



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.

Creative Arts Week ... Book Week ... International Day

Dear Families,

Most people would not believe how much learning has been happening at iCAN this learning block. At the end of my message in the last iCAN Times I said 'make sure your children have opportunities for adventures but also some time to relax as the next learning block is going to be a long one!' However, I don't think any of us quite realised how jam packed with fun opportunities for learning, Learning Block 5 was going to be.

We kicked off with the 'Amazing Tuk Tuk Race' which was a great event, enjoyed by lots of families and members of our iCAN community. This was followed by the annual iCAN staff party which saw three more members of our team recognised for 10 years service at iCAN. This brings the number of the team awarded with this recognition to 19. This is an incredible achievement and we thank them for their continued hard work and loyalty to our community.

We have also celebrated Book Week, World Happiness Day, Maths Day and this week have been getting creative as part of Creative Arts Week. You will see throughout this edition of the iCAN Times the numerous opportunities for learning each of these events offer our learners.

Learning has never been so hands on and interactive, it makes me wish I was here at iCAN as a child myself, what a different experience learning is today. The days of teachers standing at the front of the class and sharing their knowledge by methods such as preaching are gone. The days of rote learning and teaching to the test and children being expected to work on their own in competition with their peers are gone. The days of facilitating and supporting learning though offering carefully planned and challenging experiences and learners working together towards common goals **are here**. How exciting that is. Our children are going to be better prepared for taking their place in society as responsible, thoughtful, productive adults who recognise the importance of communication, collaborating and cooperating with others.

The concept of cooperation leading to success is not new. There are examples of this message which transcend borders, cultures, religion and time. There is an old African proverb which says; 'If you want to go quickly go alone. If you want to go far, go together.' Which holds the same message as a Buddhist saying 'If you light a lamp for somebody, it will also brighten your path.' Our children are going to be lighting lamps and going far together!

Have a wonderful holiday with you families.

Susadai Chanam Thmei, **Lori**

DIARY DATE REMINDERS

April

- 20th Start of LB6
- 22nd 2A Class Assembly
- 26th Annual Mekong River Swim 8am at site
- 29th 1S Class Assembly

May

- 2nd Inter School Swim meet hosted by ISPP
- 6th RB/RV Class Assembly
- 9-10th International Swim meet hosted by ISHCMC (Vietnam)
- 13th Child Led Conferences
- 14-15th King Norodom Sihamoni's birthday (no school)
- 22nd Family coffee morning
- 30th Early years & MP1 Family Event

June

- 1st MP2/3 end of year disco
- 5th Reports Issued
- 9th Y6 end of year dinner
- 11th Y9 Leavers dinner
- 12th LB6 ends & iCAN Times issue 78 published School finishes 11am

iCAN PLAY Come & Play Day



This learning block iCAN PLAY learners have been so excited showing their families their marvellous work. They were great at demonstrating what skills they had been learning.



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.

EYFS Book Week

During Book Week we had fun sharing bedtime stories. Our EYFS learners liked dressing up as their favourite characters and parading on the stage. They learnt that reading is so much fun.



EYFS International Day



On International Day we dressed up in our national costumes. We had fun learning about different festivals and how they are celebrated around the world.



EYFS Maths Day



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MP1 Making circuits & Morse code

In Science we learned how to make electrical circuits. We found out that in a circuit everything needs to be connected together to make it work. When we had worked out how to make the light bulb turn on, we used our circuits to communicate. To do this we first had to learn how to communicate through Morse Code. Morse Code is a special language made up of dots and dashes and was used by spies or by people on ships to send messages to each other. We made our own names and some other words with Morse Code and used our circuits to transmit them.



MP1 New York Models



In Milepost 1 we learned about features of a city. We had to make a documentary about New York, so we needed to know what the city looks like. After lots of learning we made these models, took pictures of them and labelled the different features on the iPads.

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MP2 Air resistance



In Science MP2 have been practising their investigation skills and have been fantastic enquirers. Linking their learning of flight inventions in History helped them to investigate the science of flying. They gained knowledge on air resistance and created fair tests with gliders. What do you think makes a glider fly so well?

MP2 Technology



Learners in Year 3 enjoyed investigating moving mechanisms as part of our technology unit for our 'Inventions that changed the world' unit. They then used their acquired knowledge to design and make their own toy with a moving part.

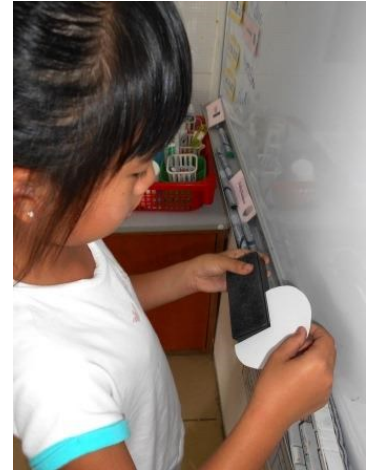


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MP2 Maths Day

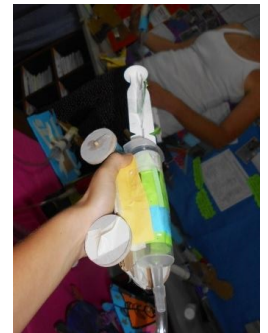


In MP2 we explored the Mathematics of different countries. The countries were Cambodia, China, Egypt and the UK. We looked at shape, measure, distance, currency and more.



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Inventions that changed the World



MP2 enjoyed the exit point for our unit of work
'Inventions that changed the World.'
Each class had an invention convention and invited all of the families in to share and experience what they had been learning.

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MP3 Mask making



MP3 children created amazing masks as part of their Creative Arts Week. Using the theme of our personal goal, **PRINCIPLED**, they created a mask of two halves. One side good and one side evil. This is to represent that everyone is born with both inside of them and it is through the choices, decisions and principles that they make throughout their lives they become the people that they want to be. They designed, built, painted and decorated these original and creative masks before using them to perform our Rama and Sita dance to celebrate the end of a successful Creative Arts Week.

Being Human

Mile Post 3 designed a healthy menu as part of their Being Human unit. Each team was given a course to plan, shop for and cook. These were starter, soup, snack, main and dessert. Our MP3 learners had to stick to a tight budget, which was quite tricky in Aeon mall! They then bought their ingredients and took them back to school. Back at school, Milepost 3 cooked their courses, which was challenging but fun!



Maths Day



Year 5 were given the task of researching a famous monument or building from around the world. They then had to find blue prints for their chosen building and make a scale drawing of it. They drew blueprints for the Leaning Tower of Pisa, the White House and the Sydney Opera House.

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Book week

For their Collaboration unit, Year 7 worked together to write and illustrate two short stories for younger children. During Book Week they sold their books, raising funds for Wildlife Alliance and Nokor Tep Women's Hospital. They raised \$225 for each charity!



International Day



Middle Years joined in with International Day, learning about celebrations in religion. We focused on Hinduism and looked in particular at the Holi Festival.



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Middle Years Pool Party & Skating



MY Walkathon



Year 9 participated in the Nokor Tep walkathon on Valentines Day, raising over \$500 for the new Women's Hospital!



Middle Years Creative Thinking

Year 7's PLTS focus is Creative Thinking. As part of developing their creative thinking skills, we are encouraging them to play! They were over the moon to use Lego!

And here they are practising being free thinkers, developing as many ideas as possible in the circles.



MY Yoga



This learning block Year 9 are learning through the IMYC Challenge unit. For their entry point they had a Yoga class with yoga teacher Oskar, who focused on how you can use yoga and your breath to help you control your emotions and to face up to or overcome problems and barriers in your life.

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Year 8 Ceramics



Year 8 have been learning about Tradition this learning block. In art we had a go at making our own Japanese Jomon inspired pots, incorporating patterns from our own cultures and traditions.

Wat Than visit



We visited Wat Than to explore some of the everyday problems and barriers faced by people in Cambodia, and the different ways in which they face up to or overcome these challenges to increase possibilities in their lives.



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Middle Years Art

In Art Year 9 have been looking at the challenge of being limited to only black and white. For their knowledge harvest they had to capture light and shadow on their faces using only black and white paint. They also had the opportunity to explore different new black and white media, and experiment with them in new and interesting ways. They finished the unit with large charcoal artworks inspired by the challenges they saw on their trip to Wat Than.



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Kosal Khiev

Year 9 went to the Flicks to watch Spoken Word Artist Kosal Khiev's new documentary, 'Cambodian Son'. We were then very privileged to have Kosal Khiev visit our school. Here is what we learnt:

The session with Kosal Khiev was an insightful and reinvigorating one. It stimulated the ideas about who we are as individuals and what we wanted to be. He started off requesting us to recall our earliest childhood memories and write it down into our exercise books. We delved deeper into how we felt and where we saw ourselves in five years time. Mr. Khiev then requested for each and everyone one of us to share these memories and personal thoughts. Some of us became emotional as he dug deep into certain things we wouldn't have thought about in which a few tears were shed along this intuitive journey. After seeing this, Mr. Khiev expressed his gratitude and showed his appreciation for our attention and positive attitude towards learning.

He explains how crying is a way for us to relieve our emotions, and a sign of strength not weakness.



Kosal Khiev also explained to us his views on the world and how 'The Law Of Attraction' - positive or negative thoughts can bring upon the different results according to the energy you are emitting. He delved deeper into his theories of life, and used metaphors as examples for us to better understand what he was trying to convey. However, our time with him was short, and no where near enough for him to have finished transferring his wisdom and views of the world to us. Despite this, he does want us to take away the idea that we are the masters of our own lives, of our own fate.

"You guys have the power." As he continues to explain how somehow, somehow our brain capacity decreased but that doesn't refute how we still have the power to do it. We still have power to control our lives.



"I could see the awestruck looks on my fellow classmate's faces as they listened to a visionary poet exclaim about echolocation the energy of everything around us and as it was heading towards the end of our workshop, according to the energy of my surroundings it is fair to suggest that we were left craving more of what he had to offer. We were reluctant to let him leave in which our last request was for him to perform one of his most passionate pieces he's ever written; Listen.

We were grateful to have met such an inspiring man, someone whom had a journey from prison to poetry. We felt honoured and privileged to have been able to attend such a workshop"

Watey

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Book Week

Book Week at iCAN was full of fun and learning. The theme this year was, **PRINCIPLED**, and children focused on stories and books that had this idea at the heart.



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Book Week



The costumes for Book Week were amazing and the children all strutted down the catwalk in character with confidence, it was great to have iCAN PLAY join us too! A very successful week celebrating books and continuing to develop a love of reading in all iCAN learners!



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International Day



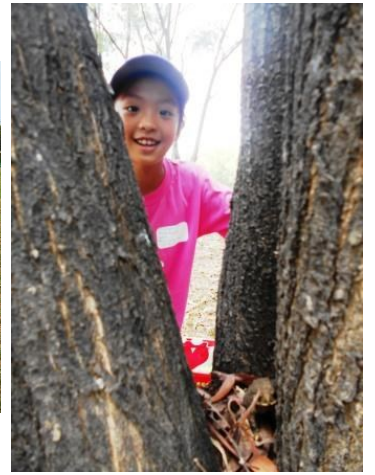
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International Day



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Northbridge Athletics



Family Coffee morning



This learning block our hard working families discussed our personal goals. It was fantastic to get such interesting feedback about what each disposition meant to them and their children. They were cooperative, great communicators and were very resilient!



Ice skating & Science clubs



Nam Fah and Lehkena showing their figure skating pose!

Ice skating club members with Head Coach Ricky Nonato, Senior Trainer Bunthoern Sen and Ice Park staff.



Book Week Bedtime Stories

Bedtime stories was fantastic, with children and teachers in their pyjamas all enjoying stories together and some delicious milk and cookies!

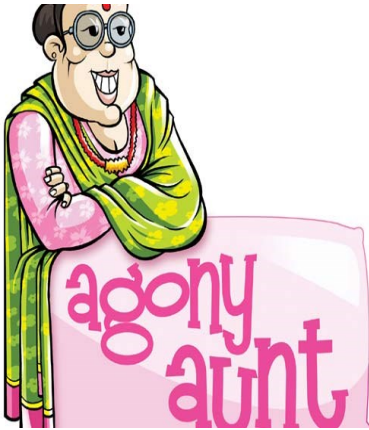


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Tuk Tuk Race



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Dear Agony Aunt,

I have an 11 year old who is about to face quite significant change. He is about to move from Year 6 to the Middle Years and I am really worried about his ability to cope with such a huge transition. It seems like suddenly he is all grown up and I am not sure whether he will cope! What can I do to support him? I don't want things to go wrong and for him to feel lonely in such a new environment.

Yours,

Fretful in Chamkamorn

Dear Fretful,

I know exactly what you mean. It seems that all of a sudden the child you looked at and cared for all these years is suddenly visibly and now, officially, a step closer to becoming an adult!

Thank you for writing in with such a relevant and timely question. As we are approaching the end of this academic year, the issue of transition is so important. Of course, children and young people will go through transitions all the time, but I know that supporting children in moving from primary to the Middle Years is going to be a topic that is relevant for so many other readers.

Any new situation involves the loss of the old, known one. The beginning of something new means the end of something old and vice versa. The more unstructured, strange or unexpected the new situation is the more disorientated and unable to cope we are likely to feel. How well any one person deals with new situations depends in part upon their experiences and resilience levels. Good internalised experiences can help us to explore and tackle the unknown. They also lay the foundations for experiences yet to come, just as bad experiences leave their memory traces within us, both of which are rekindled repeatedly throughout our lives.

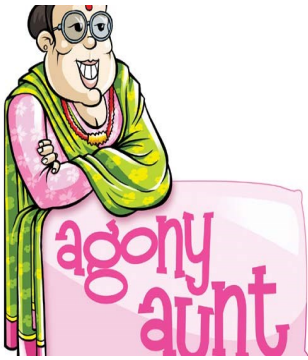
It may comfort you to know that most children will adapt to the changes in the Middle Years within the first few weeks. With that said, I do really feel that the more we enable resilience in our children, the more able they will be to cope successfully with the range of emotions they are sure to encounter in the transition. It is also worthwhile knowing that in this particular scenario, i.e. transitions in school, you are not solely responsible for supporting your child through the upcoming move. Know that the school will have a programme in place to support all the children in the transition.

If you, as a parent or carer, are mindful of the issues your child will face, you will also be better equipped to support him or her through them.

A few things that might weigh on your child's mind could be:

- Saying goodbye to teachers and getting to know new ones.
- Adjusting to a new structure of the school day. There may be different start times as well as a different way in which they learn.
- Navigating their way around a new environment, i.e. moving between classrooms and being responsible for taking the right books etc. to different lessons.

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Yours, Fretful in Chamkamorn

...continued below

- Having more than one teacher to have to get to know and learn their teaching style.
- Being more independent in their learning and having more responsibility for managing their own time.
- Experiencing new learning that they may not have experienced before.

These strategies may help:

- Prepare your child by talking about any imminent changes in advance. Help them to balance the loss of the old with anticipation of the new.
- Help pupils to give words to the feelings and emotions they are experiencing at times of transition. It is important to allow an atmosphere in which your child is able to speak about their feelings and feel like they are taken seriously.
- Be attuned to changes in behaviour. For children who have suffered any type of loss, transitions are likely to make them more vulnerable. An anxious state of mind can lead to defensive behaviours: aggression, acting out, withdrawal, lack of social interaction, lack of academic progress, lack of interest and depression. Identify and acknowledge the loss, then address the behaviour
- Maintain communication with the school. Remember they will have a transition programme in place.
- Encourage optimism and work with the excitement and opportunities in your child's life as well as the fears and anxieties.

Encourage the understanding that experience of adversity and challenge is great personal development; that without challenge we may never learn how resourceful and resilient we really are.

I hope this is helpful for you and for any other readers that might be worried about their children going through transitions. Remember that transition is something we need to be aware of at all times anyway. Children and young people can face transitions that are:

Emotional: affected by personal experiences, e.g. bereavement or the divorce or separation of parents

Physical: moving to a new home, class or school

Intellectual: moving from one school to another, e.g. from nursery to school, primary school to secondary school etc.

Physiological: going through puberty or a long-term medical condition.

While I won't talk about these types of transitions here, it seems a useful time to raise them so that we are always mindful of how transition impacts our emotional well being.

I hope that helps you and your child in navigating through the upcoming transition. It is great that you are thinking about it now. With preparation, he will have a very successful transition.

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IPC units continuing during Learning Block 6 ...
'From A to B in MP1, **'What's on the menu?'** unit in MP2 and **'Myths & Legends'** for MP3! Check future iCAN Times for yet more photos highlighting your children's learning.

We continue to develop our 9 personal goals at iCAN, which we will be encouraging and celebrating each month throughout the year.

Our iCAN learners are working towards becoming:

Adaptable Communicators Cooperative
Enquirers Principled Resilient
Respectful Risk Takers Thinkers

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. 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**

▪ **Mekong River Swim**

▪ **Personal Goals**

▪ **iCAN learning team for 2015-16**

... and so much more great learning!



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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