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Brave New World - Model United Nations Conference, Shenzhen. China. March 13 to 18, 2019

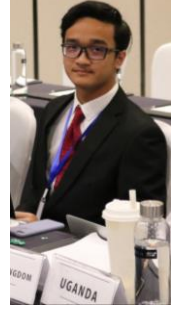
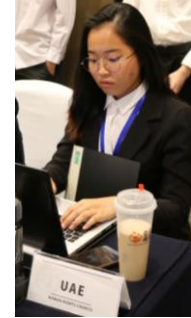


We all dream of doing something bigger than ourselves. We all dream of a better world. We are all aware of the problems and issues that face our futures. As humans, we want to create, innovate, achieve and believe. We all want something just like this.



Recently, some of our year 10 and 11 students ventured north east to Shenzhen in China for I.S.S.R.'s inaugural trip to the SCIMUN conference in China. Students participated in a Model United Nations arena where they were able to experience and contribute to finding solutions to the world's biggest challenges, social issues and tragedies. They learned about the power of combined consideration, they debated, they voted, they argued the benefits and the disadvantages of decisions. They grew in their stature and confidence. They felt a sense of belonging and pride. Their words and opinions were respected and heard. They got to feel like their mind mattered. The students who left to attend the trip had an experience they could never have imagined. Our hotel was amazing thanks to Peter and Eva Jones at See Asia Differently Travel (<http://www.seeasiadifferently.com/>) and our flights ran seamlessly thanks to Tourex Asia. We were all fully insured thanks to All Dreams Travel.

Each day of the conference saw 12 young women and men, dressed for success and ready to go. We spent 3 days in the Hilton hotel. There were four large conference rooms connected so they could hold the General Assembly. Each of the 163 students represented a country. They had been preparing their given country's position and stance, on a number of issues, for months. The purpose was not to become the country. The purpose was to represent the voice and considerations of that nation's people and way of life. They could use their silky debating skills and assertive speaking manner to drive home their point and personalize their arguments and stance. In essence, they ran a United Nations conference, almost exactly like the real U.N. They raised solutions and wrote resolutions. They presented and debated their resolutions and voted on validity. Some countries supported each other, some countries clashed heads. In the end, not everybody (country) was satisfied, however, all were included in a collective voice that the conference herald's a spirit. M.U.N. is a family and our students have taken the first step towards a new chapter in their life.



Ms Li Wei and I were very impressed with the standard of dress, behaviour and respect for others and their culture. Our students saw and experienced amazing things whatever we did and wherever we went. Shenzhen is a clean and open city, breaking the stereotype we might all imagine of a city of 10 to 15 million people.

Where do we go from here? The students are currently in the process of forming their own M.U.N. society, giving up time outside school hours in the hope of establishing a legacy and planning the next conferences to attend. On the 30th of March, students had their first Saturday to plan the final term and the new school year and how M.U.N. society would take shape.

As their advisor, I am very proud of their determination to change, their motivation to see something grow, their willingness to start a legacy long remembered. Our students are the ones who will inherit the state of our world today. Our students are aware that striving for a utopia is an impossible dream. They just want a fair and peaceful world. They want freedom and happiness. I think we all want something just like this.

Stayed tuned for the first chapter of ISSR Model United Nations Society.

Michael Tait - M.U.N. Advisor



Sports Day 2019



On Friday 8th March the High School held the annual Sport's Day at Chun Lung Sports Center. This year the event was much bigger than previous years with all of the indoor and outdoor facilities being book for the event.



It was evident from the start that there was great team spirit in the houses this year, with members donning their house colour shirts, war paint and ribbons. Each house has also designed their house banner and these were displayed proudly around the sports centre. The day started with a zumba style war-up and the teams began psyching up for the events.

During the morning session teams from each house competed in eight different games, including: human table football, capture the flag, badminton, dodge ball, big ball volleyball, sheet volleyball, athletics – sprints and long distance running, obstacle relay and ball throw. The action was fast and furious with teams moving from one station to another and as the heat of the day began to rise so too did the intensity of the competition. It was truly encouraging to see how the students were praised by their class mates regardless of the house they belonged to, showing not only dedication and effort, but also sportsmanship. Many students could be seen running from one court to another trying to find the results, making calculations, cheering louder game after game.

After a much needed break teams assembled for the final round of events where each house competed in a series of team challenges to decide the overall winner. The series of water balloon relays provided a fitting end to a great competition with Angkor house the eventual winners.

Well done to all the house captains and team members from all of the houses and a big thank you to Ms. Claudine and the teachers for their support during the day.





What a football game!
ISSR High School vs. IQ International School



The last time our school competed against IQ International School they seemed like a much stronger football team than ours. So there was only one way to improve their skills; **PRACTICE!** The students had been committing to football training on Tuesday afternoons with Ms. Claudine and had extra football training during sports hour with Mr. Pawel.

When we played IQ International a second time on Saturday 16th of March it still seemed like they were stronger in the first half. They were 4 – 0 ahead, but after repositioning our players and a team talk we made a comeback and it turned into a very exciting game. We kept on scoring and one minute before time it was 5 – 5. In the last minute IQ International scored and beat us by one.

Congratulations to IQ International for winning the game and congratulations to our players for having improved so much. It was a pleasure to see that all twelve students who had signed up, were out there on the field.

Thank you to Mr. Pawel for coaching and to Ms. Giulia and Ms. Aurore for supporting the students on the day itself.

Let's hope the next game is a win for ISSR High School!
Ms. Claudine



IQ INTERNATIONAL SCHOOL 6

INTERNATIONAL SCHOOL OF SIEM REAP 5

Key Stage 5 Assembly: Micro-plastic – The Scourge of the 21st Century

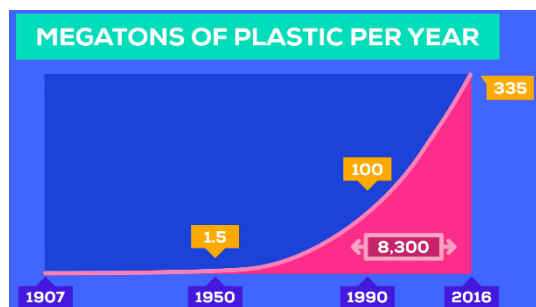
On Monday the 18th of March, the Year 12 and 13 students held an assembly about the role that micro-plastics play in our everyday life. Koki took it upon himself to present, on behalf of both Key Stage 5 classes, their take on this important, yet underestimated topic.

Ms. Giulia

As the year 12 and 13 students delve deeper into the dire environmental consequences, it became obvious why students from all over the world at this critical moment, unite to protest about climate change and pollution; they have come to a realisation that their generation will be the most affected. ISSR has always been proactive in this movement and this is evident from their NGO extra curriculum activities, the presence of recycling bins as well as the occasional environmental conservation activities out of school time. Through the presentation on micro-plastics, we hope to encourage to not only to maintain the current standards, but to also challenge the students to become a stronger and more vital force in saving our planet.

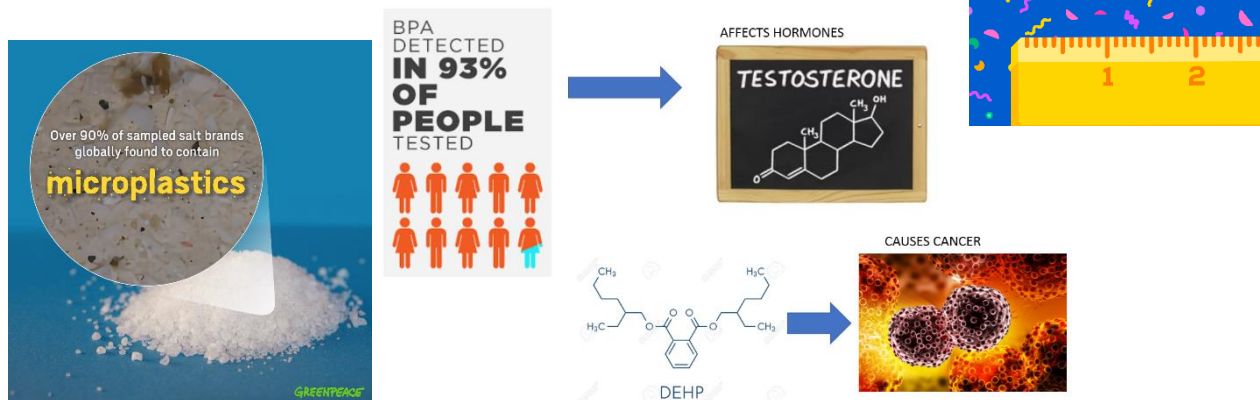
Plastic wastes have always been a familiar problem, but it was a likely matter for people to ignore because the adverse effects were not a direct impact. However, recent studies have shown that micro-plastics (very small pieces of degraded plastic) have been sneaking into our dining tables. The seafood we eat, the salt we use to season our dishes, over 90% of every food we eat likely to contains plastic in it. Micro-plastic is consumed by small creatures like planktons and these travel up the food chain and ends up being eaten by us humans. Toxic materials from plastic has shown to impact our hormones and cause cancer. Scientists are still at a very early stage of their research on this global scale dilemma and it might not be a distant future until we hear something alarming from these scientists.

Koki, Year 13



MICROPLASTIC

A recent discovery and the world doesn't know what to make of it



Pi-Day Celebration

Pi Day is celebrated on March 14th (3/14) around the world. The Greek letter " π " (pi) is the symbol used in mathematics to represent the constant of the ratio of the circumference of a circle to its diameter, its value is approximately 3.14159. The year 8 students are currently learning how to calculate the area and the perimeter of the circle, which made March 14, 2019 a perfect learning opportunity. To demonstrate the Year 8's knowledge, they organized a PI DAY celebration.

During the lunch break, the Year 8 students first presented some fun facts about Pi to the whole school and they followed up by preparing 6 different stations showing off pi: Pi recitation competition, Pi-popping, Pi-ice-cream, Pi fruit skewer, True or False about Pi and Pi T-shirts.

In the pi recitation competition, Yu Jin from Y11 successfully recited 89 digits of Pi, followed by Lilly from Y7 and Annan from Y9. Yu Jin enjoyed a tasty slice of pecan pie as her well-deserved reward.

During the activity, every station was full of inquisitive and positive learners. Not only did I witness the Year 8 students working well together as a team, but I was also very proud of the enthusiasm the whole school showed in learning mathematics. I can't wait for next year's Pi-day celebration.

Ms.Liwei



Taking Care of Business - A business introspective

We know how to market our product. We know how to sell our product. Let's do it! During term 3, Year 9 Business Studies has experienced an explosion of success. Tasty ice-cold slushies, smoothies and frappes, tasty treats, hot dogs, games of skill and a lot of planning and know-how is making their current project a raging success.

This term focused on Social Enterprises, a form of business activity that gives back to the community. All profits will go to an NGO that helps disabled people find and start a career. The organisation is EKDAO.(Ensure Khmer Disabled Assistance Organisation) who aim to see people with disabilities fully participate and develop their capacity in all fields of Cambodian society.

Added incentive for the year 9's is the pizza for the group that raises the most. Thanks must go to the school for allowing the year 9's to experience the practical side of business, as well as all the parents who have helped their daughters/sons with everything. The skills the students are demonstrating are amazing and will help them dominate the subject of Business in year 10. As their teacher, I am once again proud of the entrepreneur skill and drive.

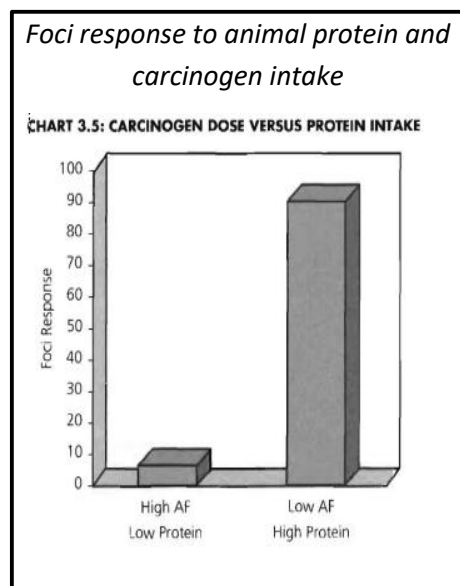
Mr Michael Tait



Evidence Based Nutrition – what to eat everyday for optimum health

On the 11th March the whole school came together for an assembly about evidence based nutrition. The assembly was inspired by comments heard around the school on what constitutes a healthy diet. The research for the presentation was collated by a team of scientists who are dedicated to reading, assessing and forming guidelines on the 10,000+ articles published every year in English-language medical journals on the subject of human nutrition. The studies contained in these journals are weighted according to the study-design; randomised, double-blind, placebo controlled crossover trials were given the highest weighting, anecdotal, animal and cell studies were given the lowest weighting.

The overwhelming body of scientific evidence draws very similar conclusions when looking at the causes and reversal of chronic diseases through diet. Heart disease, cancer, diabetes and depression have all been shown to be not only preventable through diet, but also to be reversible. In the words of Dr. T. Colin Campbell, the director of The China–Cornell–Oxford Project: **“The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented simply by adopting a plant-based diet.”**



The purported health promoting benefits of low-carbohydrate and high-protein diets were debunked. These diets have been widely condemned by the medical profession and their agents: The US National Academy of Sciences, the American Medical Association, the American Dietetic Association, the American Cancer Society, the American Heart Association, the Cleveland Clinic, Johns Hopkins, the American Kidney Fund etc. have all published literature

showing that low carbohydrate diets are damaging to public health.

Another pervasive myth; that genes drive chronic diseases, was shown through interventional and population studies to be inaccurate. Environmental factors account for 70-90% of the risk for diabetes, heart disease, cancer, and autoimmunity diseases. One study that was presented in the assembly looked at the development of foci (mutated cells). It found that subjects with high animal protein diets and low carcinogen intake were 80 times more vulnerable to the development of foci than those subjects on a low animal protein but high carcinogen intake diet.

The assembly also presented the remarkable work of Dr. Caldwell B. Esselstyn and the reversal of heart disease that he discovered through switching his patients to a whole-food plant based diet. There is no known pharmaceutical or surgical cure for heart disease, yet diet can reverse this disease. The studies which Dean Ornish carried out on prostate cancer were also presented, his research has shown that plant-based diets can reverse the progression of prostate cancer. Ornish's patients' PSA scores dropped from 6.4 to 4.5 after one year of eating a whole-food plant based diet.



After the assembly the students and staff were enthused with energy to make a positive change to their diet. If you would like to do the same, you can get more information on evidence based nutrition at <https://nutritionfacts.org/> or you can download the presentation given in the assembly from the main page of <https://science.issr.edu.kh/>.

Jonathan Wilson

Science Students Practical Preparation

The AS Yr12 Biology students are honing their practical skills ahead of their forthcoming Paper 3 Advanced Practical skill paper on the morning of 21st May.

Philos is checking his dilutions ahead of running the Benedicts test.

Gaia is neutralizing her first phase experiment ahead of the final phase.

Meanwhile, Danesh is calculating the size of the cells he has just drawn of his pre-prepared slide supplied by Cambridge Examination Board.

The results another successful practical to boost their confidence.



Farewell to Ms. Coral

This is a parting message from Ms. Coral.

To all my dear students.

"Certain people enter our lives for a reason, and you know straight away that they are a gift." (Bridgette Nichol)

Today marks my final day at ISSR, as due to pressing family matters, I've had to make the decision to return to Africa. My time at ISSR has been one of the most enjoyable in my teaching career. I've had the privilege of teaching the most amazing students and working with super colleagues - all from which great memories are made!

I will miss the warm hearts and smiles, the laughter and special chats I shared with so many of you, the cheery waves and greetings as the students rode past me on their bikes as I walked home, I will miss Cambodia!

What stood out for me from the first day I arrived at ISSR was the way students took care of each other, the respect that was always shown towards teachers and peers alike was beautiful to watch. ISSR is truly a family, and I felt this warmth every day.

I got to experience the wonders of the temples and revisit Phnom Kulen with my year 12 and 13s and then it was farewell party time with the year 11 and 10s, who ensured that we had plenty of good food to eat!

Keep on being awesome. Work hard and reach for the stars. Don't forget to keep me posted on your successes. Forever in my heart!

Ms Coral

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