

**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**

**CREATIVE ARTS WEEK will take place 15-19th December 2014!**

Dear Families,

This learning block has definitely had its highs and lows. Some great learning has taken place and you have been invited in to join us and share this learning on several occasions. Our first Family Learning Day of this school year was a huge success. We have started the process of 'Looking for Learning' in school which involves visiting classrooms with the specific purpose to look for learning. We ask the children questions about their learning such as "What are you learning?" "Is this new learning?" "What do you know now that you did not know before you came to school this morning?". The children are being challenged to identify whether their learning is focused on skills, knowledge or understanding. You may have noticed the Learning Wall in the canteen area which is showing the types of learning happening across the school.

We are continually learning new skills and knowledge which help us develop understanding, this never stops and the term 'life long learner' should be applied to us all, young and old. I learnt a new piece of knowledge today whilst researching 'Bon Om Touk'. I already knew that this traditional 3 day festival celebrates a major natural occurrence: the reversing flow between the Tonle Sap and the Mekong River but now I also know that this festival dates back to the 12<sup>th</sup> Century. This is new learning for me.



Our whole school community was affected by Mr Kosal's death earlier this month but we have had opportunities to remember many of the 'fun' times we had with him over the past 10 years. His huge smile and warm caring personality has been remembered by members of the iCAN community here in Cambodia and all over the world. Our Pupil Council have had some wonderful ideas about how they would like us to remember him and these will be shared with you in due course (see pages 20-23 for more memories of Kosal).

Thanks to all of you who have been so supportive to us and also to your children as learners in Learning Block 2. Thank you to the iCAN team who continue to go above and beyond to offer your children learning opportunities which we hope will challenge and support them as they strive to reach their potential.

I hope that you have a great time over the Water Festival with your families and look forward to seeing you all in Learning Block 3.

Lori

## DIARY DATE REMINDERS

### November

- 10th Start of LB3
- 10th-16th MY residential visits
- 17th Family drop-in session
- 17th-21st MP3 residential visits
- 19th 3B Class assembly
- 28th-29th Swim meet at ISPP

### December

- 5th Primary progress reports issued
- 9th MY Learning reviews for families
- 10th-11th Primary learning reviews for families
- 12th Family coffee morning with Leaders for Learning 7:30-8:30
- 13th Swim meet at CCC (LOGOS) 7:30-11:30am
- 15th-19th Creative Arts Week
- 15th All children go home at 11:30am
- 16th Sign up for after school activities before school
- 19th Middle Years progress reports issued  
LB3 ends at 11:30am

iCAN Times issue 75

# Early Years Learning Journey



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.

For the International Mindfulness strand of our 'Seeing the Light' unit we were really lucky to be able to call on the expertise of our amazing team of Learning Support Assistants! They helped us all, including the teachers, to learn about the Cambodian water festival by giving us some amazing experiences. **What fantastic learning!**



Using our learning about Water Festival, we Milepost 1 held a mini water festival of our own to mark the exit point for our 'Seeing the Light' unit. We reflected on all of the learning we had enjoyed in the topic and then created individual banana leaf boats to reflect this learning. As a milepost we then set these floating on the pool to share our learning with everyone else.

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# MP1 We are what we eat!



For our **ENTRY POINT** in Milepost 1 we had a fantastic fun family picnic! We invited our parents and families who all brought some yummy, healthy food to share. There was sushi, sandwiches, salad, curry, roti, dumplings and much, much more. **YUM!** The garden had been decorated with tents, bunting and balloons and after we had enjoyed our food we played lots of fun games.

**What an amazing way to begin our new topic!**



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# MP1 We are what we eat!



We have been learning all about food in Milepost 1! After learning about taste buds we carried out an investigation to find out if our taste buds were able to identify different flavours.

We began by looking at our tongues with mirrors and magnifying glasses to see what our taste buds looked like close up.

After that, we tasted lots of different flavoured waters to see if we could identify them. We enjoyed the sweet flavor, but the bitter water was horrible!

# MP1 Which way now?

In Year 2 we have been leaning all about direction in maths. To help us with this skill we had to direct our blindfolded partner through a maze from the start to finish. We cooperated so well with each other and we all got through the maze!



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# MP2 Drama for Learning



We have been using 'Drama for Learning' when trying to understand how the first European people to arrive in what is now called Australia would have felt. Here are some pictures of us performing our drama. We were each given a role to play either as a European settler or a native Australian Aborigine.

# MP2 Measurement!



We have been learning about measure and have been using numbers to two decimal places.

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# MP2 Explorers & Adventurers



Year 3 invited the audience to come on a journey back in time and experience the treacherous journey to the South Pole with Roald Admunsen and his team, and the long and difficult journey to Australia to claim new land with Captain Cook. We presented our learning through drama and narration. The audience were guided through the preparation, navigation, arrival and reflection of each journey.

## A day in the life of ... Mr. Sophak



We asked Mr. Sophak questions about his life as a boy in Cambodia as part of our **Society** task. We reflected on whether exploration was a good thing or not and thought about what we would have missed if exploration had not happened.

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# MP2 Explore!



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# MP2 Adventure!



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# MP3 Weather & Climate



Learners in Years 5 & 6 have been learning all about 'Weather & Climate' and recently had the opportunity to create their own mini tornadoes! For their exit point Milepost 3 invited their families to join them on a weather treasure hunt around school!



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# Middle Years **RISK everything!**



Year 7 visited Kids City for their 'Risk' entry point. They experienced the many dangers of rock-climbing and ice-skating, and were able to see how they needed to be resilient.

## Middle Years **Fundraising**



Middle Years held our first ever 'International Talk Like A Pirate Day' on the last day of term, where we dressed like pirates and raised money for our three charities. Thanks to our Year 8 learners, Lekhena, Gawon and Andrew, who ran the event.



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# Middle Years **Go wild!**

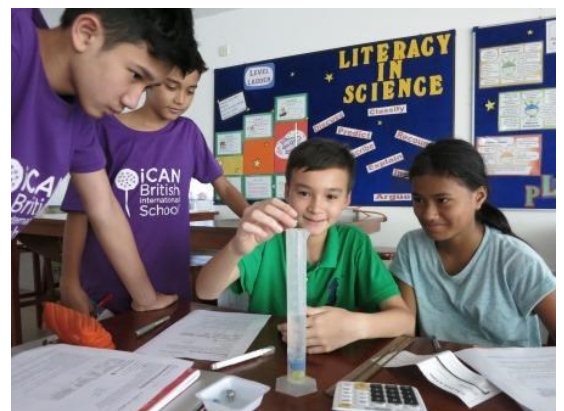


In Wildlife club, we researched and proposed to build a vegetable garden at iCAN. We convinced Mr. David, and last week, we finally built our free standing garden and filled it with straw and soil. We have planted some vegetables already and are looking forward to sharing these with the rest of our school.

## Middle Years **Science**



Year 7 have been learning how to determine density in Science.



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# Middle Years **Never give up!**

Our Year 8 entry point for **RESILIENCE** involved us being very persistent by jumping into the pool, over and over again, to collect coins from the bottom. We had to add up the digits in the dates of all our coins and add them to achieve our final score. As time went on, the maths took longer and longer, and the we got more and more tired, yet we didn't give up and we all succeeded in the end!



## Year 8 **Get creative!**

In Art, Year 8 are practising using the elements of art to describe famous artworks.



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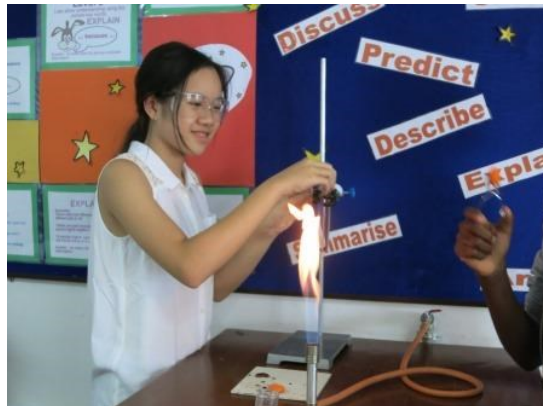
# Year 9 Enhancing learning



Middle Years are really excited to be able to use our new iPads in class. We have been making mind maps of our learning as we role-played the different characters involved in the Sesan 2 dam.



Year 9 conducted preliminary experiments while they were learning about heat transfer in science.



Year 9 put the final touches to their abstract oil paintings.

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# Birthdays at iCAN

If you would like your child to celebrate their birthday with their friends at school please follow these simple guidelines so that the children do not have their learning disrupted.

**Ask your child's teacher at least one day in advance.**

**Bring in cupcakes ONLY \* before 1pm on their birthday.**

\*No large cakes, other foods items, drinks or gifts should be brought into school. If these are brought into school they will be returned uneaten or opened. The cupcakes will be given to the children at the end of the school day after a birthday song.

One of our former iCAN learners has recently opened his own cupcake enterprise ... **CUPCAKE RUSH** on the corner of St.57 & St.306. Good luck, Regis!



## Family learning Drop-in sessions



Our next family drop-in session will take place on **Monday 19th January 2015**.



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# Family Learning Day



Thank you to all those families who joined us for our first Family Learning Day of this school year! It was great to see so many adults engaged in learning alongside their children!



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# Swim Meet at NISC



Northbridge hosted the first interschool swim meet of 2014-15 at the start of October.

Our iCAN swim team welcomed many new swimmers at the start of this school year and it was their first opportunity to compete with other schools at this level.

The overall results were as follows:

12/13 yr olds **1st iCAN**, 2nd NISC, 3rd HOPE, 4th LOGOS & 5th ISPP

10/11 yr olds = **1st iCAN** /NISC, 3rd LOGOS, 4th ISPP & 5th HOPE

8/9 yr olds **1st ISPP**, **2nd iCAN**, 3rd NISC, 4th HOPE & 5th LOGOS

The next interschool swim meet is on **Saturday 13th December** at CCC, hosted by LOGOS.

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# **iCAN COOK, WON'T COOK!**



This cooking (or ordering for some!!) extravaganza took place earlier this learning block with more than 50 members of our iCAN team involved!



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# Mr. Kosal ... forever in our hearts



*"I have my special Khmer bracelet on today with the words always in our hearts inscribed."*

Ms. Lily (in South America)

*"He was a truly wonderful man with an amazing smile. His character will of course be greatly missed and impossible to replace."*

Ms. Olivia (in UK)



*"I am sure he will be an enormous loss to the spirit of the school. He certainly left a mark"*

Ms. Denise (in Australia)



*"He was a wonderful man and was never without a smile or sense of humour. He made me my watermelon shakes and rice of some variation or another pretty much every day!"*

Ms. Kate (iCAN's first Principal in 2003)

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# Mr. Kosal ... forever in our hearts



*"He was an amazing man!"*  
Ms. Katherine (in the UK)



*"He always had such a lovely cheery smile in the mornings, so welcoming - we will always remember him for that."*

Ms. Amanda and her husband Paul (in Africa)



*"Kosal was a lovely guy and will be sadly missed."*

Ms. Caroline (in Hong Kong)



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# Mr. Kosal ... forever in our hearts



*"Kosal the amazing latte maker and lovely man"*

Ms. Charlotte (in London)

*"He was indeed a very special man. I've been thinking about him all day, his face is etched so well in my memory it feels it was only yesterday since we last spoke! Please give our love to all the Khmer staff and to Kosal's family. The kitchen certainly won't be the same without him, let alone the world!"*

Ms. Nour (in the UK)

*"Kosal was a wonderful man and it is hard to imagine the school without him. He will remain with us all."*

*"His friendly smile and morning lattes will always be a very fond memory."*

Ms. Kate (in China)

Ms. Jeannie and Mr. Anjum (in the UK)



*"I remember him so well. He always made sure that the Day Care's snacks are clean and well prepared. He always looked after my class before. Very cool guy."*

Ms. Lorna  
(in the Philippines)



*"He was such a lovely person and always so happy. He will be greatly missed. Srey Pov and I have lots of fond memories of him."*

Mr. Jeremy and  
Ms. Srey Pov (in the UK)

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# Mr. Kosal ... forever in our hearts

*"I remember him, his smile and kindness so well!! I can picture him!"*

*He really was a special man, that was a very special time, for all of us! The tiny kitchen he worked out of and his kindness to the children!!"*

Ms. Laura (in Spain)

*"He was always so positive. I will always remember his big smile and funny dancing!"*

Ms. Kate (in the UK)



*"I am sure iCAN will miss him a great deal, he was so lovely, happy and a key member of staff. We will always remember his smile and positivity. Only Den was able to get lattes brought to his and my room whilst we taught!"*

Ms. Emily & Mr. Den (in the UK)

*"... he had his cheeky smile as always."*  
Ms. Jenna (in Colombia)

*"He will be fondly remembered, he was always there with a smile."*

Ms. Andrea and Kyle (in Australia)



*"I remember Mr. Kosal, who is always ready with a nod and a smile whenever we see him in school. He will be missed."*

Francis Perez



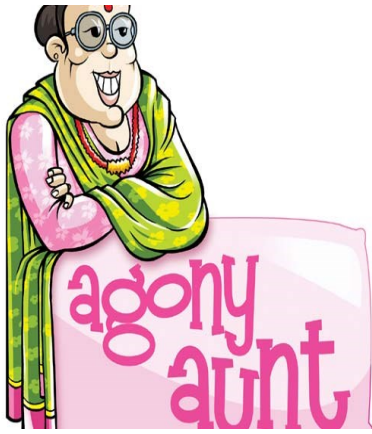
*"I remember his ever smiling face greeting us every morning, making our coffee every day, always wearing a big wide smile"*

Ms. Ananya (in Canada)

**iCAN would like to thank everyone for all their kind words, emails and donations at this sad time and we would especially like to thank the Nall, Te, Yin , Hann, Jago, Chan & Schmidtberg families.**



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*Dear Agony Aunt,*

*We recently lost a close family friend and I am wondering what I can do to support my family, particularly my children in coping with this loss. Since he died, my children have been easily tearful, agitated and get cross easily. My youngest child, 6 is more clingy than usual and finds it hard to be left alone. I'm struggling myself, to be honest, but I try my best to be strong for my children. Though I have tried not to, I have cried in front of them, but I mostly keep my sadness hidden from them as I don't want them to be hurt by seeing me upset.*

*Grieving*

Dear Grieving,

I'm so sorry for your loss. This is a very difficult time for you and your family. You are right to connect your children's behaviours with this recent death and it is likely that these changes in behaviour are due to how they are processing what has happened. I can help you a little bit with supporting your children through the bereavement and hopefully things will change.

Helping your children through bereavement when you are also grieving is hard. It is completely natural for you, as a parent, to want to protect your child from that grief and the pain you know is there. Knowing how to do this doesn't come in a handy manual. We have to work it out as we go. Those of us working in schools have probably had training on how to support children in our classes and schools but even with that training it is still a tricky thing. Add to this the fact that everyone grieves differently and things are even more challenging.

Children and young people need to be given the opportunity to grieve as any adult would and your children are no exception to this. They need time, and in order for them to address the death it is most helpful for them to be given the facts regarding the death in a language appropriate for their age or level of understanding. Avoid using metaphors like 'gone to sleep' as this will make them believe the person will come back to them. Use the word 'died' and 'dead' as these are the most helpful ways to tell your child clearly what has happened. It is common for children to believe that death is like sleeping, and is something that people wake up from. This belief can prolong the grieving process. Similarly, the child may also have trouble going to sleep at night for fear of not waking up.

If children are helped to understand from the start that a death has occurred, it won't be necessary to explain it to them again and again. Children who are bereaved need to know that their loved one has died, how they died and where they are now. Trying to ignore or avert their grief is not protective, in fact it can be very damaging as the child gets older.

Your children learn all they know about grieving from you. If you are sad, it is okay for them to see that. You don't need to hide yourself away to feel your feelings. You need to share them with your children so that they know that you are affected too.

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It is understandable that you may not want to talk about the death as you don't want to upset them. But, be open with your children about it and answer their questions truthfully. If you don't know the answer to a specific question, don't be tempted to make the answer up. It's okay not to know the answer.

Everybody needs time to grieve. Children and young people often revisit the death and review their feelings about their bereavement as they move through the different stages of development. Younger children often do not have the capacity to focus on their grief for long periods of time and therefore may become distracted by play. This is a protective mechanism which allows the child to be temporarily diverted from the bereavement.

I hope this has been helpful. Here are some key points to remember when supporting your children through bereavement:

- Be honest with your children.
- Avoid using metaphors for death.
- Everyone's grieving process is unique.
- Encourage your children to talk about the death and how they feel.
- Children may revisit the death and review their feelings about the bereavement as they grow older.
- Use language that is appropriate to your children's age or level of understanding.

In the UK there are a number of different organisations that support people through bereavement. I understand that in Cambodia, the therapeutic services these organisations offer may be of limited use, but they do have information on their websites that would be useful for children, parents and families who are bereaved. Here are the websites:

<http://www.winstonswish.org.uk/>

<http://www.childbereavementuk.org/>

<http://www.nhs.uk/Livewell/bereavement/Pages/bereavement.aspx>

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[www.greatlearning.com](http://www.greatlearning.com)

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IPC units continuing during Learning Block 3 ...  
**'We are what we eat'** in MP1, **'Inventions that changed the world'** unit in MP2 and **'Going Global'** 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:

<b>Adaptability</b>	<b>Communication</b>
<b>Cooperation</b>	<b>Enquiry</b>
<b>Morality</b>	<b>Resilience</b>
<b>Respect</b>	<b>Thoughtfulness</b>

# 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. Vanna 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 ...

▪ **Creative Arts Week**

▪ **Our new iCAN teams**

▪ **Swim meets**

▪ **Residential visits**  
**... and so much more great learning!**

**Creative Arts Week is coming!**

**15-19 December 2014**  
**iCAN Personal Goals theme**

### 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](mailto:mekongriverswim@ican.edu.kh)  
if you'd like to help on the day!

### CONTACT US...

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