

# OIS Educator

DECEMBER 5, 2019



Gr. 10 Science students learn about nutrition and are challenged to design and create their own individualized version of a healthy breakfast for a teenager. This year's entries saw everything from a Middle Eastern Shakshuka with lovely poached eggs in a rich tomato sauce to a Hawaiiin poke bowl with sushi grade tuna and perfectly ripe (and healthy protein) avocado.

## from the Head of School MYLES JACKSON

What do we mean when we talk about 'international mindedness'? What kind of thinking or actions are internationally minded ones? What does it look like? How do you learn it? Is it very important, or just a little bit? Why is it important?

Developing a deeper understanding of international mindedness is a whole school objective for our winter trimester and the week from January 7 to 14 will be OIS International Mindedness Week. To help us, we have invited the [Jump! Foundation](#) to come and work with our community to help us develop a deeper understanding of international mindedness. I will describe Jump's role in a moment, but first a few words about international mindedness and why it is so important for us.



Many people assume that international mindedness has something to do with nationality and understanding different cultures. However, as we learn more about it, I hope that our students will begin to see that international mindedness is something different, deeper and more important than it seems at first sight. The idea that we can understand each other better and build a better world by focusing on the differences between people is problematic for several reasons. If you always look at other cultures, groups of people or individuals in terms of differences, it makes them seem 'other' in some way, it becomes a reductive type of thinking that draws lines between people and attempts to categorise everyone by characteristics, rather than connect people together. It is also an endless task, as everyone who has lived in a different country or culture will realise, because you can spend a lifetime trying to learn all about the other culture and yet feel like you have never arrived.

A deeper approach to international mindedness, and what makes it so important to OIS, is to recognise it that the differences between groups of people or individuals are few in number compared to the things that we have in common, such as family, friendships, ideas, ambitions, dreams, fears, learning, creativity, histories, conflicts, environments, traditions and languages.

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We are better able to empathise with diverse group, respect them and find common cause when we can recognise the humanity in each individual and learn how to connect with people. So in schools, learning about international mindedness is really a process of learning the social and emotional skills to live confidently among diverse groups of peoples. Our school focus on international mindedness will help our students to develop empathy, respect for others, leadership skills and a greater awareness of how they connect to their world.

Our IM week in January will begin with the Jump workshop leaders training a group of twenty OIS student

facilitators, who will then lead workshops for our elementary, middle and high school students. They will also lead activities for adults during a weekend Global Citizenship workshop with Jump, which is open to teachers from other schools. Following that, there will be a teacher professional learning day for OIS teachers on January 13th. This will be led by Jump and it will also feature activities led by the student facilitators. Parents can find out more about the IM Week by looking through [this presentation](#) which we have already shared with the students.

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*from the MS, HS Principal, KURT MECKLEM*

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Walking around the library on November 20, it was great to see so many parents talking to the teachers. School working with home is really an important facet of ensuring a quality education. I realize it simply isn't possible for some parents to make it on an afternoon in the middle of the week so I want to thank all of those who were able to attend. Let me reiterate that we do not see the conferences as the only opportunity for parents and teachers to meet. The parent teacher conferences are convenient but our teachers are available throughout the year to meet with you. Please contact us to set an appointment.

Whether you were able to attend or not, I would appreciate it if you could take a moment to fill out [this survey](#) about the conferences. It will help us to improve them for next year and your feedback is always appreciated.

The students recently completed their MAP testing and the results are now posted to ManageBac. We give the MAP test to capture an outside measure of how the students are progressing in their academic development and to help us target our teaching. The MAP also allows us to compare our students to international norm group studies which give us an indication of how they are performing relative to other students who have taken the test. You can see your child's results on ManageBac in the portfolio section. After you [log into ManageBac](#), you should see a menu on the left hand side. If only icons appear, you can expand the menu by clicking on "menu"

on the top left. Once you are there, click on "Portfolio". You should then see a .pdf that was recently uploaded by "Student Info" or Oscar Sala that starts with the title "SPR\_" which is followed by your child's name. That document includes all of their MAP test scores since they came to the school. The second page has an explanation of how to read it but more information can also be found on the MAP website in the [Family Toolkit](#).

The MAP and our recent report card focus a lot on academic accomplishments but good grades or high scores are not the best predictor of success in life. A person's executive function skills are a much better predictor than test scores, IQ or background. The ATL skills we include on the report card are related to executive function. If you are not sure what is meant by executive function, have a look at [this two minute video](#) from Edutopia. It gives a good introduction. We are focusing on these skills at school but they are also something you can work on at home. Reinforcing executive function at home can help your child navigate the difficulties and challenges of school. If you want to take this further, a good book to look at is [Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning](#). Feel free to share your thoughts and concerns in this area with us at school. Together we can help your child navigate the challenges of adolescence.

With the weather getting cold, spring probably seems a long way off. Still, we are beginning our planning for our annual spring camps. Look for an email with more information soon.

## IB DP: Environmental Systems and Societies

### Visit of Quest University Professor Mai Yasué, by Allana Rumble (DP Biology, ESS & MYP Science Teacher)

On Thursday, November 14 the OIS Grade 11 Environmental Systems and Societies class and interested SOIS community members was joined by a visiting professor from [Quest University](#) (Canada). Quest University offers a progressive style of education where students are empowered with flexibility to shape their university program in a fashion that best suits their own quest for learning. Each student at Quest is tasked with forming their own key question. For our visiting professor Mai Yasué her key question would be, "How do you motivate people to conserve?"

Providing a class led by Mai gave SOIS students an opportunity to experience the style of education offered by Quest U as well as to learn about their ESS subject material from an accomplished environmental researcher. During the class itself students discussed how various environmental perspectives from market liberals to social greens might approach environmental issues such as unsustainable fishing practices or climate change.

The students appreciated the opportunity to challenge themselves with content that is offered at the University level and to open their minds to considering what types of university programmes they might decide to pursue in the future. If you were to go to Quest what do you think your question to shape your learning would be?



### OIS Parent Coffee Morning @ Cezars Cafe: 11 Dec, 8.45-9.45am

#### from the Head of School MYLES JACKSON

OIS parents are invited to a coffee morning in our school cafe. If you are available, please come and meet other OIS parents. It is also a chance to meet Myles, the OIS Head of School, who will also give a brief update (5-10 mins) and answer questions. Looking forward to seeing you there!



## K-12: Technology & Health

*#sleepyteens, by Melissa Cooper, OIS Librarian*



Smartphone use has invaded many aspects in our society and one major impact has been upon teens and their sleep. Knowledge is power, and knowing the impact that devices are having on our kids means we can make a plan of action, so what does the research tell us?

Back in 1991, 71.% of teens slept more than 7 hours a night but with the introduction of smartphones that has dropped to 22%, so 88% of adolescents are sleeping less than 7 hour night (Twenge, Krizan & Hisler, 2017). For teens, a lack of sleep means an increase in symptoms of depression and anxiety which can result in poor academic performance. But for any student, using their phones late into the night disrupts their circadian cycles, this means the light from the phone acts as a stimulant, keeping them awake longer and delaying any feeling of tiredness (Lemola et al., 2015). Of the teens who use social media late at night while in bed, 25% reported finding it challenging to go back to sleep after responding to late night notifications (Scott, Biello & Woods, 2019). Nighttime use of a device, especially social media apps and gaming is negatively impacting our students well-being through a lack of sleep.

The "Fear of Missing Out" or FOMO has been researched and can be defined as a general state of anxiety at missing out on rewarding experiences, often driven by social media engagement. This form of anxiety in adolescents is a real challenge and issue for many students. Some teens have a deep emotional investment in social media and experience distress when they are disconnected and unable to respond immediately to notifications (Scott & Woods, 2018). It has been cautioned that a complete withdrawal of devices at night

may cause more distress and researchers recommend talking with teens about their anxiety to formulate a gradual release in order to address FOMO anxiety (Scott & Woods, 2018). Families can discuss different solutions to see what the best fit is for their child. There are a range of options: for some families phones being left out of the bedroom may work and for others the removal of notifications from social media apps may be a solution. Talking with our teens is an important part in any action.

As a school, the move towards a plan that supports more discussions around well-being will help our students life balance. Hopefully, working together we can support our teens in making choices that will allow them a good night sleep.



### References

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## K-G2 Cafeteria Lunch Menu

# CEZARS™

KITCHEN

### December

- 2 Pork Schnitzel, Sauerkraut, German Potato Salad, Clear Vegetable Soup
- 3 Gyudon, Coleslaw, White Rice, Potato & Leek Soup
- 4 Chicken Fajitas, Tortillas & Salsa, Mexican Rice, Spicy Mexican Soup
- 5 Cottage Pie (Beef), Braised Cabbage, Herb Bread, Vegetable Consommé
- 6 Beef Lasagna, Baked Onions, Carrots & Celery, Fresh Focaccia, Mushroom Soup
- 9 Roast Chicken with White Gravy, Steamed Broccoli, Baked Potato, Cauliflower Soup
- 10 Greek Moussaka (Beef), Grilled Pumpkin, Roasted Vegetable Cous Cous, Greek Potato & Celery Soup
- 11 Baked Ziti (Chicken), Steamed Buttered Broccoli, Sliced Baguette, Pumpkin Soup
- 12 Hayashi Beef, Macaroni Salad, White Rice, Sweet Corn & Egg Drop Soup
- 13 Chicken Namban, Corn Mix Salad, White Rice, Green Bean Soup
- 16 Stir Fry Beef & Broccoli, Grilled Tofu, White Rice, Hot & Sour Soup
- 17 Mabo Tofu, Harusame Salad, White Rice, Bean Sprout Soup
- 18 Roast Pork with Gravy Sauce, Green Bean Casserole, Roast Potatoes, French Onion Soup
- 19~ Winter Holiday

Cezars Kitchen also produces three menus every month for Middle and High School students; an **International Menu**, a **Japanese Menu**, and a **Vegan, Vegetarian Menu**. You can find PDF copies of these menus [here](#).

## Well Being: Kindness Calendar



### KINDNESS CALENDAR: DECEMBER 2019



#### SUNDAY

**1** Encourage kindness. Share the Kindness Calendar with others

#### MONDAY

**2** Support a charity, cause or campaign you really care about

#### TUESDAY

**3** Give kind comments to as many people as possible today

#### WEDNESDAY

**4** Listen wholeheartedly to others without judging them

#### THURSDAY

**5** Leave a positive message for someone else to find

#### FRIDAY

**6** Notice when you're hard on yourself or others and be kind instead

#### SATURDAY

**7** Make gifts to give to people who are homeless or feeling lonely

**8** Do something helpful for a friend or family member

**9** Be generous. Feed someone with food, love or kindness today

**10** Count your blessings: list the kind things others have done for you

**11** Give someone your place in a queue (in traffic or in a shop)

**12** See how many different people you can smile at today

**13** Buy some extra items and donate them to a local food bank

**14** Share a happy memory or inspiring thought with a loved one

**15** Visit an elderly neighbour and brighten up their day

**16** Look for something positive to say to everyone you meet today

**17** Thank people who do things for you but you may take for granted

**18** Offer to help someone who is facing difficulties at the moment

**19** Give away something that you have been holding on to

**20** Congratulate someone for an achievement that may go unnoticed

**21** Shop locally and support independent producers

**22** Invite over someone who would otherwise be alone

**23** Choose to give or receive the gift of forgiveness

**24** Offer spontaneous hugs to your loved ones and friends

**25** Treat everyone with kindness today, including yourself!

**26** Encourage others to join you outside and enjoy time in nature

**27** Call a relative who is far away to say hello and have a chat

**28** Be kind to the planet. Eat less meat and use less energy

**29** Turn off digital devices and really listen to people

**30** Let someone know how much you appreciated their gift

**31** Plan what extra acts of kindness you will do in 2020...

"Do your little bit of good where you are; those little bits together overwhelm the world" ~ Desmond Tutu



ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

## MYP: Biology

### *The Breakfast Club, by Allana Rumble (DP Biology, ESS & MYP Science Teacher)*

As part of their Biology Unit Gr. 10 Science students learn about nutrition and are challenged to design and create their own individualized version of a healthy breakfast for a teenager. Students apply their scientific knowledge through the planning and rationalization of their ingredients and cooking methods. They also discuss the economic, environmental, cultural, ethical and political interactions of their breakfast choices by critically examining questions such as how much homemade brekkies cost compared to commercial and how sustainable the choices they have made are.

The best bit however is the making of the breakfast itself. SOIS is fortunate to have a space like the home and family life room where 24 robust 16 year olds can all prepare breakfast individually within a tight one hour timeline. The day is a special event and this year I was joined by our very own Cezar's Kitchen celebrity Chef Steve to help in appraising the food taste and appearance. The first student arrived at 7:45am to get a head start on their preparations and by 8:40am all students were present and hard at work on their creations. The students are empowered to make their own choices and we organically end up with a multicultural celebration of breakfast delights. This year's entries saw everything from a Middle Eastern Shakshuka with lovely poached eggs in a rich tomato sauce to a Hawaiiin poke bowl with sushi grade tuna and perfectly ripe (and healthy protein) avocado. Local favourites also graced the chef's pass and there was some lovely seared tuna and miso soup available to sample as well. Students stretched the boundaries of creativity and I think both Chef Steve and I were surprised to find we enjoyed the honey banana avo whole wheat toast. We were also impressed with the level of thought placed into presentation such as the stunning frittata served in cast iron pan display.

Many students enjoyed showcasing what they had learned and sharing their craft with their peers. So whether it was almond butter made from scratch, or a soup with layer upon layer of flavour, or a smoothie that beat anything you could buy in a store they each succeeded in challenging themselves in some way and learning through the experience. Most importantly they have had fun while immersed in this project and will

have developed some of the skills required to continue to make healthy breakfast choices for themselves in the future.



Healthy  
 > LIVING <  
 > FIAT <

## K-12: Book Week

### *Be you, be a reader, be awesome!, by Melissa Cooper, OIS Librarian*

Lights, camera, read! Book Week was launched with a promotional video featuring Grade 5 students for the elementary, and middle school Student Council members advertised the events on SNS TV. Our goal was to highlight the love of literature and draw students into the library. Research has shown that reading for fun is the best way for students to develop their vocabulary and it has been proven that students who read at night for 20 to 30 minutes will have better academic results than students who do not read. As librarians, we organized a range of events in an attempt to bring the community together to engage in all forms of reading action.

A big thank you to the community for supporting the event. Parents and teachers read aloud to various classes in elementary, sharing some of their favourite books or something new. We appreciated the group that joined Hikaru Nakano and me for our parent 'Book Tasting' and presentation on how reading develops empathy. It was enjoyed by all and we will have another session in January.



Parent volunteers dedicated their time to selling books during our book fair. Our book fair vendor Yagi had a range of quality English and Japanese titles which were popular with younger students. Another "thank you" needs to be given to the elementary teachers on the Book Week Committee: Cary Mecklem, Paula Dezem and Trevor Jones. A final "thank you" to our hard-working OIS senior Aimi Mizuno for organizing the elementary "Book

Swap", a great initiative that involved students bringing a couple of good quality books they have already read and 'swapping' or trading them for some new ones. The Book Swap resulted in happy students going home with new, or at least new to them, books.



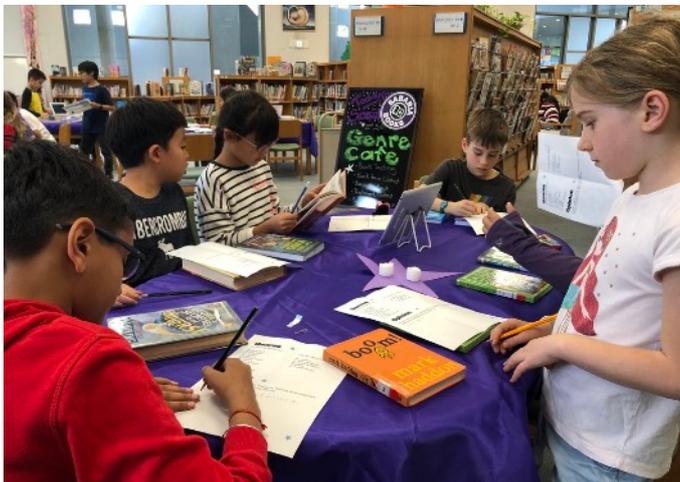
Tapping into our regional community, we had 2 authors visit: Satoshi Kitamura and Akira Sugiyama. Both of these well-known authors enthusiastically shared their craft and knowledge and presented both in English and Japanese. Mr. Kitamura has written and illustrated over 50 different titles and currently resides in Kobe. Akira Sugiyama was hosted by Minoh City Council. We appreciated Minoh City's role in supporting his visit to our school. Reaching out to the wider community for Book Week was a great step for our library.



Classrooms and halls were filled with all sorts of characters; you could spot Harry Potter, search for 'Where's Waldo' or get into trouble with 'Thing 1' or 'Thing 2'. Book Character day was definitely a hit, and students celebrated some of their literary favourites by parading them all around the school.

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A Character Fashion show was broached during the MYP Friday Flex. Another crowd favourite in elementary was 'Camp-Read-a-Lot' which was a campsite set up in the conference room so that students and teachers could cuddle up in tents and cozy spaces to enjoy reading a book. Celebrating reading is a joy!



More fun could be found behind Sabaria's doors; Sabaria, a combination of "Sabers" and "Libraria" or library in Latin is our new name for our shared library. Activities like "Book Face" and "Guess the Book" contests elicited some intrigue by MYP students and we had a range of winners. The annual Bookmark contest



was launched and winners will be announced in January. Students of all grades enjoyed the 'Genre Cafe' where students were presented with a tasting menu of different book genres to select from. Many students reported finding a new type of book to love. The number of books checked out increased and we take that as evidence that book week was a success!

With the holiday season upon us, there's plenty of opportunity to read. Help your child realize that a new year's resolution to put down the device and read for 20 minutes before bed is a perfect goal. Students who read at night succeed!

## **Global Awareness: Movember**

This November the SOIS faculty and staff have been busy raising money for Men's Health by participating in Movember. Movember is a global charity drive designed to raise money to increase awareness and to fund research into Men's Health issues. Men around the world pledge to lay down their razors and grow a mo (moustache) for the month. Mo bros and sisters then donate to support them. See below for details or visit <https://www.movember.com>

Think about this for a second: globally, men die 6 years earlier than women. To make it worse, the reasons are largely preventable. 1 in 6 men will be diagnosed with prostate cancer in their lifetime. Testicular cancer is the most common cancer among young men. And 3 out of 4 suicides are men. Pretty shocking, right? That's why we're doing Movember this year: We are committed to changing the face of men's health.



The money the SOIS community raise this Movember will help fund groundbreaking research, innovative health projects, scientific breakthroughs for cancer treatments and life-changing mental health programs.

**SOIS is Helping to make a Difference!**

## IB DP: Chemistry

### Chemistry IA Day, by Riki Sampson (OIS G12)

On November 1st and 2nd, our Grade 12 IBDP Chemistry class all gathered in the chemistry lab to do our experiments, such as determining the Vitamin C concentration in yuzu juice, measuring the light intensity of glowsticks, and burning seaweed. Although many of you probably did not have the chance to see the experiments, you probably smelled the experiments before you could see them.



We were all enlightened with the beauty of chemistry practical work. This IA was a chance for us to learn how the chemical theory we learned in class could be applied in practice. For many of us, our interest in pursuing science in university was solidified as many of us enjoyed this opportunity to conduct independent research that could produce valuable data. The Internal Assessment was a unique chance to bridge the gap between theory and the real world. We learned about ourselves as learners in addition to what we discovered through our research, which we all thought was a valuable experience for us.

Moreover, we got to have a pleasant sushi lunch during the practical work, which amplified the joy we felt during the experience, as quoted by Kikka Okuda- "The sushi was good." We also worked towards achieving an IBDP goal of being a caring global citizen. For example, Skye Inada warns us "not to pour the benzene down the sink as this would harm fish in the ocean."



For many of us, this was our first time designing an independent scientific experiment. The IA develops many skills such as concisely writing lab reports, practicing lab safety, and creating our own experimental procedures, all of which will likely aid us in our research projects in the future. The skills acquired in the OIS chemistry lab during this IA will be a strong foundation for our scientific careers onwards.

Big thanks to Mrs. Nicholl for her dedication in supervising this process and Mrs. Yoshida-san for her assistance in practical work and buying us sushi and ice cream. <3



# School Calendar

## DECEMBER

- 3 HS Winter Concert  
*6:30pm, Maple Hall*
- 4 PTA Monthly Meeting  
*9:30am, 3F conference room*
- 6-7 WJAA MS Boys Basketball @MBIS  
WJAA MS Girls Soccer @CA
- 7 SAT & SAT Subject Tests
- 13 Elementary School Winter Concert
- 18 HS Student Council Christmas Party
- 19 No School: Start of Winter Holiday

## JANUARY

- 7 Classes Begin
- 13 No School: Adults Day  
(National Holiday in Japan)
- 15 PTA Monthly Meeting  
*9:30am, 3F conference room*
- 17-18 AISA HS Boys Basketball @SOIS  
AISA HS Girls Basketball @SIS  
AISA HS Maths & Leadership @ISB
- 20 MYP Personal Project Exhibition
- 22 OIS G11 College Workshop  
*5:00pm, 3F conference room*
- 24-25 WJAA HS Boys Basketball @SOIS  
WJAA HS Girls Basketball @CA
- 30 ASP tickets on sale



### Important Numbers

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