



THE VINE

27 July 2018 Term 3 Week 1

From the Principal

Welcome to Term 3

I trust that all students have enjoyed a refreshing break from school routine and returned ready for another busy term of learning.

Academic reports were finalised over the vacation and were distributed to families on the first day of the new term. As parents discuss academic progress with their children, I can emphasise that realistic parental expectations help nurture children's sense of self-esteem and encourage healthy development. When expectations are set unrealistically high, or on the other hand, too low, children's personalities and sense of self-worth are negatively affected. Healthy expectations encourage and allow children to do well without putting pressure on them. They develop security and trust in the relationship with parents and gain a sense of independence and responsibility. Realistic expectations also include the acceptance of mistakes along the way, helping a child to understand setbacks as a normal part of life.

When reviewing results in the report the best indicator of a child working to potential is the "Effort Grade" assigned by the teacher. All we can ask of students is what they are capable of, no more/no less. It is possible for a student to give maximum effort and achieve limited results. It is also possible for students to achieve excellent results with very little effort. If your child is struggling but giving their best effort, then let them know they are loved, that you are content with their results, and discuss ways further support can be provided to nurture a greater understanding of their subject work. If your child has achieved high results but has put in limited effort, encourage them to develop interests and goals that will motivate them to strive for more at school.

The parent/teacher partnership is vital in developing a realistic picture of children's capabilities. The upcoming parent/teacher interviews are invaluable to that end. Interviews have been organised for Wednesday August 1st, Thursday August 2nd and Tuesday August 7th, from 3:00pm – 6:30pm. A note has already been sent home to parents to indicate a suitable timeslot. I encourage all parents to take the opportunity to meet with teachers to discuss in detail their child's progress.

Peter Jamieson
Principal

Key Dates

Taipei Youth Folk Group

Tuesday July 31

Parent Teacher Interview

Wednesday August 1

Thursday August 2

Tuesday August 7

Book Week

August 20-24

Fathers Day Breakfast

August 31

Chinese Spectacular

September 24

Chinese Mid-Autumn Festival

September 25

Jump Rope for Heart

September 28

Term Dates 2018

Term 3

Start Date Tuesday July 24

End Date Friday Sept 28

Term 4

Start Date Monday Oct 15

End Date Friday Dec 7

School News

Uniform

It would appear that some uniform items may have gone astray over the vacation. Parents are asked to ensure that their child is in full school uniform, including their hat, each day they come to school. Replacement items can be purchased from Reception on Tuesdays and Thursdays. Further, the school now has its own EFTPOS machine to make purchasing more convenient.

Visit from the Taipei Youth Folk Sports Group

ICS will enjoy a special visit from the Taipei Youth Folk Sports Group. The Group will be here to entertain students from 2pm next Tuesday July 31st. Our students will not only be spectators, but also active participants. The event will occur in the church hall and parents are most welcome to join us on the occasion. We thank those parents who have already volunteered to supply afternoon tea for our guests. For any other parents attending, it would be appreciated if you could bring a plate of food to share as well.

The need for sleep

Staff have mentioned that a number of students have been very tired in class, even at the beginning of the school day. Parents are encouraged to make sure their child/ren get adequate sleep, so their young minds are alert and ready to learn. The National Sleep Foundation suggest children aged 5-12 years need 10-11 hours sleep a night.

Sleep not only enhances learning but also:

- Promotes growth.
- Assists in maintaining a healthy weight.
- Enhances the immune system.
- Reduces injury that may be caused through clumsiness.
- Increases attention span.

Establishing a solid regular bedtime routine is important. The bedtime ritual should not last more than 30-40 minutes (bath included). For children who are 10 and older, it is important that bedtime is before 9pm. Research has revealed that children who go to bed after 9pm take longer to fall asleep, wake more often during the night, and get less sleep overall.

Another tip is to lock away devices such as computers, iPads, phones after dinner. Just two hours of screen time right before bed is enough to lower levels of melatonin (the chemical that occurs naturally at night and signals sleep to the body) by 22 percent.

(Source: <https://www.parents.com/health/healthy-happy-kids/the-7-reasons-your-kid-needs-sleep/>)

Community member of the fortnight

This editions' community member is Ha Yun of Year 1. Ha Yun is a quiet achiever. She goes about her work at school with little fuss and great effort. She is always polite and friendly to staff and students alike and shows concern for others' welfare. Ha Yun provides an excellent role model for other students to follow. *Photo: Top*

In the Classroom

This week, we feature Kindergarten and a recent practical Mathematics lesson. This week Kindergarten were enjoying a lesson from the Mathematics strand, 'Statistics and Probability'. In a simple graphing exercise, students collected data relating to their favourite colours, and then formed bar graphs on the floor with the big blocks. It proved a very creative and engaging way to cover this aspect of the curriculum. *Photo: Bottom*



NAIDOC Week (July 8 to 15)



While officially NAIDOC week occurred over the vacation break, it is appropriate and important for our community to acknowledge its significance to our nation. NAIDOC stands for *National Aborigines and Islanders Day Observance Committee*. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the low status and unfair treatment of Indigenous Australians. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and is an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

NAIDOC Week 2018 celebrated the invaluable contributions that Aboriginal and Torres Strait Islander women have made – and continue to make - to our communities, our families, our rich history and to our nation. Featured below is a selection of trailblazing Aboriginal women who have changed Australia (Source <https://www.sbs.com.au/nitv/nitv-news/article/2015/03/06/20-inspiring-black-women-who-have-changed-australia>). Please visit this link to find further examples and greater detail.

Gladys Elphick (1904-1988)

As a strong advocate for Indigenous women and non-Indigenous women alike, Gladys Elphick has helped every woman take up the fight for equality and justice.

Gladys is known as the founding member of the Council of Aboriginal Women of South Australia, which worked for the rights of Indigenous women. In 1984, she was named South Australian Aboriginal of the Year. In 2003 the Aboriginal women's group advising the International Women's Day Committee (South Australia) presented the inaugural Gladys Elphick award.



Evelyn Scott (1936 - present)

Educator and social activist, Evelyn Scott's journey began in the Townsville Aboriginal and Torres Strait Islander Advancement League in the 1960s. It culminated in her chairmanship of the National Council for Aboriginal Reconciliation in the late 1990s.

Evelyn Scott, a solid believer that education is key to social change, was greatly involved in campaigning at the 1967 Constitutional Referendum that resulted in the inclusion of Indigenous people in the national census and gave the Australian Government the ability to create laws for Indigenous Australians.



Nova Peris (1971 – present)

Olympian-turned-politician, Nova Peris is a strong Indigenous woman who has set a benchmark for all women to follow. As part of the Australian women's hockey team at the 1996 Olympic Games, she was the first Aboriginal Australian to win an Olympic gold medal. She later switched to athletics and contested the 1998 Commonwealth Games and 2000 Olympic Games.

In 2012, Nova Peris would be remembered forever when she became the first ever Indigenous woman to be elected to Parliament.



Kirstie Parker (1965 – present)

Kirstie Parker understands the key issues that Indigenous women face in Australia today. Ms Parker is co-chair of the National Congress of Australia's First Peoples, which plays a prominent role in influencing government on the policies that affect Indigenous Australians. She is also co-chair of the Close the Gap Campaign, aimed at achieving equality in health outcomes and life expectancy for Indigenous Australians, and a Board Member of Reconciliation Australia.

In her early years, Ms Parker was a journalist and editor for the Koori Mail. The Koori Mail stimulated national discussions and debates on the social, political and economic issues that impact Indigenous Australians.





107年

臺北市青少年民俗運動訪問團



TAIPEI YOUTH FOLK
SPORTS GROUP 2018



Time:

Place: