



**Bishkek
International
School**

VOICES



Newsletter for BIS Parents and Friends. No: 20 / 2021-22

4th February 2022

WINTER SPORTS DAY

On Friday, 4th February our students from Primary to High School had Winter Sports Day. It was full of emotions and fun! More photos will be shared in our next Voices.



CPR, BROC AND KTI AWARDS

A huge well done to our following award winners:

CPR (Caring, Principled, Reflective):

Atticus (Grade 0B)

KTI (Knowledgeable, Thinker, Inquirer):

Annabel (Grade 2Y)

BROC (Balanced, Risk-Taker, Open-Minded, Communicator):

Neslihan (Grade 4Y)

Grade 6 and 9 mandarin students cooked traditional Chinese dishes to celebrate Lunar New Year.

The practical session finished just in time for lunch. The aroma of delicious, freshly-cooked food filled the school building, and all of the food was subsequently eaten by the hungry chefs and some teachers!





Grade 1 students drawing Indian elephants within the Unit "Holidays Around the World"



Making a volcano is fun!



This week kindergarten students celebrated the beginning of the Lunar New Year. We had a special speaker on the first day, one of our very own the kindergarteners Atticus Liu. He shared more about this beautiful holiday and we explored traditional red envelope. Children were very curious to know more and celebrate by making beautiful lanterns.



Grade 2 students learning about continents and countries



WINTER SPORTS DAY



While Grade 2 and up were at the slopes, Preschool, Grade 0, and Grade 1 had some fun at school! We celebrated the winter season by creating a snowman craft, decorating cookies, and experimenting with making fake snow. Mr. Sergei prepared some exciting, active challenges for us in the Big Hall and outside on the playground that everyone enjoyed.

We had a great Winter Sports Day at school!



STRATEGIC VISION FOR BIS IN 20 YEARS' TIME



The BIS Governing Board (GB) met one Saturday in December to review the strategy for the school over the next 20 years. Much of the day was focused on new campus plans, with a visit to the proposed site and plans for land transformation and building. Part of the day also reviewed our overall vision for 20 years-time. Following full discussion, and review in the January GB meeting, the Board agreed this vision.

Strategic Vision for BIS in 20 years' time

1. A fully inclusive non-profit community school offering excellent international education in a happy environment, supporting all students to achieve their academic, creative, and sporting potential in a safe and healthy environment.
2. A reputation for transparent governance, constant improvement, lifelong learning, critical thinking, and a clear focus on content based learning and written curriculum for students.
3. Facilities in Bishkek for up to 1,000 students, with no more than 50% of any single citizenship, including boarding facilities for international high school students to maintain this balance.
4. A campus with exceptional space inside and outside, that students and staff enjoy working in, and can easily host international school events without major disruption to the school.
5. All buildings and land owned by BIS or affiliated parties, with no effective rental payment, no debt, and a substantial cash reserve to provide financial security and cash flow cover.
6. Complete adherence to the BIS Environmental Policy, with clear impact on the wider community in protecting the natural environment, including a 'zero carbon', 'zero waste' campus, as autonomous as possible from external services.
7. Very influential in society, serving as a role model for others, transmitting positive civic values to parents and society as a whole; with substantive impact on both state and private education in the Kyrgyz Republic through internships, training, mentoring, and curriculum development.
8. An extensive network of alumni professionals and donors who contribute to the 'Scholarship Fund' and 'Development Fund' for BIS scholarships and capital improvements.

This vision provides goals for BIS to achieve, against which we will review progress each year. The GB also reviewed the school Vision and Mission statement and has proposals for minor amendment based on the current school situation. These proposals will be shared with the school community next week, to seek further comments and proposals from students, parents and staff.

Fred Huston, Chair of the Governing Board

BIS Snapshot: Happy Lunar New Year



L'IMPORTANCE DE LA MODERATION

Le temps d'écran peut-il limiter l'activité cérébrale? Nous naissons avec des gènes, mais c'est au cours de notre enfance et encore longtemps après que 90% des circuits de neurones se constituent. Notre enfance joue un rôle crucial dans la structure et le développement de notre cerveau - il est important de rester équilibré dans tout ce que nous faisons, surtout en considérant que nous sommes des étudiants et des adolescents; la modération est importante!

Personne ne possède le même cerveau, car notre histoire individuelle est sculptée dans notre cerveau tout au long de notre vie. Notre environnement, notre alimentation, nos relations familiales et sociales, etc. jouent tous les rôles importants dans notre développement, et ceci est surtout considérable pendant notre enfance. Nous, les enfants d'aujourd'hui on a presque tous les accès à une pièce de technologie moderne, que nous pouvons abuser quotidiennement.

Un examen a été organisé où des enfants ont été testés pour la substance blanche dans leur cerveau, en essayant de voir si leur temps d'écran avait un lien avec leur développement mental. Les résultats ont montré que les enfants avec plus de temps d'écran semblaient être moins développés et avaient plus de difficultés à impliquer leur langage, leur écriture et leur lecture. Les étudiants les plus en difficulté avaient également le moins de substance blanche dans leur cerveau.

La prime de l'enfance est entre 12 et 20 ans, ou d'innombrables connexions neurales se constituent - l'ébullition. La surutilisation de la technologie selon ces études semble affecter ces enfants bien notablement, mais le lien entre l'utilisation de l'appareil et le développement du cerveau n'est pas direct; il est possible. Les connexions entre les cellules nerveuses continuent à se modifier; le cerveau se réorganise, se reprogramme et s'adapte, tout au long de la vie, alors ce qui est le plus important pour la santé et notre développement mental, c'est la modération.

THE IMPORTANCE OF MODERATION

Can screen time limit brain activity? We are born with genes, but it is throughout our childhood and long after that 90% of the neural circuits are formed. Our childhood plays a crucial role in our brain structure and development - it is important to stay balanced in everything we do, especially considering we're students and teenagers; moderation is key.

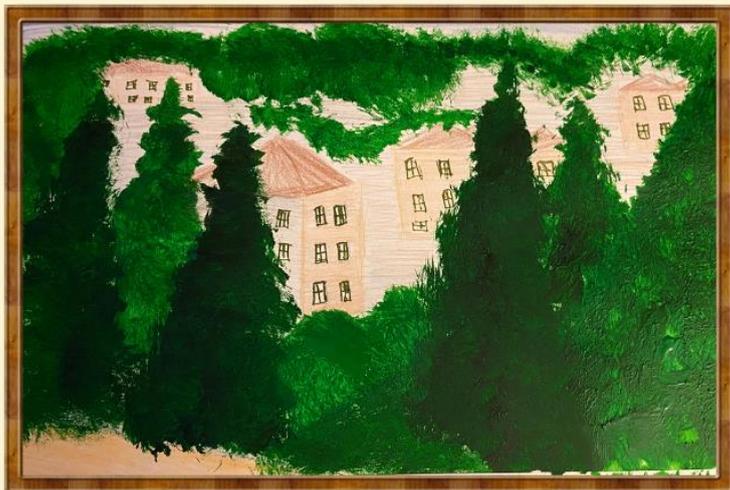
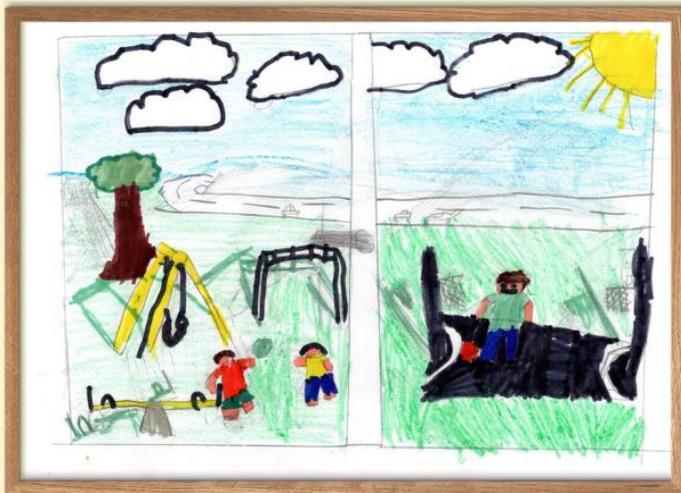
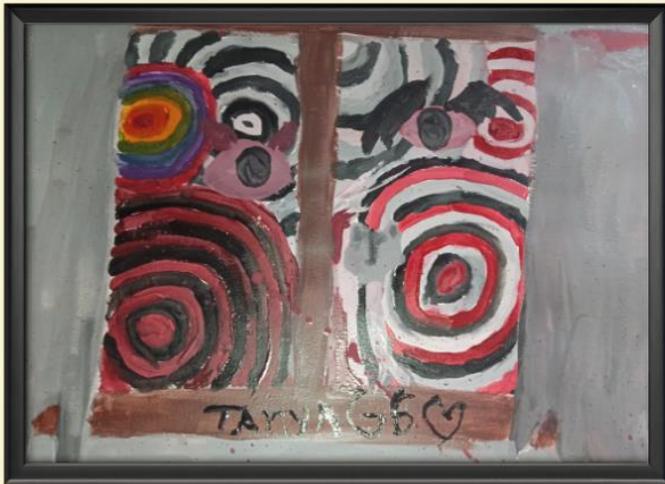
Our environment, our diet, our family and social relationships, etc. all play important roles in our development, and this is especially significant during our childhood. Children today almost all have access to a piece of modern technology, which is a responsibility that can be abused and must be controlled.

A review was held where children were tested for white substance in their brains, to see if their screen time had any connection to their mental development. The results showed that children with more screen time appeared to be less developed and had more difficulty engaging their language, writing and reading. The most struggling students also had the least amount of white substance in their brains.

The prime of childhood is between the ages of 12 and 20, when countless neural connections are formed. The overuse of technology according to these studies seems to affect these children quite significantly, but the link between device use and brain development is not direct; it is only possible. The connections between nerve cells continue to change; the brain reorganizes, reprograms itself and adapts throughout life - we must remember to stay balanced and moderate our daily habits.

Delilah, Grade 9 Student

"VIEW FROM MY WINDOW" ART COMPETITION

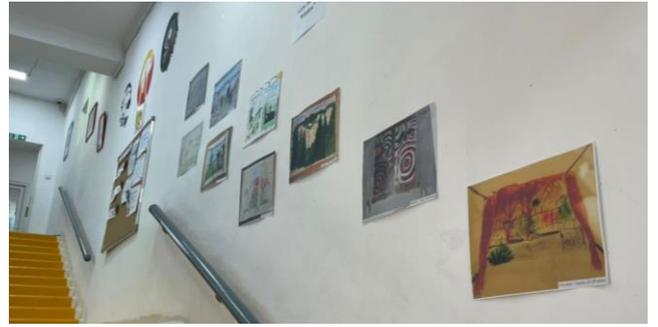


"VIEW FROM MY WINDOW" ART COMPETITION RESULTS

Big round of applause to everyone who took part in the art competition themed "View from my window". We had 18 participants in total including two staff members!

Everyone did an amazing job!

The House of Piranhas scored the most with 345 points, Snow Leopards - 300 points, and Phoenixes - 210 points! Well done the House of Piranhas!



There were three categories for being nominated to the 1st, 2nd and 3rd places:

In the 1st category, Grade 0-2, we have following winners:

1st place - Emilia, G1B (SL)

2nd place - Atticus, G0B (Phoenix)

3rd place - Adel, G0B (Piranha)

In the 2nd category, Grade 3-5, we have following winners:

1st place - Sanghoon, G5 (SL)

2nd place - Maika, G4B (Phoenix)

3rd place - Theo, G3Y (S.Leopard)

In the 3rd category, Grade 6-12, we have following winners:

1st place - Saliya, G8 (Piranha)

2nd place - Tanya, G6 (Piranha)

3rd place - Amira, G5 (Piranha)

2 staff members submitted their work and got 10 points each for their Houses: Ms Kathleen (Phoenix) and Ms Alicia (Piranha)

The winning works are displayed on the walls of the stairways of the main building. And all students who participated will receive a certificate to celebrate their amazing work!

"READ AND DRAW" COMPETITION

Another drawing contest is coming up! Take part and win house points for your House!

The competition is divided by age categories: Grade 0-2, Grade 3-5, Grade 6-12 which means that three places will be awarded in each category.

Good luck everyone!

BIS Library invites you to participate in

"READ AND DRAW" COMPETITION

1. Choose your favourite book character/favourite scene from the book
2. Draw it on A4 paper sheet
3. Bring your drawing to the primary library no later than 5 p.m. 10th of February
4. Get house points

Drawings should include:
Name of your book and author
Your name and grade

Prizes:
1st place - 100 house points
2nd place - 75 house points
3rd place - 50 house points
Each participant gets 10 house points

BIS BOOK DONATION

The BIS Library donated books in English to the Steps to Success Community Foundation and SOS Children's Villages. These organizations implement educational and charitable programs for children throughout Kyrgyzstan.



In total, more than 1000 books were donated, including fiction and educational literature for children of different ages. We hope that all donated books will help and support the educational programs that are designed to improve the study of English, and find grateful readers and interesting new life.



UPCOMING EVENTS

- 14th February, Monday: Valentine's Day organised by Students
- 18th February, Tuesday: Languages in Our Lives Day
- 21st February, Monday: Extra Holiday in lieu of 7th of April holiday
- 22nd February, Tuesday: Homeland Defender's Day in lieu with 23 Feb.
- 25th February, Friday: STEM Fair

LUNCH MENU

The school menu for February 7th-11th is **Menu A**.

Our school menu is available [here](#). Form Teachers and our Chef are responsible for adjusting this menu to avoid any foods your child cannot eat, according to the information provided to us by you.



PRESCHOOL 1

Preschool 1 students have been busy learning about healthy eating this week. During circle time, we used our magic bag of different fruits and our children pulled out the fruits and the next day we tried the same with vegetables. We discussed that all fruits and vegetables are healthy. After completing this task, we asked the children what fruits and

vegetables they like and our children showed their favorite vegetables and fruits. We learned new action songs called Peel Banana and Ten Little Vegetables. On Wednesday we discussed where fruits and vegetables grow. We also talked about the cow, that the cow is able to give milk, and the cow's udder retains milk. To better understand, we made a cardboard cow and milked the cow in our class with plastic gloves filled with milk. For art, we painted carrots, strawberries, watermelons and bananas.

In math, we learned the length short and tall. We sorted the pictures, and the children chose and glued them where the short and long lines were on the paper. We measured their height and discussed who is tall and who is short.

Ms. Tina, Preschool 1 Homeroom Teacher



PRESCHOOL 2

This week, Preschool 2 friends started to learn about how people express their feelings and emotions through music. We discussed that some people can use musical instruments to express their soul state. We looked at musical instruments and tried to make different sounds. We were also making our feeling chart and every morning our friends were sharing about their feelings. On Thursday, we tried to make a different music to share about feelings by using our musical instruments. Some friends in our class were making a joyful tune to show that they feel happy, some were making a slow and soft sound to demonstrate that they feel little sad or tired, while some were doing loud and sharp music to show that they feel angry. We tried to understand and

discussed of things that makes us to feel these different emotions. The answers included: "I am hungry because I didn't eat". "I am happy because I have unicorn watch". "I am sad because my brother was not nice to me".

For our phonic development, we learned the "m" phonic sound; explored many words that start with this phonics sound and made a mouse craft. In art lesson, Preschool 2 students were busy making a beautiful winter trees with Ms Anna. Next week, we will continue to talk about our feelings and emotions that we can express through music.

Ms. Begimai, Preschool 2 Homeroom Teacher



PRESCHOOL 3

Most of our Preschool 3 friends are really happy to be back at school. We enjoyed saying hello to the friends that are still attending class on Zoom! It's really fun to have the opportunity to talk to our friends and see their houses. We also learned about the story, "The Tortoise and the Hare." We learned that you don't have to be fast to win a race. We also had a look at shadow puppets, and we discovered that shadow

puppets can be used to tell a story without books and videos! Storytelling can be really interesting. We also learned about the letter 'o' this week. We made a beautiful octopus to help us remember the letter 'o' sound.

Next week we will learn about the letter 'u' and we will also be looking at the story "Super Worm" while continuing to learn about addition.

Ms. Carmen, Preschool 3 Homeroom Teacher, Head of Preschool



WINTER SPORTS DAY IN PRESCHOOL

