously she has volunteered in a village school in Sri Lanka.

Mr. Phill is returning to Cambodia from Australia with his family. He especially enjoys team sports and the beach!

Mr. Michael is also joining us from the UK. He spends his leisure time mountain biking, photographing and travelling!

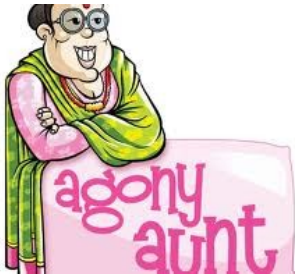
Ms. Joann is joining us from another international school in Phnom Penh. She loves singing and is a professional body percussionist.

Ms. Rosie is originally from the UK but has been teaching in Russia recently. She volunteered in Cambodia in 2012 and is currently studying for her 4th degree!

Ms. Johanna is joining us from the Philippines after teaching Science there for the past 9 years!

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iCAN Agony Aunt needs YOU!



Dear Agony Aunt,

My 6 year-old child's teeth are looking really black and a lot of them have broken. What is this and can I stop it from happening? Will it affect my child's permanent teeth?

Sincerely,
Anxious



Dear Anxious,

It sounds as if your child has a severe case of tooth decay and I can understand your concern. Not only can tooth decay be painful, but it can also affect the growing adult teeth sitting below them in the gums. Add to that the importance of building good oral hygiene from an early age. I'm not a dentist, but I can fill you in on what I know about the causes of tooth decay, the problems it presents and how it can be prevented and/or treated.

It may seem like tooth decay in your child's first set of teeth is not important because they lose those teeth eventually anyway. This is NOT true. Our baby teeth are extremely important because:

- We learn how to chew on these teeth and this practice helps the **jaw bones to grow and develop properly**.
- They provide proper space for the **eruption (growth above the gum line) of adult teeth**.
- They are absolutely necessary for proper chewing of food and **normal digestive processes**.
- They are necessary for the development of sounds and proper **speech development**.
- They are important for a child's **self-esteem and well being**.
- Children do not lose all their baby teeth at once. Certain baby molars are expected to be in the child's mouth until 12-13 years of age. If you lose your baby teeth too early, they will not be replaced until the adult teeth are ready. This can have an effect on the points above.

But aside from all these reasons, it is very important to build good oral hygiene habits from an early age.

Tooth decay is caused by a build up of plaque that has formed on the teeth over time. Plaque, in turn, is caused by bacteria from food that mixes with the saliva and builds up on your teeth. Brushing your teeth regularly and having regular visits to the dentist normally removes this plaque. If the plaque is not removed from the teeth, it begins to eat away at the tooth itself. At first, a cavity, or small hole in the tooth, develops.

If this cavity is not filled, the bacteria inside the plaque can get right in to the softer middle bit of the tooth and begin to rot the tooth from the inside.

Eventually, if left untreated, the whole tooth might rot. This rotting can be easily spread to nearby teeth, meaning the whole mouth of teeth can be badly affected.

Ideally, prevention is better than cure, for tooth decay, as once it has become severe, (i.e. you can see white chalky areas around the gum line or darker spots on the teeth) it can only be treated by a dentist. The best prevention for tooth decay is good general oral hygiene. Here are some tips to help you:

- Establish a relationship with the dentist from an early age. Schedule a visit for your child within six months of the first tooth eruption or by your child's first birthday.
- Teach your child the importance of brushing their teeth. Teeth should be brushed properly at least 2 times a day.
- Make sure sweet and sugary food and drink is kept to a minimum as sugars are the most aggressive causes of tooth decay.

So, to answer your questions directly, your child has tooth decay and yes, it will affect their adult teeth. But, I feel certain that after a few visits to the dentist, your child's teeth will be back on their way to be the rows of pearls they should be at their age. Just keep in mind the 3 preventative tips above and things should be okay!



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Dear Agony Aunt

កូនរបស់ខ្ញុំមានអាយុ៦ឆ្នាំហើយ មើលទៅធ្មេញរបស់គាត់ឡើងពណ៌ខ្មៅខ្លាំងនិងខូចជាច្រើន។
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Sincerely

Anxious



Dear Anxious

ខ្ញុំអាចយល់ពីការព្រួយបារម្ភរបស់អ្នកប្រសិនបើធ្មេញកូនរបស់អ្នកមានការខូចខាតខ្លាំង។
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ខ្ញុំមិនមែនជាគ្រូពេទ្យធ្មេញទេប៉ុន្តែខ្ញុំអាចផ្តល់យោបល់ដល់អ្នកបាន នូវអ្វីដែលខ្ញុំបានដឹង អំពីមូលហេតុនៃការពុកធ្មេញ ព្រមទាំង
របៀបការពារនិងព្យាបាល។

ការពុកធ្មេញកូនរបស់លោកអ្នកនូវអាយុតិចស្តាប់មើលទៅវាហាក់ដូចជាមិនមានសារៈសំខាន់ ព្រោះគិតថាធ្មេញកំណើតទាំង
នោះនឹងត្រូវបាក់ទៅវិញ។

ការយល់បែបនេះគឺមិនមែនជាការពិតទេ ព្រោះថាធ្មេញកំណើតរបស់កុមារមានសារៈសំខាន់ណាស់ពីព្រោះ ៖

យើងបានរៀនពីរបៀបក្នុងការទំពារនៅលើធ្មេញទាំងនោះហើយការអនុវត្តន៍បែបនេះអាចជួយអោយ

ផ្ទឹងថ្នាមលូតលាស់បានត្រឹមត្រូវ។

រក្សាគំលាតគ្រប់គ្រាន់សំរាប់ធ្មេញដែលនឹងដុះថ្មី។

ធ្មេញចាំបាច់សំរាប់ការទំពារអាហារបានត្រឹមត្រូវនិងដំណើរការរំលាយអាហារធម្មតា។

ធ្មេញមានសារៈសំខាន់ក្នុងការអភិវឌ្ឍន៍សំលេងនិងការនិយាយ។

ធ្មេញមានសារៈសំខាន់និងទំនុកចិត្តលើកូនឯងចំពោះសុខុមាលភាពរបស់កុមារ។

កុមារមិនបាត់បង់ធ្មេញកំណើតរបស់ខ្លួនទាំងអស់ក្នុងពេលតែមួយនោះទេ។

ថ្នាមកំណើតរបស់កុមារមួយចំនួនត្រូវបានគេរំពឹងថានឹងមាននូវក្នុងមាត់គាត់រហូតដល់អាយុ 12 – 13 ឆ្នាំ។ ប្រសិនបើធ្មេញកំណើត
នោះបាត់បង់ពេកនោះធ្មេញថ្មីរបស់គាត់ក៏មិនទាន់ដុះមកភ្លាមៗដែរ ត្រូវចាំរហូតដល់ពួកគេត្រៀមខ្លួនជាស្រេចសិន។

ប៉ុន្តែក្រៅពីហេតុផលទាំងអស់នេះវាជាកត្តាសំខាន់ខ្លាំងណាស់ក្នុងការរៀបចំទំលាប់អោយមានអនាម័យ

មាត់ធ្មេញតាំងពីក្មេងអាយុដំបូងមក។

ការពុកធ្មេញត្រូវបានបង្កឡើងដោយកំណកនៅលើធ្មេញ កំណកនេះបង្កឡើងដោយបាក់តេរីពីចំណីអាហារ ដែលលាយជាមួយនឹងទឹក
មាត់ហើយក៏មកផ្គុំគ្នានៅលើធ្មេញ។ ដូច្នេះត្រូវដុះធ្មេញអោយបានទៀងទាត់

និងមានការត្រួតពិនិត្យពីទន្តពេទ្យជាប្រចាំដើម្បីសំអាតកំណកទាំងនោះចេញ ។ ប្រសិនបើកំណកទាំងនោះមិនត្រូវបានសំអាតទេនោះវានឹងចាប់ផ្តើមពុកនៅកន្លែងដែលមានកំណកនោះបន្តិចម្តងៗដោយបង្កើតជារន្ធឬប្រហោង នៅលើធ្មេញហើយចាប់ផ្តើមរីកធំឡើងជាបន្តបន្ទាប់ ។

ប្រសិនបើធ្មេញទាំងនោះមិនបានព្យាបាលទេនោះបាក់តេរីដែលមាននៅខាងក្នុងកំណកនៅលើធ្មេញនិងជ្រាបចូលទៅស្រទាប់ទំន់ក្នុងធ្មេញហើយចាប់ផ្តើមខូចពីខាងក្នុងមក ។

នៅទីបំផុតប្រសិនបើមិនបានព្យាបាលនោះទេធ្មេញទាំងមូលនឹងអាចខូចបាន ។

ការខូចនៃធ្មេញនេះអាចរីករាលដាលយ៉ាងងាយស្រួលដល់ធ្មេញដែលនៅក្បែរនិងធ្មេញដែលខូចនោះ មានន័យថាធ្មេញទាំងអស់និងទទួលរងនូវផលប៉ះពាល់យ៉ាងធ្ងន់ធ្ងរ ។

បើយោងតាមស្ថានភាពជាក់ស្តែង (ការការពារប្រសើរជាជាងព្យាបាល) មុននឹងស្ថានភាពក្លាយជាសភាពធ្ងន់ធ្ងរ ។

ឧទាហរណ៍ ៖ អ្នកអាចឃើញមានកំណកសនៅជុំវិញអញ្ចាញធ្មេញនិងចំណុចខ្មៅនៅលើធ្មេញទាំងអស់នេះមានតែត្រូវពេទ្យធ្មេញទេ ដែលអាចព្យាបាលបាន។

វិធានការការពារដ៏ល្អបំផុតសំរាប់កុមារ គឺ ការបង្ហាត់បង្រៀនពីអានាម័យមាត់ធ្មេញអោយបានត្រឹមត្រូវ ។

ខាងក្រោមនេះគឺជាគន្លឹះមួយចំនួនដើម្បីជួយអ្នក៖

- បង្កើតទំនាក់ទំនងជាមួយទន្តពេទ្យសំរាប់កូនតាំងពីអាយុតិចមក ។ កំណត់ពេលសំរាប់ណាត់ជួបទន្តពេទ្យក្នុងរយៈពេល ប្រាំមួយខែនៃការដុះធ្មេញដំបូង ឬពេលខួបកំណើតជាលើកដំបូងរបស់ពួកគេ ។
- បង្រៀនកូនអោយយល់ដឹងពីសារៈសំខាន់នៃការដុះសំអាតមាត់ធ្មេញរបស់ពួកគេ ។
- ធ្មេញគប្បីដុះសំអាតអោយបានត្រឹមត្រូវ យ៉ាងហោចណាស់ពីរដងក្នុងមួយថ្ងៃ ។
- សូមប្រាកដថាអាហារដែលផ្អែម, ស្ករនិងភេសជ្ជៈត្រូវរក្សាទុកក្នុងកំរិតទាបបំផុតព្រោះជាជាតិស្ករគឺជាមូលហេតុធំបំផុតនៃការពុកធ្មេញ ។

ដូច្នេះដើម្បីឆ្លើយតបនូវសំណួររបស់អ្នកដោយផ្ទាល់គឺវាពិតប្រាកដណាស់ដែលការពុកធ្មេញកំណើតរបស់កូនអ្នកវានឹងធ្វើអោយប៉ះពាល់ដល់ធ្មេញដែលនឹងដុះថ្មីរបស់គាត់ផងដែរ ។

ប៉ុន្តែខ្ញុំមានអារម្មណ៍ជឿជាក់ថាបន្ទាប់ពីបានទទួលការត្រួតពិនិត្យពីក្រុមទន្តពេទ្យនោះរួចមកធ្មេញកូនរបស់អ្នកនឹងត្រឡប់មកស្ថានភាពល្អប្រសើរដែលពួកគេគួរតែមាន ។

ដោយគ្រាន់តែយើងត្រូវចងចាំអោយបានច្បាស់ពីវិធីបង្ការទាំងបី នោះ អ្វីៗនឹងទទួលបានផលជាមិនខាន ។



All of our previous and future 'Agony Aunt' features will be available in both English & Khmer on our new iCAN website when it is launched in August.

If you have any suggestions or questions you would like our resident Agony Aunt to tackle, then please email them in to ican@ican.edu.kh and address them to our 'iCAN Agony Aunt'.

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.

So long, farewell!

In addition to all the new teachers that you read will be joining us in August, there are several members of our iCAN community moving on to their next life adventures ... continuing on their learning journey in France, Japan, Sweden, USA, Australia and many more countries. We would like to wish them all future happiness!

Mr. Sam

Has remained laid back and gently spoken and had a wonderful rapport with his class this year and last. He has continued to be really involved in working in community projects outside school. Sam is not going far at all ... just a short flight away to an Australian School in Bangkok.

**Ms. Zoe**

Is passionate about science and has inspired a number of would be scientists in KS3. She will be really missed by these not so 'mini' scientists.

She is going to Bangkok to start a new life with her new husband following their wedding in a few weeks.

Ms. Kate

Joined us in 2010 as a class teacher and in the 4 years she has been with us has been incredibly flexible and adaptable, she has been the Maths Coordinator, the acting KS2 Coordinator, a member of the Learning Support team, the singing teacher and more ... and all whilst studying for her Masters degree over the past two years!

She has shared her singing and acting talents with the Phnom Penh Community in pantomimes and plays and will be sorely missed here. She is returning to the UK with her partner and will be teaching in London.

**Ms. Lily**

Joined us in 2010 and has led the Early Years ever since then as well as co-ordinating Key Stage 1. She has been a huge part of helping to move iCAN forward. She is gentle and loving with the children in her care and they have always come first for her.

We will miss seeing Lily dressed up in costumes as she loves any opportunity to role play.

Ms. Vanna

Has been at iCAN forever, 10 years. She is level headed, calm, sensible but lots of fun. She is such a hard worker and now she is going to have a well earned rest.

**Mr. Kosal**

What will we do without him? His smile is an iCAN treasure! He has been incredible over the past 11 years and we wish him all the best with the next chapter of his life.

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.

So long, farewell!

Ms. Esther

Joined the Nursery team in early 2011 and worked with Ms Anjali to create a wonderful learning environment. We have really appreciated her adaptable nature as she also took music classes in the Primary and more recently, Middle Years French. She has been learning German for the last year in preparation for her move to Germany this summer.

**Ms. Amanda**

Came to Cambodia with her husband Paul in 2012 and has been a wonderful member of MP1. She cared for each and every one of her little learners in Year 1. We wish her all the best as they head off to Uganda in Africa for their next adventure.

Ms. Jo

Has been a wonderful class teacher and has worked really hard with Ms. Shona to revolutionise reading at iCAN! Book Week was incredible as a result of Jo's hard work. She is heading back to the UK with her husband and son!

**Ms. Dav**

Is a kind and gentle person who is always taking care of others, both adults and children, she has a special way with people and sees humour in everything which is a great quality.

After two years here she is off to spend some time with family in Ireland before starting her next adventure nearer to home in Europe.

Ms. Annina

Has been a really good example to us all of a real life-long learner. She was a wonderful friend and colleague, taking care of Ms. Julie when she was unwell. Annina is not going far, just to Jakarta to another IPC school.

**Mr. Labhras**

Is always enthusiastic and happy to help. He loved his role as Ryan Seaweed in iCAN Idol over the last two years. He is off to Mexico City.

Ms. Carla

Has brightened up each day at iCAN with her lovely smile and cheerful nature over the last year. She bubbles with positivity. She is returning to her old school in the UK.



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.

IPC units coming up at the start of 2014-15...
'Seeing the light' in MP1, **'Explorers & Adventurers'**
unit in MP2 and **'Weather & Climate'** 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 ...

- **Cooperative learning update**
- **Learn more about the IMYC**
- **Looking for learning at iCAN**
- **iCAN rebranded ... and so much more great learning!**

Check out our next issue of
the **iCAN TIMES** to find out
all about our upcoming
residential visits!

MEKONG RIVER SWIM

Sunday 26th April 2015

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

E-mail:

mekongriverswim@ican.edu.kh
if you'd like to help on the day!

CONTACT US...

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