

THE HIGH SCHOOL NEWSLETTER

MARCH-APRIL 2021 ISSUE

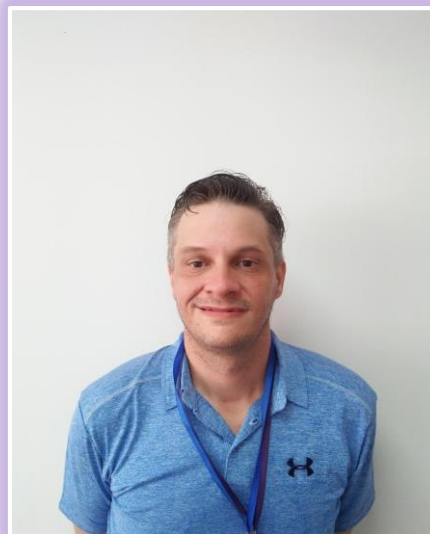
A Word from the Editors

We are pleased to announce that we have appointed two new editors to oversee production of the ISSR High School Newsletter. English and Humanities teacher Mr. Keith and PE and Global Perspectives teacher Mr. A.J. will gather the material with input from the students and staff of ISSR. It is our intention to make the Newsletter a rolling project rather than having bimonthly editions as has previously been the case, so future editions will be online with regular updates on news about the school.

Alongside this, we will be producing the School Yearbook 2020-2021, again with the intention of making this an online version. We are collaborating with students from Year 11 and above to make the Yearbook a dynamic, positive and fun publication reflecting how we feel about life at ISSR.



Mr. Keith John Waterworth
Teacher of English and Humanities



Mr. A.J. Pastore
Teacher of Physical Education
and Global Perspectives



ISSR is very pleased to introduce a new member of the teaching staff, welcoming Mr. Spencer to the High School. He brings his knowledge and experience to take the Mathematics department to another level. He will be teaching our students in the Cambridge Checkpoint and IGCSE Mathematics program.

Online Teaching during Term Four.

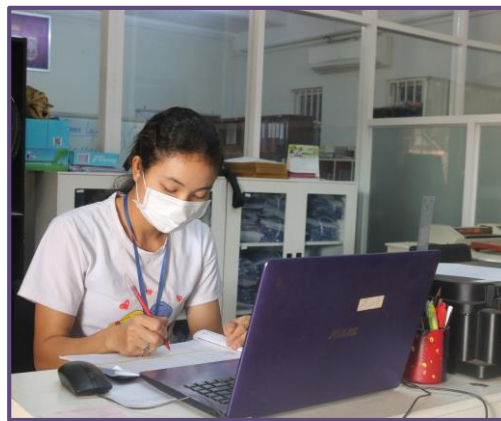
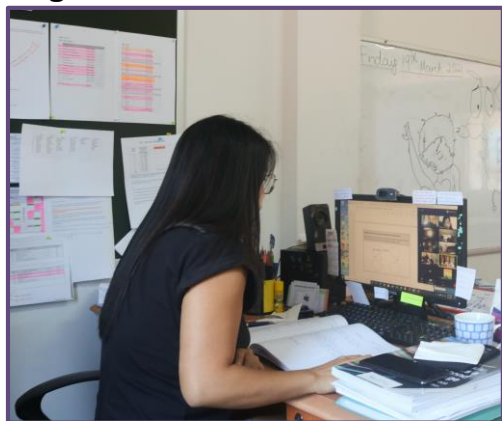
During a further period when we are having to provide online classes due to the ongoing issues with Covid-19, the staff at ISSR are endeavouring to ensure that we continue to deliver a high-quality education to our students.

We recognize that this is a very challenging time for students and far from ideal in many ways as pupils lose the real day-to-day, face-to-face interaction with their friends, fellow students and teachers. Online teaching, whilst being no real substitute for this human interaction, does nevertheless provide structure as students get together throughout the school day, communicate with each other in an online class setting, and discuss their work together.

During this latest enforced period of online learning, we have been extremely impressed by both the attendance record and work-rate of our students, with an average attendance of above 90% for every class.

As this is the last term of this school year, it is vital that students continue to work and complete their assignments so that they can progress with confidence into the next school year in August.

We thank the teachers for their magnificent work and equally Ms. Sreyrath, Ms. Sreyden, Mr. Sinath, Mr. Panha and all of the TAs in assisting teachers by monitoring our Zoom sessions. This has helped us enormously and allowed teachers to concentrate on teaching. We would also like to thank all the students for attending their online lessons and for completing their assignments. **Keep up the great work!**





I joined ISSR in August 2018 and was appointed Head of Humanities. I had spent a really enjoyable few years in Nigeria prior to this, but had left after disagreements with the newly appointed Principal. Nonetheless, I left in the knowledge that I had made a difference. Two of my students had achieved the highest Cambridge Geography grades in Africa, though they had the capabilities with or without me..

On arrival here, I taught the senior classes Geography and History. Mr Peter asked me if I would also teach Year 9. The characters in Year 9 were different to those I had taught before. Some were quiet. Some were quite outspoken. Some were 100% Khmer, some 50%, and some with no Cambodian background. What I did especially notice, was their willingness to work together with each other regardless of their background. Towards the end of the school year Mr Peter asked me about my intentions

beyond the next year (I had originally signed a two year contract). I replied, saying that I would like to stay on an extra year to see Year 9 through to their IGCSEs.

And so it came to pass. The said class have now reached the end of Year 11. Some will be moving away from Cambodia and some from Siem Reap only. Some will remain to continue to study A levels. What I do know is that this has been a very special bunch of students for me. We have been able to get through a lot of work together, and this has been achieved with great attitude and no shortage of humour. I have witnessed those bored and uninterested students perk up and start to display their feelings. Whether they were angry with the terrible mishandling of Hurricane Katrina, or delighted by the efforts of Jaime Lerner in Curitiba. This class have made me feel worthwhile.

OK. So how have they done you might ask. Well, because of Covid 19 we aren't too sure how things will work out academically. But, 12 students did their 3 Geography mock exam papers. The lowest achieved a grade B. 10 students attained A. In History, again the lowest was a grade B with the others attaining A*. I think the only comment required here are 'brilliant' and 'fantastic'*

To be honest I had similar feelings for the much smaller Year 11 class I had (now completing Year 13) and I could say similar things about them. Whatever, you guys have made my stay in Cambodia complete and fulfilling. Thank you.

Mr Phil

Thinking outside the (post) box.

Covid-19 has thrown up many challenges for us all and we need to respond to those by thinking with flexibility and in finding ways around the problems we face.

One such issue we had recently was how to get materials to students when some districts of Siem Reap were closed due to outbreaks of the virus. A decision was made to take materials to the post office on Riverside so that parents or students who could not cross to the area where the high school is located could collect from a well-known and convenient place.

We think it worked very well!



The Importance of Physical Activity during Shutdown.

With the recent shutdowns of our school and others around the world, all nations are facing a crisis of health problems as a result of Covid. With shutdowns and lockdowns, people are unable to leave their homes and go for a jog. Many gyms and athletic facilities are closed. Because of this, health problems related to lack of physical activity are rising dramatically around the world. For those of us who do not get sick from the virus, we must still pay attention to other health factors and try to prevent other conditions related to lack of physical activity.

At ISSR, we have implemented a fitness plan that requires students to exercise at least four days a week and keep track of their results. Most nations recommend 60-minutes of physical activity a day. As a Physical Education instructor, I would recommend home fitness as the best solution. At least four days a week of exercise but six is ideal. Everyone needs a day off for muscles to recover and so people can just have a free day to relax. Many cardio workouts are available online and can be done without any equipment, field, or balls. There are many strength exercises such as push-ups, sit-ups, and lunges that can be used to keep our muscles from declining. Many strength workouts are available online for free as well that require no equipment or gym memberships.

It is also important to make sure we have fun with exercise and make it a routine. It has to be like eating, drinking, or sleeping. It should be just a part of life we have to do, especially during Covid times. My advice is to find a sport or physical activity you enjoy. If you enjoy something, there is more of a chance you will do it. You could make a little competition. Challenge yourself. Try to

increase your repetitions of exercises or cardio times each week and beat your personal records. Make a game out of it. Get your friends and family involved. Any activity is more fun when you share it with people you like being around.



In addition to exercising, there are other factors we must think about. We need to eat balanced meals at a reasonable portion size and limit how much we sit. Even going for a 30-minute walk can help. The more hours we sit, the worse it is on our bodies. I recommend thinking about how many hours we all sit during the day and then limit those hours to a certain amount per day. I am also extremely concerned with the rise of screen addiction around the world because that is all many people are doing during lockdown. This screen addiction problem is not just in children. I know people in their 50's who are addicted to YouTube and video games. Children and adults around the world are getting hooked on video games, phones, television, the Internet, or anything involving entertainment on a screen. The best way to prevent this is limit our sitting hours. I would suggest sitting for no more than two hours outside of school or work. Even if it is not exercise, standing and walking around is much better for your cardiovascular system, back, joints, and mental health. Sleep is also very important. Without sleep, we will not have the energy to get that 60-minutes of exercise a day that most nations recommend. Teenagers and adults should get eight hours of sleep with younger children requiring 9-10 hours.



Here at ISSR, I feel we are doing well in most of these areas but I am very concerned about screen addiction everywhere in the world. It is my opinion that screen addiction as teenagers or young adults can lead to people being more likely to get addicted to very bad things as we age. ISSR has a no device policy during school I fully support and I think it is extremely helpful in keeping the kids active. I would like to thank the students and staff who have made efforts to combat sedentary lifestyles (sitting around). ISSR is making strong efforts to have a healthy school and community that I applaud.

ECA Programmes aim to strengthen each student's personal skills, promote positive teamwork activities, and fun events during the school year. Our school ECA mission this year is to bring joy and create memorable experiences for students, teachers & staff members at ISSR. Wakeboarding is one of the programmes that allows us to discover a new refreshing water sport in town. It is located at Wake Park (ICF). ICF trainers will unlock our students' potential to an expert level within a 10 week period of the programme. Join our club and show them your talent!

Mr. Sinath



A Tribute to Mr. Michael from a Year 11 Student.

International School of Siem Reap has come such a long way with the help of Mr. Michael. He taught us lessons that we will carry throughout our life's journey and gave fond classroom memories that we will treasure. You've set a great example for all of us to follow, you've inspired us to be better people and to always strive to do our personal best. Every so often, we gave you a hard time but you always put up with us, even during the hours our parents didn't have to. We especially loved how you always related the lessons to real-life examples that would allow the material to make more logical sense to students. It made it easier to recall the material when being tested on it or when we needed it for homework.

We're so proud and happy to hear that you've surpassed the struggles of your operation, and we hope you're proud of yourself too. What a year 2020 has been. Together, we've adapted and overcome. Challenge after challenge, you were always prepared to teach all your students. Thank you for the random sodas or juices that we never really understood the reason for, but knew they meant that we did something good. For some, Business and English weren't our best subjects, but your attitude made it a bit more interesting for us. I hope you can continue to inspire and amuse everyone you meet with your energetic, animated, and enthusiastic attitude.



End of Semester Examination Week

The end of semester exam week for Years 7 to 10 will commence on Friday 19th May through to Thursday 27th May. We are currently running PSHE lessons on exam preparation and strategy to help students achieve their best marks in these tests.

An Afterword from the Editor-in-Chief

It is my great pleasure to take over responsibility for editing the ISSR Newsletter and Yearbook and my intention to make both of them interesting and informative reads for students and parents alike. I know that parents and guardians enjoy seeing what their children do throughout their school days and these publications provide an opportunity to show this.

As an English and Humanities teacher, I have been enormously impressed by the efforts of students and also by their outstanding work. We set high standards at ISSR but students often surpass these. I have been astounded by the quality of work I am receiving during this enforced period of online learning, with its obvious problems, and this is a testament to the responsible attitude of our students here. We think it would be great to show the material that students are producing so parents or guardians can see the excellent work we often get from their children, and this will be a regular feature of both the Newsletter and Yearbook.

Year 11 upwards are currently working on a project which is a collaborative effort with the editors to put together the School Yearbook for 2020-2021.

Mr. Keith

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