

**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.**

**December 2014 issue 75**

**Residential visits Swim meets iCAN teams**

Dear Families,

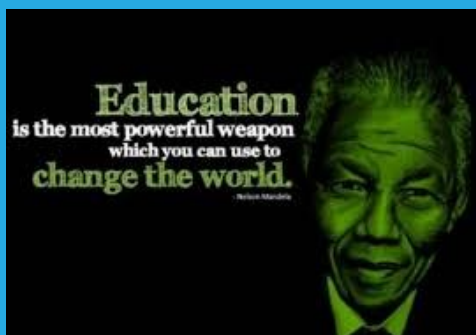
We are half-way through the school year already. Could someone please press the pause button! There has been an immense amount of learning taking place both in the classroom and outside this learning block.

The residential trips to Kep & Kampot, Siem Reap & Battambang, Kanchanaburi in Thailand and Green Camp in Bali enabled learners in Years 5-9 to experience exciting new learning in many different contexts. I hope you enjoy finding out more about these learning experiences in this edition of the iCAN Times.

Our sports teams have had some amazing successes on the field and in the pool. As ever what impresses us most is their team spirit and their care and support towards each other. The respect and consideration they show to teams representing other schools is often commented on by members of the wider Phnom Penh community. They stand out at events as young people with great attitudes and values. We are so proud of them.

Our children continue to learn new skills and knowledge and consolidate their skills and knowledge which in turn leads to understanding. At the family coffee morning yesterday our wonderful parents and carers worked together and brainstormed to come up with definitions of learning and a vision about what kind of people we would like our children to become. They worked cooperatively in teams and used some of the structures our children use to support their learning. The most incredible thing happened ... the qualities and dispositions of young people that families felt were important were completely in line with our ideas and visions of our iCAN learning team. It goes to show that we are all working together towards a common goal. This is really exciting because by working together we have a much better chance of realising our dreams for the future! It also shows us that although there are times when we may not always agree about policies and practice, we fundamentally agree on where we want to get to. Thank you to Ms. Louise and Ms. Michaela, our two leaders for learning, for facilitating this event.

I would also like to thank our iCAN team for their continued effort and hard work. The learning opportunities they offer your children will we hope enable your children to change the world. In the words of Nelson Mandela ...



I leave you with that thought and hope that you all enjoy the holidays with your families and look forward to seeing you all in 2015.

Ms. Lori



## DIARY DATE REMINDERS

### January

- 12th** Start of LB4
- 17th** Family kite flying picnic
- 19th** Early Years Sports Day  
Family drop-in session
- 21st—30th** MP3 cycling adventures
- 21st** 4J class assembly
- 27th—28th** MP2 climbing adventures
- 30th** Family coffee morning  
7.30-8.30am
- 31st** iCAN host Olympic pool inter-school swim meet

### February

- 3rd** Family Learning Day
- 4th** 5P class assembly
- 6th** Sports Day Y1-9
- 7th** ISSAPP football (MY)
- 11th** 2J Class assembly
- 12th** MY ice skating
- 13th** International Day  
iCAN times published

# Family event **Clip'n'Climb**



# **Early Years** visit the Royal Palace



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# MP1 We are what we eat!



In our topic 'We Are What We Eat' we learned about the painter Giuseppe Arcimboldo. He was an Italian artist who was born in 1527. That is nearly 500 years ago! He was best known for creating imaginative portraits made entirely of objects such as fruit and vegetables. We thought his paintings were strange but very interesting. Once we had gained new knowledge about Giuseppe Arcimboldo we became artists, using lots of different materials and processes to create our art work! We used sponges and paint at first to print the background for our faces. Then we used brushes to form a dark background for our portraits to sit on. We then learned the art of collage and created our fabulous fruity faces!



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# Year 3 Sleepover



Years 3 were very excited to spend the night at school for their sleepover. It was a great opportunity to experience the night away from home and prepare them for future school residential visits. We watched a movie and then enjoyed sleeping in a tent with their friends. In the morning, they had breakfast together in the school canteen. The children showed great adaptability when faced with this new experience and we were very proud of them! A great time was had by all and even the teachers managed to sleep a little!

## Milepost 2 Footprints from the past



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# Milepost 2 Paleontologists



Milepost 2 began their 'Footprints from the past' unit with a surprise flight to Egypt! They became paleontologists and hunted for fossils in the playground. Our learners had to excavate their dinosaur using different tools and taking lots of care not to damage what was inside. It was such an exciting morning!



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# MP2 Art **Dinosaur creations**



MP2 enjoyed making and painting their dinosaurs as part of the Learning journey entitled **'Footprints from the past'**. They were allowed only the primary colours. It is hard for palaeontologists to know exactly what colour extinct dinosaurs were, but MP2 have a good idea!



**Did you know?**  
 The word dinosaur comes from the Greek language and means 'terrible lizard'. The word was coined by English paleontologist Richard Owen in 1842 and was meant to refer to Dinosaurs impressive size rather than their scary appearance.



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# MP3 Going Global ... in Phnom Penh!



To begin our Going Global topic we started with a brilliant Entry Point. We were each put into teams and in these teams had to make a country, including a name and flag to allow us to be identifiable. Then we were given our IMPORTS and our EXPORTS. We had to trade our Exports for the Imports that we needed. It was sometimes difficult to persuade others to complete the trade fairly! A set of 5 import cards was worth 5 points. We then looked at the countries which had made the most points from their trading. What we hadn't realised was that we were all given different numbers and needs of imports and exports, just as is the case in the world today, this meant that some of us were developing countries and some developed. The developed countries managed to score more points through the trades that they were able to make.



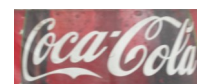
How many countries have contributed to the clothes you are wearing and the food you have eaten today?



MP3 went on an educational tuk tuk trip around Phnom Penh looking for evidence of globalisation. It was amazing what we found. We looked at global companies, such as Burger King and KFC, which now exist in Phnom Penh, as well as looking at local businesses where globalisation is still happening, for example, selling coca cola and other fizzy drinks! We learnt so much and this was a great way for us to gather more information about globalisation here in Phnom Penh, interactively!



For most of this Learning Block MP3 have been learning through geography. Years 5 and 6 have looked at imports, exports and how people and items move around the world. Each class has been using their large floor maps to plot routes around the world, helping them explain why these movements happen!



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# Middle Years **Art & Science**



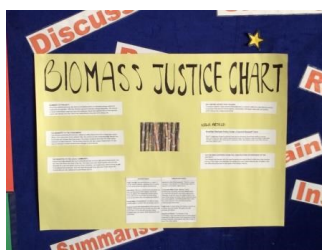
Year 7 made some controversial artworks in the style of street artist, Banksy.



In art, Year 7 are learning about how artists create meaning through colour and line. They applied this knowledge by creating their own character with face paint, and then wrote about how they created the emotions of their character.



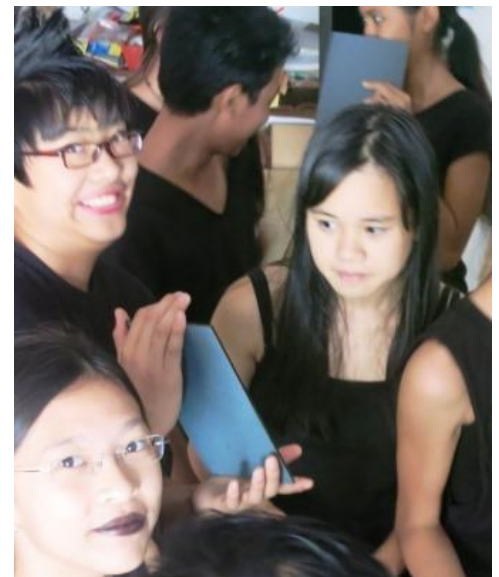
During our Justice unit, Year 9 followed a marketplace activity in science to learn about renewable energy resources. Each team was provided with a renewable energy resource, for which they had to research, then produce a market-stall containing a leaflet, A4 information sheet and a justice poster regarding a project they had found somewhere in the world which harnessed their given resource. They each produced questions for the other members of the class to answer using their various media. It was hugely successful and showed what independent enquirers our Y9 can be.



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# Middle Years **Identity** entry point



Year 9's Identity entry point at Aeon Mall was a great success, with our learners experiencing peoples different reactions to their dark and gloomy makeup.



**IDENTITY**  
The big idea

Our sense of self, and that of others, is continually developing through our different interactions and impacts on how we exist in the world.

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# iCAN SWIM International meet

## International swim meet

ISPP hosted a highly competitive event at their new campus where 5 Cambodian teams competed alongside 4 teams from the SE Asia region (2 from Vietnam, 1 from Thailand and 1 from Laos). We took a small team of just 12 swimmers from iCAN, the youngest being Rosa in Year 4 and the eldest being Vuthy and Jessie in Year 9; who unfortunately as they had just turned 14 were swimming in the 14–18 age category! That said, both swimmers gave an excellent performance, really demonstrating the positive, resilient attitude iCAN learners are famous for! All our swimmers were awarded ribbons and medals. Most children swam relays against children older than them ... and still won respectable places (3<sup>rd</sup> & 6<sup>th</sup>). In almost every single race, our swimmers finished within the overall top 10 times for the event. Many of the events had in excess of 30 swimmers competing, so this is an incredible achievement of which we are very proud.



Our next ISSAPP inter-school swim meet is on **Saturday 31st January 2015** hosted by iCAN at the Olympic Pool. Come on down to support and (hopefully!) see our swim squad marching out in their new kit!

<b>International swim meet results</b> 28th & 29th November 2014	Country	Average points per swimmer	Total number of swimmers	Total points
iCAN British International School (iCAN)	Cambodia	<b>68.9</b>	12	827
Vientiane International School (VIS Mekong Dolphins)	Laos	<b>67.6</b>	36	2434.5
United Nations International School of Hanoi (UNIS)	Vietnam	<b>65.6</b>	48	3148
Saigon South International School (SSIS Varsity)	Vietnam	<b>60.9</b>	16	974
International School of Phnom Penh (ISPP)	Cambodia	<b>47.3</b>	68	3217
Northbridge International School (NISC)	Cambodia	<b>44.8</b>	19	851
International School Eastern Seaboard (ISE)	Thailand	<b>39.7</b>	10	397
Lycee Descartes (French)	Cambodia	<b>39.0</b>	35	1365.5
HOPE International School (HOPE)	Cambodia	<b>20.1</b>	10	201

Here are the full results from the international swim meet held at ISPP last month. As you can see, even though iCAN didn't have a large team, our swimmers performed admirably achieving the highest average points per swimmer of any team!

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# iCAN Swimming in our community

In a bid to offer more competitive opportunities to some of our newer younger swimmers as well as to strengthen links we have with the wider swimming community here in Cambodia, iCAN hosted a friendly swim meet on Wednesday 3<sup>rd</sup> December. Children from Liger Learning Centre and an NGO came together for a series of individual and relay events using all 4 strokes. Their water skills were put to the test in the second half of the event where they had to recover items from the bottom of the pool, swim through obstacles and cooperate to swim with items on their heads continuously in team events.



Both these organisations have brought children to swim at the annual Mekong River Swim that iCAN host and despite having limited resources to teach their swimmers they strive to ensure they have opportunities to develop this important life skill.

All swimmers had a fabulous time, worked really well together in team events where all schools were mixed together. iCAN children were taking initiative to translate any instructions not understood in to Khmer for the visiting children who needed it and at the end email addresses were swapped to continue the friendships made on the day.



The 2nd ISSAPP (International Schools Sports Association of Phnom Penh) swim meet of the 2014-15 season was held at the Cambodia Country Club (hosted by LOGOS) on Saturday 13th December. Our iCAN Swim Team turned out in force, supported by the most enthusiastic group of iCAN families, teachers and LSAs EVER! It was fantastic to see all our swimmers cheered and roared on throughout every single race! We hope to see even more of you at the next meet, hosted by iCAN at the Olympic Pool on Saturday 31st January 2015.



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# Year 5 Kep & Kampot



**Communication**  
Chhiv Leap was so inclusive with everything she did today. She made sure everyone understood her by speaking in English and Khmer and even used her newly learnt sign language.



**Cooperation**  
Vatina and Vattana worked so well in their dance group today! Maddie kept spirits up and told riveting stories over dinner.

**Respect**  
Rigon and Supicha were always asking people if they needed help and were unbelievably respectful.



**Adaptability**  
Laura felt uncomfortable at first with the dancing but gained in confidence throughout the morning. Saku was a star and took on all new challenges.



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# Year 5 Kep & Kampot



### Thoughtfulness

We saw and heard so many children reflecting on what they had learnt and experienced throughout the week. Haimanot thought a lot about the sustainability of Epic Arts, and talked about how good this was. Sophie fell in love with the rabbits at Les Manguiers and always took time to care for them.



**Morality** Prawsoeu without prompting, tidied up, picked up rubbish and was generally a great role model for iCAN.



**Resilience** Pisey overcame her fears on the first night away from home. Rebecca was resilient as she thought the art was the "hardest thing I've ever done" but she kept going!

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# Year 6 Siem Reap & Battambang



**Portziltina:** Overall today was a spectacular day, we learnt and saw many different and amazing things. First of all we woke up and we had a mouthwatering breakfast with crispy bread, juicy fruit, delicious eggs and sour juice. After breakfast we went on an amazing boat trip to learn about species of birds and fish. We learnt that Giant Ibis has only 11 birds left in Cambodia and only 200 in worldwide. That's a really small amount because they need to be breeding in trees, but the Tonle Sap area is losing lots of trees due to deforestation. Before there were 600 species of fish but there are only 250 species left now. This is because the electrical shocking that takes place to catch fish that results in fish not being able to breed effectively. The pollution from the boats also damages their environment.



We learnt the basics to professional juggling by throwing and catching a ball whilst doing actions. After a while, we swapped to making body sculptures; creating a human pyramid and other positions. Last of all, we moved to a long carpeted runway to complete some running and somersaults.



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# Year 6 Siem Reap & Battambang



**The Cool Dudes:**  
 This afternoon has been AMAZING! For lunch, we had divine chicken curry and fish with rice. When we finished our food, we went to a temple called Beng Melea which was built in the 9th century. We played a game where each group got a photograph of a different part of the temple from Mr David. We then had to find that part of the temple and take a picture of our group doing something, for example, making a weird face or pretending we were statues, with that section of the temple as the background. Then we played Hangman trying to build a full sentence and not just a word. It was quite hard but very fun!



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# Years 7 & 8 Green Camp, Bali



Year 7 had an amazing time at Green Camp in Bali.  
"My most favourite thing about Bali was cycling around the mountain" *Meng Cheang*  
"I learnt to see people in a new way and make new friends" *Kim Ton*



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# Years 7 & 8 Green Camp, Bali



Amazing, awesome, risky, challenging, natural, exotic, life-changing, enjoyable, adventurous, bamboo, breath-taking, unique ... GREEN CAMP!



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# Year 9 Kanchanaburi, Thailand



*"Three more days have passed, and life is being thrown around at the will of disease. We are starting to think that the forest is a bigger enemy than the Japs. Men are being reduced to sacks of bones and I soon think that none of us will make it to the end of the war. If you are reading this, remember that we gave our tomorrows for your today."*



The experiences strengthened our understanding of the big idea. A fair society is organised so that no one suffers unduly for the benefit of others, which relates for us to our **Justice** unit because of the unjust situation the prisoners were in.



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# Year 9 Kanchanaburi, Thailand



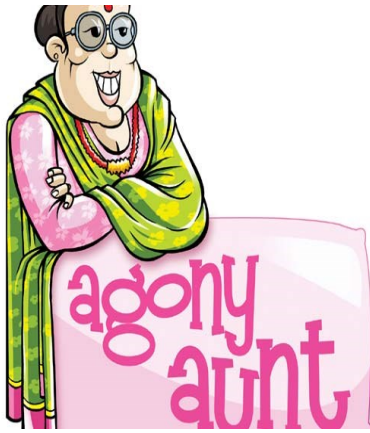
*"The monsoon rains are pouring through the jungle. It is making work a more dreadful task than before. The rain brought not only water but also disease. Five more cases of cholera have sprouted throughout the camp. The guards are pressuring us to speed up the recovery of the patients but cholera can disable a man for many days, even weeks. The Japanese are pulling our men, who are as thin as sticks, who usually end up back in the medical tent the next day. But Weary keeps us going, he is the soul and heart of the medical team. He makes us remember that no matter who they might be, mate or not, no mans life is worth more than another's."*



Year 9 learnt so much on their trip to Kanchanaburi in Thailand. It was particularly special to be at the war memorial on Remembrance Day where we could share two minutes of silence with other people from around the world.



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Dear Agony Aunt,

My 8 year old daughter is getting a bit chubby and as much as I ask her to start cutting down on fattening food, I don't think the message is sinking in. She eats a lot during meal times, even though I try to remind her. I don't want her to be unhealthy and to be fat. How can I stop her from eating so much?

Worried of Tuol Kork

Dear Worried of Tuol Kork,

I can understand your concerns about your daughter. I know you want her to be healthy and develop good habits with her eating.

I would suggest, however, that this is a tricky area to approach, as a parent. As we know, our children learn a great deal about the world from us, so we must take care that the messages they receive are clear. To that effect, we must also take care that the messages they receive advise them to make the right choices.

To help you with this, here are some things you can do:

**Show that you have (or are working on) a positive body image.** Be careful not to use the words 'fat' or 'diet' around the house. Additionally, it is really important that you avoid saying negative things about your own body.

**Discuss 'sometimes' vs. 'always' foods.** Understanding good food choices is key to children (both boys and girls) developing a positive body image. Instead of talking about 'good' or 'bad' foods, speak of 'sometimes' and 'always' foods. This can help your child to understand that some foods are better eaten in smaller quantities and less often. Vegetables, fruits, wholegrains, proteins, and dairy products can all be explained as 'always' foods that are necessary for growth and development. Sweets and fried foods can be described as 'sometimes' foods that taste good but are not healthy or necessary to help us grow.

**Involve your children in preparing meals.** This will help your children understand the thought that goes in to preparing meals and if they have a developing understanding of 'sometimes' and 'always' foods, then this is a good opportunity to explore this topic further. Take them food shopping with you and talk about how their body needs certain nutrients and vitamins to grow strong; this makes them feel as if they have some control over what is eaten.

**Talk about full vs. empty stomachs.** Discuss how food affects the digestive system and the body by sharing how to eat only when you are hungry and how to stop when feeling full. Talk to your children about how their bodies feel at the present moment; do they feel full and 'heavy' or empty and 'growly'. Reinforcing this on a regular basis can help them to feel connected to their bodies.

The relationships we build with food as children can influence our relationships with food, self esteem and body image for the rest of our lives. If we support our children to develop positive relationships with food, we will be supporting them to develop a positive body image.

*continued on next page ...*

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'Body image' is a term that, broadly, refers how we think and feel about our appearance. It includes ideas about shape and size, skin colour, birthmarks, scars and many more factors to do with appearance.

Having a positive body image will mean children will feel good about themselves and supports wellbeing not only in childhood but for the rest of their lives. Children with a positive body image are comfortable with their physical appearance and are more likely to think about their body in terms of its functionality rather than its form – that is they focus mostly on the way their body helps them to do the things they want to do like playing sports, climbing trees or walking the dog, rather than how their body looks. They might not be completely satisfied with their appearance, but they concentrate on assets rather than flaws. This way of thinking contributes to a positive sense of self-worth. It helps children to detect and fulfill the body's needs, which means they might be more likely to appreciate the value of exercise and make healthy food choices that help the body to perform well.

Unfortunately it is common for both boys and girls to experience negative thoughts or feelings about their appearance or dissatisfaction with the way their bodies look. Being teased or criticised about appearance can be particularly damaging, especially in the pre-teen stages.

Bringing it back to your question, I would suggest that the message you wish to send her about her eating should be carefully delivered if she is to really hear it and use it. Simply telling her she will get fat by eating too much is putting her at risk of developing a negative body image. Instead, try to emphasise the importance of eating sensibly, as well as explaining why sensible eating is necessary. The aim should be to get her to understand that her body is important because it does important things. Additionally, avoid using the words 'fat' and the need to go on a 'diet'.

I hope this has been helpful. It is important for your daughter to love her body and her look just as she is, BEFORE she is able to make good food choices. With a positive feeling about herself, your daughter will think about making those choices for herself.

## Christmas cheer!

Our Pupil Council worked hard to organise a Christmas Party for the second year running. They made decorations, created and sold tickets and also prepared the games. Everyone had lots of fun and there were even prizes for winning the games! The treat had to be the delicious Christmas cookies we all ate, yummy. After expenses the pupil council were able to raise just over \$100 which they will be donating to a charity of their choice after the Winter break. Well done to all of the children in our iCAN Pupil Council for their dedication and hard work with this!



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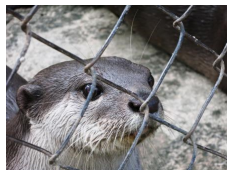
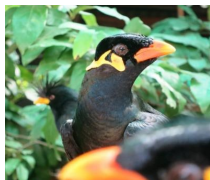
# iCAN Pupil Council **New team mascots**



Our Pupil Council recently organised a vote for our new iCAN mascots. There were 4 categories of endangered Cambodian species to vote in. **REPTILES** (Siamese Crocodile v. Cantor Giant Softshell Turtle), **BIRDS** (Giant Ibis v. Sarus Crane), **MAMMALS** (Sun Bear v. Yellow-cheeked Crested Gibbon) and **FISH** (Mekong Giant Catfish v. Giant Freshwater Stingray). After the vote concluded a talented local graphic designer, Nix McKool, worked with our iCAN team to create 4 iconic logos. We then held a whole school assembly to draw lots and decide which coloured team would be represented by which new team mascot ... Sun BEARS, Sarus CRANES, Giant Freshwater STINGRAYS or Siamese CROCODILES!



## Middle Years **Wildlife**



Our Middle Years wildlife club visited Phnom Tamao to see the animals that they are helping to support with their fundraising efforts



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IPC units continuing during Learning Block 4 ...  
**'Media Magic'** in MP1, **'Inventions that changed the world'** unit in MP2 and **'Bake it!'** 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. 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 ...

- **Cooperative learning update**
- **Looking for learning at iCAN**
- **Kite flying picnic**
- **Olympic pool swim meet**
- ... and so much more great learning!

Check out our next issue of the **iCAN TIMES** to find out all about our rescheduled **Creative Arts Week!**

### 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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