



International School Yangon Newsletter

November 27 (Friday), 2009.

Our Mission for the school year of 2009-2010 is the International School of Yangon is a community that is committed to excellence. We inspire students with a challenging, international education, based on an American curriculum, in a nurturing learning environment that promotes responsibility and respect. We aim to develop socially engaged, self-motivated, creative, compassionate individuals who will be a force for positive change in their communities and the world.

From the Desk of the Director

Dear ISY Community,

This past weekend the ISY School Board and administration were involved in a two day school board training session sponsored by the Department of Overseas Schools. The training was conducted by Dr. Carol Lupardis, who is a professor at a university in the USA. Dr. Lupardis served as a board member for 15 years, many of those years serving as board president. She was also elected to President of the Missouri School Board Association and served in that role for several years. After doing her doctoral dissertation on effective school board training, she was hired to train school boards in the states for many years. Our school board felt that the time spent with Dr. Lupardis was very productive. We had a lot of good discussions about the roles and responsibilities of the board and discussed many procedural issues. We also discussed the components of effective school board meetings and I think we will see even more productive meetings in the future as a result. I want to say that we have a very cohesive and dedicated school board who is truly interested in trying to help our school progress. This past weekend they gave up nearly all of their weekend and seemed to want even more information when it was time for the sessions to end. I feel fortunate to be working with such a committed and talented group of parents. If you get a chance please thank our ISY Board members for the volunteer service that they are doing for our school. Sometimes being a school board member is a thankless task.



The time is flying by and already the Thanksgiving holiday is upon us. Our students and teachers have been working very hard these past few months and we are all looking forward to a well deserved long weekend. We hope that our ISY families will have a relaxing and family oriented holiday.

On a final note, don't forget about our International Day coming up on the 5th of December. Thank you in advance to the dedicated PTA who has been working on the planning of this event for the past several months. We know it is going to be a smashing success.

Sincerely,

Tim Travers
Interim Director

Middle School / High School

Please visit our website at www.internationalschoolyangon.org for a Parent Letter about our HS Week Without Walls trips this February.



In classes this week I have seen a lot of examples of students sharing their learning experiences and of cooperative student learning. Our students make it fun to learn together and to be in classes together and I think this is another of the factors that makes ISY such a great school. The skill of teachers in cultivating group learning experiences and maximizing the opportunities for students to learn by teaching them better ways to learn is an important part of the process. You won't see "The magic of learning together" at every school, but many of our teachers are experts at it.

Tomorrow our Robotics team travels to Bangkok to visit with the Ruamrudee High School Robotics club that won the World Robotics HS Championship last year. They are truly learning from other dedicated peers and we wish them a great and safe trip!

Enjoy your holiday this weekend. Today is the day for American Thanksgiving. A typical harvest celebration in most regions of the world but distinct in that American cultural practices seek thanksgiving for family, friends and a great life. This holiday started with the joining together of Native American Indians and the Pilgrims more than one hundred years before the United States was formed. Our PreK and Kinder students enjoyed a similar Thanksgiving Picnic at lunchtime today. After four months of reflection I am truly thankful for the great students we have at ISY and for their continued hard work and progress as they reach the goals we have set for them. I am proud to be a part of their learning community.

Have a great weekend with your family and friends.

Jim Gerhard
MS/HS Principal

Meet with Mr. M&M

On behalf of the International School of Yangon I would like to invite everyone to International Day 2009 to join with us in celebrating our theme "We Are the Children of the World". This year we have student representatives from thirty-one nations working, playing and learning together. We offer an especially warm welcome to the French, Indonesian, Japanese and Russian schools who are helping us to celebrate this truly international event. International Day is a special tradition at ISY that reminds and teaches our students an important lesson; "together we are strong in our diversity!"



The day will begin with the "Parade of Nations". Students should be here, lining up in their national dress, at about 8:30 in the morning. The parade will start promptly at 9:00. It will be a wonderful photo event so be sure to bring your cameras! Of course, parking may be a bit of an issue. If your driver can drop you off and come back for pickup it may be more convenient.

We will have many great music and dance performances as well as country booths and the famous PTA Gift Basket raffle! These wonderful performances will begin at 9:45 on the Upper Court and will end by about 12:30.

We look forward to seeing you here on Saturday, December 5 at about 8:30 a.m.. Once again, it will be a festive time and a wonderful opportunity to celebrate the "Children of the World!"

Mr. Martin-Muth, Elementary Principal

To the Parents of Middle School,

The MSSC is hosting two events this December. There will be a dance on Friday December 11, and a talent show on Friday December 18. We hope a lot of middle school students will sign up for the talent show and come to the dance.

Jae Min - Communicator

French song Rehearsal for International day....

Rehearsal for the French song
Thursday 3rd and Friday 4th
December on Upper court's stage.
Girls should wear : White dress or
White T-shirt and skirt and boys
White "Marcel" + Bermudas shorts
and suspenders.

Nathalie Peres / Parent Rep. for French

December Baskets

Dear Parents,

Thank you so much for your support of this year's December Baskets drive. Many of the items have already arrived in the classrooms of ISY. Please remember that this is for a very good cause. We show our gratitude to the Support Staff of ISY for all the hard work they do on a daily basis on our campus.

Our target date is Thursday, December 10 to have all the items at school.

Again, thanks for your support.

Scott and Sandy Embrey



ISY December Basket Drive 2009

By Grade Level:

Preschool	Cooking Oil	One liter or quart per student
Kindergarten	Rice	A five pound bag per student
1 st Grade	Rice	A five pound bag per student
2 nd Grade	Sugar	A one pound bag per student
3 rd Grade	Cooking Oil	One liter or quart per student
4 th Grade	Noodles	Two bags per student
5 th Grade	Noodles	Two bags per student
6 th Grade	Powdered Milk	Two bags per student
7 th Grade	Hard Candy	2 bags per student
8 th Grade	Dried Shrimp	2 bags per student
9 th Grade	Tooth Brushes	4 per student
10 th Grade	Tooth Paste	2 tubes per student
11 th Grade	Bar Soap	4 bars per student
12 th Grade	Shampoo	2 bottles per student

Coming Soon...

Book Sale and Swap

Thursday December 3, 2009

12:20-2:45 class visits only

2:45– 3:30pm parents and public welcome



New paperbacks from Scholastic will be on sale to students. Prices range from 3,000–7,000 kyat.

Students will have a three (3) book limit until all classes have had a chance to attend the sale. **Cash only** for new books.

Parents may shop for new books after school at 2:45-3:30pm only.

The Book Swap Welcomes:

- Both paperback and hardcover children's books, young adult books, adult books and magazines.
- Books that are in good condition, having both front and back covers, no pages falling out or missing.
- Colouring books and other activity/workbooks will not be accepted.

Please bring used books to donate to the ISY Elementary Library.

- Receive a 500 kyat coupon for each book and 100 kyat coupon for each magazine donated
- 1 book will cost 1,000 kyats
- 1 magazine will cost 200 kyats

For more information contact Michelle Rinker mrinker@isy.net.mm

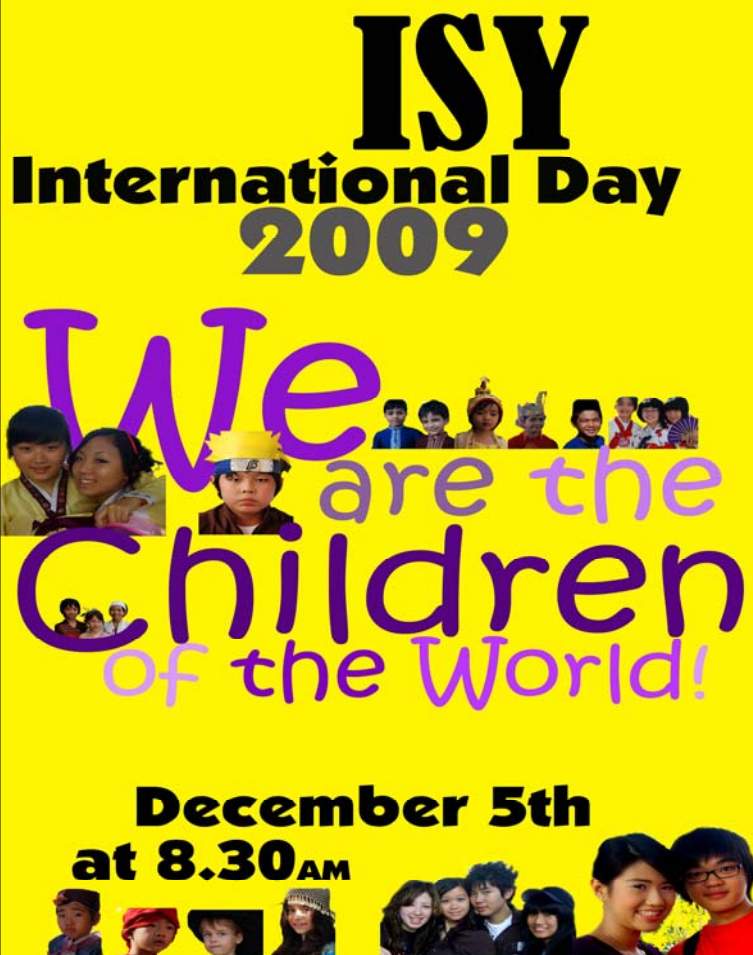
 SCHOLASTIC

Art Café – A Night of Celebration of Student Pride and Hard Work

On *December 03rd* from *6:00 to 7:30 pm*

the HS Students of the Arts will show their creation in the realm of Theatre, Films and Visual Art. Please come and share their moments of glory.

Venue: The Black Box (for theater),
MPR (for the Films),
Art Gallery (for the art)



November-December-January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Day 2 EFGH	1 Day 3 ACDB	2 Day 4 EGHF PTA meeting MS Volleyball vs YIS at ISY 3:45pm	3 Day 5 ADBC	4 Day 6 EHFG MS Volleyball @ ISM	5 SAT Exam International Day
6	7 Day 1 ABCD	8 Day 2 EFGH	9 Day 3 ACDB Winter Concert @ Inya Lake High School - Science Fair	10 Day 4 EGHF	11 Day 5 ADBC MSSC Holiday Dance 6 - 9 pm	12 MS Volleyball @ YIS morning
13	14 Day 6 EHFG	15 Day 1 ABCD	16 Day 2 EFGH	17 Day 3 ACDB HSSC Semi Formal	18 Day 4 EGHF HSSC Semi Formal MSSC Talent show & Party	19 December Break
20	21	22	23	24	25	26
December Break						

Health Corner

The cool season ushers with the viruses of the season flourishing among the existing ones. Recently, sporadic cases of measles, chicken pox, and shingles have been reported in the local community.

For your awareness on some common viral infections of the season:

Chicken pox is a disease that commonly affects children under age ten. It is caused by a virus and is very contagious. The virus is spread through the air. This happens when an infected person breathes or scratches his/her skin. Scratching releases the virus, which is found in the blisters of the chicken pox rash. Most children who become infected with the virus develop an itchy rash within ten to twenty-one days after being exposed to it. A low fever (around 101F) is common. The more severe the rash, the higher the fever. In addition, a child may have a sore throat, swollen lymph nodes (glands in the neck), and a poor appetite. The illness lasts for five to seven days. The rash at first resembles insect bites on the scalp or torso. Over the next 24 hours these bumps turn into clear blisters all over the body. Most children develop between 250 and 500 blisters, but there can be as few as 20 or as many as 1,000. The blisters gradually turn cloudy, break and then dry up and form scabs. Sometimes scabs form while new blisters develop elsewhere. After the scabs fall off, light or dark spots may remain on the skin. These spots usually fade over several months to a year. Chicken pox is contagious for two days before the rash appears and until all the blisters dry up. Children should not return to school until the blisters form scabs. This usually happens about six days after the rash appears. Unfortunately, antibiotics aren't effective against chicken pox since they can only fight bacterial infections. A child's itching can be relieved with calamine lotion or lukewarm baths mixed with one-half cup of colloidal oatmeal or baking soda. A child's fingernails may be clipped to lessen any damage from scratching. Normally, once a child has had chicken pox, a reoccurrence a second time is unlikely. However, some children who have had chicken pox before their first birthday may get a mild second case. Even after your child recovers from chicken pox, the virus remains in the nerve cells, possibly reappearing years later as shingles, and a painful blistering rash that forms a narrow band on one side of the body.

Measles is an acute, highly communicable viral disease with prodromal fever, conjunctivitis, runny nose, hacking cough, and white spots appearing inside the mouth. A characteristic red blotchy rash appears on the third to the seventh day. This rash which begins on the face, may become generalized on the body. The rash lasts from four to seven days. Measles is spread from droplets or direct contact with nasal or throat secretions from the infected person. It is less commonly spread in the air or by articles freshly soiled with secretions. The contagious period usually starts before the appearance of the rash and up to four days after the appearance of the rash. It takes about ten days from exposure to measles before the onset of fever and about fourteen days until a rash appears. For the next two weeks parents should be on guard to see if their child(ren) come down with measles. Children are usually immunized for measles-mumps-rubella (MMR) at twelve to fifteen months. A booster is given between four and six years. Another booster, if the first one is missed, can be given between the ages of eleven and eighteen years according to Immunization schedule of US regulation 2003, MMR booster dose can be given between ages 11-18 years instead of 11-12 years if first booster dose is missed.

Mumps is a common childhood illness caused by a contagious virus that makes the salivary glands near the back of the jaw swell up. This swelling can be painful, however, almost half the cases of mumps are so mild that the victims are unaware they have the disease. Once a person becomes infected, no matter how severe, they acquire immunity for life. Consequently, many adults are immune to mumps but do not know it. Mumps is far more severe if it is contracted in adulthood. The disease usually begins with fever, muscle pain in the neck, headaches, and malaise. There is pain and swelling in the salivary glands in front of and below the ear. Swelling proceeds rapidly, and is usually visible, reaching a maximum in 1 to 3 days and then subsiding within 1 week. The swelling may be accompanied by a moderate fever no higher than 103F or 104F. In adults, the disease can inflame the ovaries or testes. Mumps is spread by direct contact, through infectious saliva, and also through the air. Epidemics can occur any time, although slightly more often in the winter and spring.

Dengue Fever is a viral disease transmitted principally by the mosquito. Symptoms, which last for a few days, include severe pains in the joints and muscles, headache, sore throat, fatigue, fever, running of the eyes, vomiting, and an irritating rash. These symptoms recur in a usually milder form after an interval of two or three days. Death can occur, but the patient is usually left debilitated and requires considerable convalescence. Dengue occurs throughout the tropics and subtropics. It definitely occurs in Myanmar.

Children between five and fourteen years of age are its usual victims. Normal symptoms include a high fever of two to seven days, but without a runny nose or cough like a cold. Dengue fever is not uncommon during the rainy season, where there are many more stagnant pools of water for mosquitoes, which carry the fever, to congregate.

Patients are given Panadol/Paracetamol to relieve the pain. Aspirin and Brufen should be avoided in Dengue Fever as they are known to increase the bleeding tendency and may lead to serious complications. Tips for preventing dengue fever include using netting, coils, and repellents to prevent mosquito bites; keeping the home clean; never store water in a bowl or tub without a cover; checking clear water containers regularly for larvae; and taking the diseased person to a doctor or hospital as soon as possible.

Dr. Emily.

Source: Student /Parent Hand Book 2009 – 2010, Page 82, Appendix A: Health Notes.