



18th January 2019

Important Dates

January 2019

- 18 HS Dance, 7:00-9:45pm
- 21-25 HS Language Trip
- 26 PTO Adult Ceilidh, 6:30-11:00pm
- 28-1 Feb ES Healthy Eating Week
- 30&31 Grade 10 IB Course Information Lunch, 1:00pm

February 2019

- 1 Elementary School - ISA Fit Kids, 1:00pm
- 1 HS Charity Games Night, 5:30-7:30pm
- 2 PTO Winter Social, 12:00-2:30pm
- 4-8 Grade 10 Futurewise Interviews
- 4 PTO Meeting, 9:30am
- 6 MS Friendship Concert, 9:15am in The QET
- 7-9 MS Basketball Tournament
- 8 Spirit Wear Day
- 8 MS Fun Night, 5:30-8:30pm
- 9 ACT

▶ From the Head of School

Dear Parents,

Most of us have little cause to poke around old skeletons, but for those who make a job of that kind of thing, it turns up some interesting results. It might be little surprise that medieval people were a lot shorter, that many showed symptoms of malnourishment or that they died young, mostly of injuries, famine or infectious diseases; less well known is that they had remarkably good teeth.

You don't have to go too far back in history to find the main concern about food was simply getting enough of it, and consuming as many calories as you could while they happened to be around was a pretty good tactic. But in recent times, we have been so successful in solving this problem that we have created a bunch of others. After the European discovery of the Americas, entrepreneurs developed plantation agriculture, the most obvious product of which was sugar, first in hundreds of tonnes, then thousands, eventually millions. Many parts of Europe stopped having famines, and started having bad dentistry. Since then fertilisers and advanced transport have continued to revolutionise the amount of calories that arrive in front of us each day, and with the obvious benefits, other kinds of problems.

In an age of scarcity, we needed the skills of survival; in an age of abundance, we need to develop good judgement. That doesn't happen by telling children what the right choices are and hoping that they will carry the memory of that advice through their adult life. Our world is too fast changing. While this week students developed their decision making skills around their online presence, at the end of this month, they will focus on making the right choices about the food on their plate. Look out for ISA's Healthy Eating Week from 28th January. ISA builds global citizens: subjects are ordered to do the right thing, and are virtuous because they are obedient; citizens choose to do the right thing, and are virtuous because they have integrity (one of our fundamental values). Obedience is unthinking; the exercise of integrity is a skill that we extend to every aspect of our lives, even the mundane act of eating. ISA's special focus weeks are an opportunity for students to take time to apply the aptitudes of thought they have been developing in specific subjects, and apply them to real world challenges.

The medieval world may have been far simpler, and pearly whites a matter of course, not effort; but nobody would seriously want to turn back the clock. Modernity has its challenges; ISA equips students to face them, so they can enjoy the benefits more fully.

Kind regards,

Nicholas Little
Head of School

▶ **From the MS/HS Principal**

Dear Middle/High School Parents,

Over the past few days we have endeavoured to have the children reflect on the role digital media plays in their lives. I hope they have found the sessions in our Digital Citizenship week helpful and it gave them something to think about. Our Middle School students have been introduced to iDEA, and this is a programme that you might like to encourage them to continue to work through; it leads to a series of formal awards that recognise their effort and learning. The digital citizenship website remains open all year and you are welcome to access the resources for parents any time;

<https://sites.google.com/a/isa247.org.uk/isa-digital-citizenship/resources>

Sadly, with increased levels of screen time for teenagers, we hear of less and less reading for pleasure taking place. Reading gives children a massive head-start across all their subjects in terms of extending vocabulary, thinking creatively, and processing ideas quickly. I would encourage our parents to continue to promote and model reading as a form of relaxation at home, whilst travelling or on holiday.

Planning for our G9 and G11 trips continues, and we are close to finalising the details of the grade 9 trip which will allow us to produce a final cost. These experiences are a part of our curriculum and there will be no classes running for these grade levels from 13th-17th May. Students are expected to attend this fantastic opportunity to develop interpersonal skills, show independence, think critically, reflect, strengthen or develop friendships, experience different environments, build an open mind, improve communication skills, and move out of their comfort zone. Many of our graduates' favourite memories of ISA involve these trips, and I am sure it will be an enriching experience for your child, too.

Angus Carmichael
MS/HS Principal

▶ **From the Elementary Principal**

Dear Parents,

• **Halfway**

Believe it or not, we are now officially midway through our school year. As a teacher, I always feel that these next few months are some of the most productive for our students. In their classrooms, they are comfortable with their routines, at ease in their relationships with both classmates and teachers, and hopefully confident that they can succeed in the ISA learning environment. Mid-year progress reports are being mailed 25th January.

• **Healthy Lifestyle**

Last Monday's assembly featured our newest Elementary initiative, promoting a healthy lifestyle. Over the next few weeks, students will enjoy a number of activities connected to both healthy eating and the benefits of exercise. Students will have the opportunity to design their own healthy eating menus as a competition. The six winners (K-5) will have their menus used for school lunches at the end of the month. In their classrooms, children will explore how much sugar they are regularly consuming! The healthy lifestyle initiative will conclude on Friday, 1st February with 'FIT KIDS', an afternoon of mixed grade level events occurring throughout the Elementary School. Parents will be able to visit the activities taking place in the gym. Look out for more information in upcoming teacher newsletters. Discussions about maintaining a healthy lifestyle through diet and exercise are on-going in the school. We encourage parents to have similar conversations at home.

Best regards,

Don Newbury,
Elementary Principal

▶ **From the Fine Arts Department**

Come along to hear the HS Jazz Band at the ISA Winter Social on 2nd February. You will hear some really great music by some really great musicians!

Be sure to attend the Elementary School Assembly on Monday, 4th February at 8:30am to hear the ISA Elementary Band!!



The Friendship Concert

Wednesday, 6th February, 2019

9:15 am

The Queen Elizabeth Theatre

A lovely recital showcasing our middle school musicians, actors and Grade 5 singers!

► From the School Nurse



Greetings from the Nurse's office!

Well, we are truly back that's for sure. What a busy couple of weeks this has been – when's the next vacation ?????

Elementary School will be holding its annual Healthy Eating fortnight. It would be good to see all the students with a nice healthy snack. Studies have shown that we, as a nation, are consuming too much sugar and salt in our diet. There is a great app on the change 4 life website that you use on the barcodes of produce and it actually tells you how much sugar is in that item. Might be worth a look – you'd be surprised!!

We have some bugs in school again – so, please be extra vigilant with hand-washing. And, again, if your child is unwell, please please keep them home. Just as a reminder: it's 48hrs post vomiting/diarrhoea and 24hrs post fever.

Stay warm and healthy, and have a great weekend!

Karen
School Nurse



RECYCLING FOR A GOOD CAUSE ...

USED POSTAGE STAMPS

Please collect all your used postage stamps and hand them in to Mary Rayne, Elementary School Secretary.

They will be sent off to The Oldies Club which is a charity for old dogs. They rescue and try to find forever homes for older dogs ... <http://www.oldies.org.uk/>

Thank you
Mary

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 18th January 2019

Dear Parents,

One week until our Ceilidh! Let's celebrate Burns night and Party together! We still have some tables available. You are welcome to come alone or organize a table of ten. You won't regret it! Dance off the excesses of December and enjoy great food and good fun.

Tickets can be booked by emailing pto@isa.aberdeen.sch.uk. Payments accepted via bank transfer, card or cash. A table will be set up this Thursday and Friday from 2:30-3:30 on the street. We will be accepting payment, answering questions, and selling some optional tartan flare.



Enjoy an evening of Burns Night traditions including:
Bagpipes, 2 course buffet dinner, 'Ode to a Haggis', and instruction led Scottish Ceilidh dancing.

£25 per ticket, a table booking will get one free bottle of wine. Price includes Dinner and Ceilidh. Bring your own drinks. Friends outside the school are welcome.

26th JANUARY 2019

ISA Gym Hall - 6:30 to 11 pm



JOIN US FOR A
PRIVATE TOUR OF

Brewdog in Ellon

THURSDAY 24TH JANUARY

OUR PRIVATE BUS WILL
DEPART FROM
THE BIELDSIDE INN AT 6PM.

Spaces are limited so book yours now!

Contact Jens at
isa.dads.club@gmail.com

LAST CHANCE!

ORDER YOUR PERSONALIZED SPORTS BAGS BY JANUARY 23RD

Don't miss the opportunity to order your ISA logo sports holdalls and gym bags. Personalize the items by adding your child's name. Payment is required at the time of ordering.



Sports Holdall

Logo only £32
Personalized £35



Gym Bag

Logo only £12
Personalized £15



12:00 PM
to
2:30 PM

Save the date!

2ND
FEBRUARY
2019



The next opportunity to order personalized items will be at the end of March.

We accept credit/debit cards, cheques, cash and bank transfers.

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



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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