



19th April 2019

Important Dates

April

- 19-21 Duke of Edinburgh Silver Award Qualifying Expedition
- 22-26 ES Art & Science Fair
- 22 PTO Spring General Meeting, 9:00am in the MS Seminar Room
- 24 RGU Lunch Visit for Grades 10 & 11 Students, 1:00-1:30pm
- 24 IBI Group 4 Projects, 4:00-5:00pm, 1st Floor Corridor
- 25 ES Open House, 6:30-8:00pm
- 26 Spirit Wear Day
- 26 HS Field Day, 11:30am – 3:00pm
- 26 Last Day of Classes for Grade 12 Students
- 27-28 Duke of Edinburgh Bronze Award Qualifying Expedition

May

- 2-24 IB Exams
- 3 HS Student Council Officer Elections
- 6 **MAY BANK HOLIDAY – NO SCHOOL**

► From the Head of School

Dear Parents,

Benzene is one of the many useful chemicals found in crude oil. It has been aftershave ingredient and a coffee decaffeinator on the one hand; an active part of degreasers, paint strippers, spot removers and rubber cements on the other. Today it is mainly used to manufacture the chemicals used in resins, adhesives, nylon fibres, textiles and plastics.

Benzene doesn't come from nature ready to use: that requires knowledgeable intervention by chemists. Until its structure was discovered, nothing could be done with it; and this was part of a wider problem that nineteenth century scientists had been grappling with for years – the chemistry of carbon based compounds. The final solution didn't just pave the way for decaffeinated coffee and industrial adhesives but the whole field of organic chemistry. Strangely, the crucial discovery was not made in a lab but in a dream.

To be fair, August Kekule, the chemist who made the vital breakthrough, had already spent a lot of time in a lab, as well as reading papers and conferring with colleagues. In the end, the answer came to him when his mind relaxed and made its own connections. He dreamt of Jormungandr, the Norse snake that circled the whole earth so that it could bite its own tail. He woke with the image on his mind as his thoughts turned to the molecular structure he had been considering for so long. And there it was – the discovery that laid the foundations for one of the most productive branches of modern science: the structure of the benzene molecule.

Science is a creative endeavour, it progresses through imaginative leaps and surprising connections. It would never have made it out of the nineteenth century if it had only been about following formulas. It required pioneers with initiative and interests beyond what they were studying at the moment. At ISA, we want to keep students' horizons broad and their imaginations engaged. Next week, make sure you come along to Elementary Art and Science Fair, remembering like August Kukulé that both are creative endeavours. But the culmination of an ISA science education takes place next Wednesday, when the Grade 12s give their IB Science presentations.

Science experiments at school can resemble recipes: follow the instructions and get the result. IB Science gives the chance to think for themselves, to exercise choice, and apply the scientific method to something meaningful and relevant. The IB Science project allows students to engage with challenging material in a creative way. Facts you can forget, an effective way of thinking is more difficult to shake off.

Creative thinking from a sound base of knowledge doesn't need to lead to a whole new branch of science; our students will find it has every day significance, as they progress from ISA to the world beyond.

Kind regards,

Nicholas Little
Head of School

► **From the MS/HS Principal**

Dear Middle/High School Parents,

I hope you had a pleasant break and your children have returned refreshed for the final part of the school year. There is a lot to look forward to, and fit into, these last few weeks.

As you read this, several of our Grade 10 and 11 students will be in the hills walking their routes for the Duke of Edinburgh Silver award, and the following weekend a Bronze trip goes out. This programme is a great opportunity for young people to develop existing passions or to try new things and grow in confidence. Students currently in Grade 8 will be eligible to join the scheme in August, and, if interested, they should speak to current participants or Mr Crock to find out more. With this in mind and the recent improvement in the weather, I would encourage families to take advantage of the beautiful area in which we live. Often I forget how lucky we are to have forested hills around us, deserted beaches close by, and the Cairngorms just a stone's throw away. A walk in the fresh air can do a great deal for the well-being of a child and is a good way to spend time together as a family.

This week saw the culmination of several months of preparation for a dozen students from Grades 7-11 with the performance of some of Hans Christian Andersen's fairy tales. The project was led by the Ten Feet Tall company, and has been an incredible experience for the students. I have been really impressed by the commitment and creativity shown by those involved.

Also this week, our Grade 7 students have been experiencing first hand some local history and developed their own mini service learning activities in support of the RNLI. Friday has seen a day of House Challenges for all Middle School students, with some innovative activities including wheelchair basketball and a mindfulness session. Next week, you may like to share in what the

Grade 11 students have been up to as part of their Group Four Project on Wednesday, 24th April at 4:00pm.

We are now at the business end of our programmes for students registered for IBDP and IGCSE exams. I hope the hard work pays off and wish our students taking those assessments all the best.

Angus Carmichael
MS/HS Principal

▶ **From the Elementary Principal**

Dear Parents,

Welcome back! I hope holiday plans went well, and the time off was very rewarding for everyone. The children have certainly come back refreshed and full of enthusiasm. We all look forward to the final weeks of the school year, with high expectations for continued student progress.

• **Art and Science Fair**

During the week of 22nd – 26th April, a special event is taking place to help us celebrate both Art and Science. All the classes are currently busy with plans to make for a most memorable week. Parents, we want you to reserve 25th April in your diary. From 6:30-8:00pm on that Thursday evening, you are warmly invited to an informal Open House where you can look at ISA artwork and see student work in other subjects, especially science. All the Elementary boys and girls are encouraged to act as tour guides for their parents. We look forward to your visit on 25th April. The faculty recognises that busy schedules might make it difficult for every Elementary parent to attend the Open House. Therefore, we also extend an invitation to all parents to drop in after school from 24th – 26th April to view students' work. We're delighted to give you the opportunity to help us to rejoice in the accomplishments of all of our young students. Look out for more details about our Art and Science Fair in teacher newsletters.

• **Conference Follow-up**

Parents, please review with your child the key goals set during the recent Parent-Teacher Conferences. To make the most of the final quarter, we hope to keep a strong focus on the ambitious plans set for student growth. As always, parent support is essential for high levels of success.

Best regards,

Don Newbury,
Elementary Principal

▶ **From the HS Counsellor**

Dear Parents,

Our first year of the High School Ambassador Programme has been a success. Our ambassadors have effectively provided a welcoming start to our new students and have offered great support as needed throughout the year. I would like to invite any interested students to apply for the ISA HS Student Ambassador Team 2019-20. This is an opportunity for two students (a boy and a girl) from each grade (9-12) to act as a positive promoter of the ISA High School community to new students. They also will serve as a liaison between the counselling office and new students. The

main role of the student ambassadors is to be a helpful, friendly face for new HS students on their first day of school and be a support to them for the remainder of the school year.

Student Ambassadors will be expected to:

- Plan new student orientation day with the Counsellors
- Give HS tours to the new students
- Assist new students in finding their locker and navigating the school (classroom and other important areas)
- Act as an ambassador (representative) for new students and families at PTO and school-run events, eg Present at new parent coffee mornings when asked
- Assist with Open Days and in giving tours
- Play an active role in the promotion of wellbeing in the HS

Being a Student Ambassador will:

- Develop leadership and team-building skills that they will use in college and later in their career. These skills can be noted on their personal statement during university application time.
- Improve their communication skills, as they may often need to make announcements when new students are arriving and gather the year group to greet them at reception.
- Enhance their confidence when speaking and interacting with many members of ISA. Their interpersonal skills will be hard at work as they initiate conversations with our new students and parents.

I have emailed all students (grades 8-11) informing them about the programme, and have invited those who are interested to apply. Students must apply by emailing me (hbarker@isa.aberdeen.sch.uk) their application form by **Friday, 10th May**. All students have a copy of this application form and a description of the role in their school email. Hard copies will be available on the table outside my office and given out in class. There is an envelope outside my office if students wish to turn in a hard copy of their application instead.

If you have any questions, please send me an email.

Kind Regards
Heather Barker
HS Counsellor

► **From the Fine Arts Department**

Over the past eight weeks, nine ISA art students from Grade 9 have been working continuously on an art project called, **World War 100**.

The International School Aberdeen has been chosen to take part in an art initiative, run by Lateral North and the Scottish Print Network. This involved 10 school students and 10 art students from the North East of Scotland, along with 80 other artists and students from Scotland.

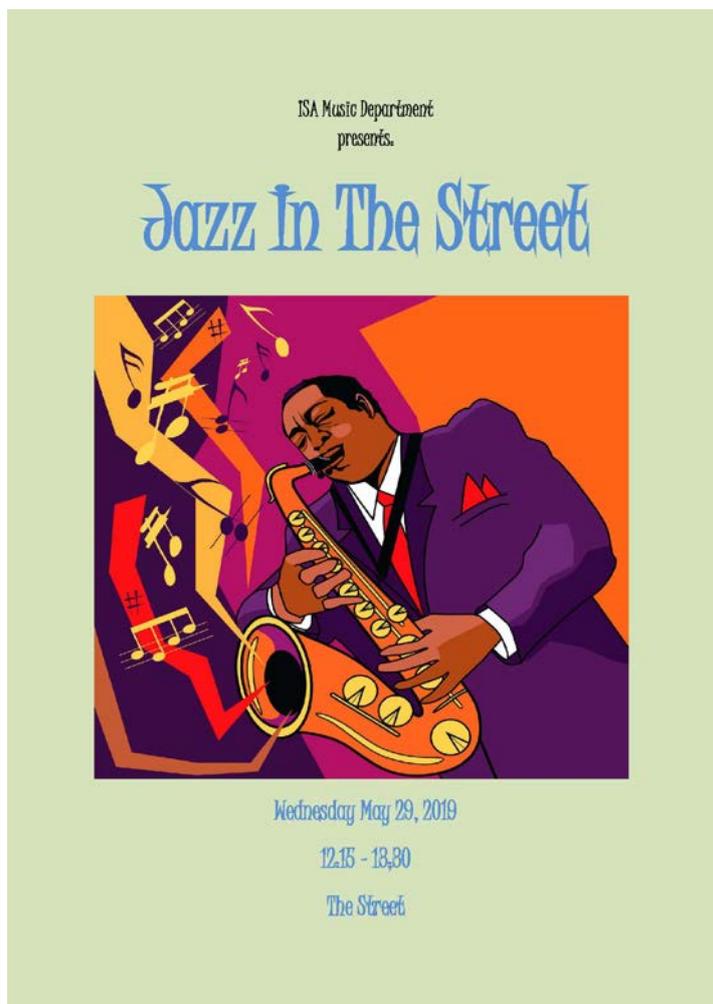


The art initiative is part of the WWI100 Commemorations - **'100 Stories for 100 Years'** and will bring together 100 pieces of artwork. The final artworks will be part of a large exhibition installed in the Scottish Parliament later this year.



Over the past few weeks, the 9th Grade students visited Gray's School of Art to meet up with art students, and together they developed and created an image related to WWI stories, which was printed at Peacock Visual Arts on Wednesday, 3rd April. This was a fantastic opportunity for ISA students, and has allowed these students to develop their artistic skills by working and collaborating with young artists as well as gaining a historical and social insight into the events and stories from WWI.

The final prints and stories for this project have been sent off for publication. However, we also have a set of the students' prints and stories on display at ISA. Please come along to read and see the final prints and how these students successfully made connections with their ideas and the World War I stories.



▶ From the School Nurse

Hi everyone,

Welcome back; hope you all had a great week off. By this time, it is probably a distant memory.

We are still having a few issues with bugs in school, which includes the head lice variety. Please may I ask that you check your child's hair at least once a week - I would really appreciate it. The best way is to check when your child is in the bath or shower, as the wee beasties cannot move when wet so are easier to spot.

Also, if you know that you are going to be moving away and have medication in school, please ensure that you pick this up from the Nurse's Office. If it is left, I have to destroy it which is such a waste.

Okay, so the countdown is on: 7½ weeks to go – let's get there safely. xx

Karen
School Nurse



▶ From the National Honor Society



The NHS meeting this week was the final one for our three outgoing Grade 12 members: Osamagbe Igiehon, Joannes Madu, and Justin Field. We would like to thank them for their service to the NHS and wish them luck on their upcoming exams!

We also finalised the charities that we will be donating our funds to this year. We will be donating the £1,000 raised at the 'Trunk or Treat' event to Kidney Research UK and a further £500 will be donated to Cornerstone, a charity that provides care and support to those who need it here in Aberdeen. Thanks to all who attended our events this year and contributed to the amount raised!

Finally, we elected our executive team for next year, and would like to offer congratulations to the following students in their new roles for the coming year:

President:	Sophie Cheesman
Vice-President:	David Madu
Treasurer:	Irmak Goktug
Secretary:	Aman Narain

We will now begin working to plan our events for next school year.

Regards,

Luke Klopp
NHS adviser



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION



SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

53% of children aged 3-4 go online for nearly **8hrs** a week

79% of children aged 5-7 go online for nearly **9hrs** a week

94% of children aged 8-11 go online for nearly **13.5hrs** a week

99% of children aged 12-15 go online for nearly **21hrs** a week

<https://www.independent.co.uk/Children-and-Parents-Media-Use-and-Attitudes-Report-2017>: <https://www.ofcom.org.uk/http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>
Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>
University of Leeds: https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children

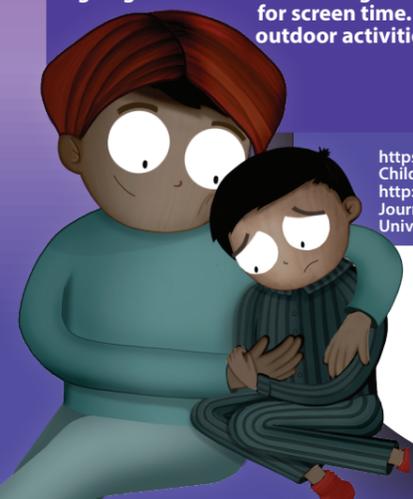


National Online Safety

A whole school community approach to online safety

www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061





Enchanted Forest

ISA Prom 2019

25.05.2019

7:00pm-10:00pm

Marcliffe Spa & Hotel

15th April 2019

Collect application form
from Ms. Sanz or Ms. Rea

Hand in completed form to
Business Office and pay for
ticket.

Tickets can be collected from
Ms. Sanz or Ms. Rea once
form and payment are complete.

Prom Tickets for Sale

It's the YEARBOOK!!

Order Form for 2018-19 Book

The price of this year's book is **£25**. The book will be distributed in the spring.
(Please make cheques payable to 'International School of Aberdeen' or 'ISA'.)

Students' names, grade levels (and in case of elementary students please also include teacher's name):

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Date: _____

Payment of £____ made by:

Cash Cheque Card IPayImpact
cheque # _____

Yearbooks may be paid for in the business office. No money to be accepted at Reception. Books will be distributed in the spring by the Yearbook staff.

Customer Receipt

The price for yearbooks is £25 **per** book.

Number of books ordered and paid for: _____

Family name: _____

Date: _____

Payment of £_____ made by:

Cash Cheque Card IPayImpact
cheque # _____

Yearbooks may be paid for in the business office. No money to be accepted at Reception. Books will be distributed in the spring by the Yearbook staff.

In case of cash payment: Signature of salesperson/Business Office stamp: _____



News From Your PTO

Friday 19th April 2019

Spirit Wear Day is on Friday 26th April!

Welcome to the final 9 weeks of school! We have a few important days to mention, our Spring General Meeting is on April 22nd at 9am, everyone is welcome to come. We are still looking for someone to take on Fundraiser Coordinator, please don't hesitate to reach out if you have any questions about this role and what it involves. And rain or shine, our Hike & Brunch on April 24 is on! Please join us on what we hope is a glorious sunny day.

Board and Associate Candidate Slate 2019/20

Cultural Liaison	Versha Bachetta Hurry
Cultural Liaison Associate	Phoebe Enyiego
HS CEC Representative	Nicole Delcros
MS CEC Representative	Anna Swarbrick
Social Associate	Mabel Amaya
Volunteer Coordinator	Cheryl McIntyre
Spiritwear Associate	June Brown
Fundraising Chair	Position vacant

The PTO will vote on the proposed slate at our Spring General Meeting 22nd April 9:00am.

We hope to see you there!



Monday 22nd April 2019

SPRING GM

9:00 am - HS Multi-purpose Room

Vote on slated PTO candidates for 2019/20 and hear where our enrichment money was spent this school year.

Get ready to represent ISA in the upcoming HS Tennis/Badminton and MS Softball/Baseball tournaments. Get your spirit on!

SPIRIT WEAR

TEAM JACKETS SPECIAL SALE!



25% OFF

Have you outgrown your old jacket? Consider donating it to PTO and get a 25% discount on the purchase of a new team jacket. "Lightly used" and in good condition only!

LIMITED TIME OFFER

Purchase New Small and Medium size jackets for only £39! No donation required.

Spirit wear on sale in 'The Street' every Wednesday from 2:30 - 4:30 pm. To place an order, or for more information, contact Nienke/Jacqueline at spiritwearisa@gmail.com



Hike & Brunch

APRIL 24, 2019 • 9AM DEPARTURE FROM RECEPTION

WALK TO DUTHIE PARK VIA RAILWAY LINE

Let us know you are coming via the FB event. Alternatively, contact Melanie (07595366673) or Kim (07597225004)





PTO have an exciting new initiative:

Local businesses can opt into the Bronze, Silver or Gold tier Advertising Programme. We will be advertising the Gold tier businesses on our Facebook page!

If you know of any companies who would like to opt into this programme, or if you would like more details, please contact Jen Sword our PTO advertising member via email pto.advertising@gmail.com



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Milltimber
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