



**Bishkek
International
School**

VOICES



Newsletter for BIS Parents and Friends. No: 21 / 2021-22

11th February 2022

WINTER SPORTS DAY 2022

On Friday last week we celebrated our annual Winter Sports Day! This year, over 210 staff and students from Grade 2 – Grade 12 signed up for a day of fun in the mountains. Thirteen minibuses set off for Chunkurchak Ski Base just after 8am for a day of skiing, snowboarding, sledding and picnicking.

Whilst some students whizzed down the mountain with ease, others enjoyed their first taste of winter sports with ski instructors, and others had fun slipping and sliding on sleds. The weather was amazing and we all enjoyed the opportunity to get outdoors and enjoy the fresh air.

The greatest success is to remain safe and sound. We did well this year - unfortunately we had one injury. We wish our teacher Mr Alisher a quick recovery. This is just proof of how dangerous the upper slope can be.

Students from Preschool 1 to Grade 1 enjoyed having the school to themselves for their day of winter activities. A big thank you to all who made this logistically complex day so successful, and to the preschool and lower primary team for their work in organising events for our younger students.

Mr Zeljko, Head of Physical Education



CPR, BROC AND KTI AWARDS

A huge well done to our following award winners:

CPR (Caring, Principled, Reflective):

Emilia (Grade 0)

Eseniya (Grade 0)

Azlan (Grade 5)

Lillian (Grade 8)

KTI (Knowledgeable, Thinker, Inquirer):

Maya (Grade 1Y)

Alima (Grade 1Y)

Ruslan (Grade 7Y)

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

Saliya (Grade 8)



On Monday 7th February, our basketball Junior Varsity Boy's (JVB) and Junior Varsity Girl's (JVG) teams played friendly matches against their peers from Hope Academy and QSI. During the match they demonstrated team spirit and the will to win; they showed great improvement since earlier games, and managed to control the game from the first minute to the last.



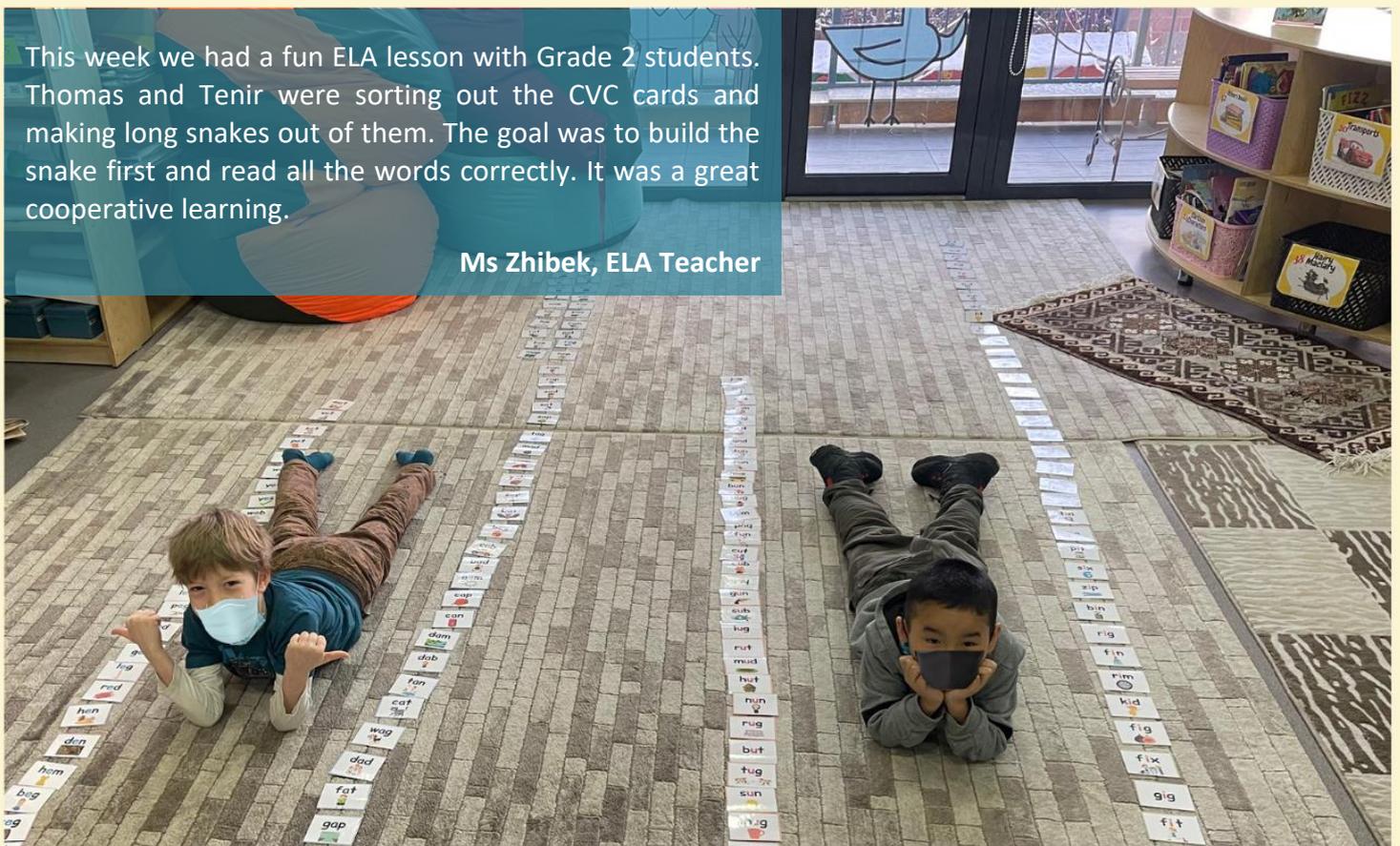


Grade 1Blue celebrated along with Grade 0 the 100th day of school! We made a list of 100 words we knew, estimated which bag had 100 beads, and then had to count them all to make sure!



This week we had a fun ELA lesson with Grade 2 students. Thomas and Tenir were sorting out the CVC cards and making long snakes out of them. The goal was to build the snake first and read all the words correctly. It was a great cooperative learning.

Ms Zhibek, ELA Teacher



BIS Snapshot: Winter Sports Day



LES ECRANS ET LEUR EFFECTS

Si les enfants pré-scolaires passent beaucoup de temps devant les écrans, la structure de leur cerveau pourrait être modifiée.

L'Hôpital de Cincinnati a trouvé que la substance blanche de notre cerveau est responsable pour le langage, la lecture, l'écriture et l'auto-régulation. Une étude avec 47 enfants avec des tests cognitifs et IRM montre que plus les enfants passent du temps devant les écrans, plus cela nuit à la substance blanche. Mais d'après le Docteur Jamouille, un lien causal ne peut pas être démontré. Le Docteur Jamouille conseille la modération.

Autrefois on pensait que le cerveau était fixé. Après avoir lu et fait les recherches, j'ai compris que l'intelligence humaine est formée par les gènes et notre développement, disent les scientifiques. L'environnement modifie continuellement notre cerveau même les jumeaux ne sont pas identiques dans le cerveau, d'après mes recherches. Dr. Catherine Vidal dit que les enfants isolés se développent plus lentement ou au pire cas pas du tout. On entend beaucoup les cris des parents qui disent que le comportement des adolescents est inacceptable mais nos biologistes ont trouvé que ce comportement difficile peut être attribué à une croissance dans le cerveau. Les biologistes ont aussi trouvé que nos nerfs se régénèrent toute la vie.

Pour conclure si vous voulez que votre cerveau fonctionne bien et que vous compreniez vos amis, ne regardez peut-être pas aussi beaucoup d'écrans.

SCREENS AND THEIR EFFECTS

If preschoolers spend a lot of time in front of screens, their brain structure can be altered.

Cincinnati Hospital has found that a white matter in our brain, is responsible for language, reading, writing and self-regulation. A study with 47 children with cognitive and MRI tests shows that the more time children spend in front of screens, the more it harms this aforementioned white matter. But according to Doctor Jamouille, there is anecdotal evidence for a causal link to be made between the two. Doctor Jamouille advises moderation.

It used to be thought that the brain was unchanging. After reading and doing the research, I have understood that human intelligence is shaped by genes and our development, as some scientists say. The environment continuously changes our brain, even twins are not identical in the brain, according to my research. Dr Catherine Vidal says that isolated children develop slowly or at worst not at all. We hear a lot of cries from parents who say that teenage behaviour is unacceptable, but our biologists have found that this difficult behaviour can be attributed to growth in the brain. Biologists have also found that our nerves regenerate throughout life disproving the idea that the brain is unchanging.

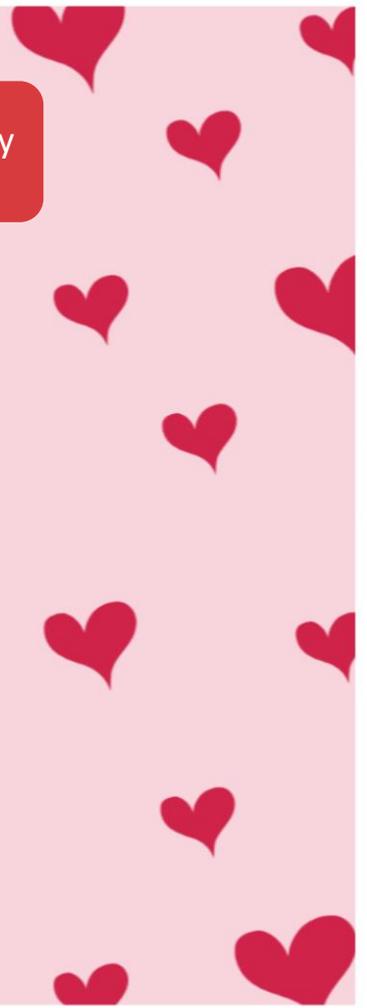
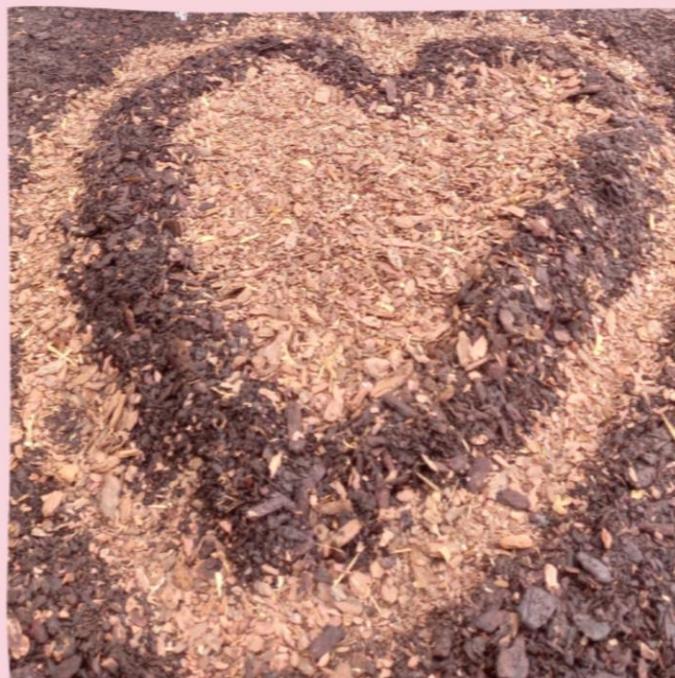
To conclude, if you want your brain to work well and understand your friends, maybe don't stare at too many screens.

Nathan, Grade 9 Student



Preschool and primary students were visited by some fantastic performers from the Musa Jangaziev Puppet Theater on Friday. They enjoyed a performance in Kyrgyz entitled "Cheerful Friends."

Students Elija, Nikolaus, Erik and Alex got creative getting ready for Valentine's Day this week in the playground!



VALENTINE'S WEEK

Next week, from 14th to 18th BIS will be having Valentine's week for students! Student Council and Events Committee are very excited to share our plans for Middle and High School:

-  Mailboxes where you will be able to drop your Valentine's day cards at the cafeteria (from 14th to 18th of February) and receive them on 18th of February during form class,
-  14 house points for dressing in white, pink, and/or red (14th of February only). House points will be collected by teachers for the whole day and by StuCo members during lunch in the cafeteria,
-  Interactive poster "Caught You Caring" near the library, where you can share kind interactions you've had with members of the BIS community,
-  Scavenger Hunt where you can search for poetry pieces around the school and receive house points (14th of February only).



To show appreciation to our heroes

PAMC PRESENTS

BIS Annual Staff Appreciation Breakfast

**February 17, 2022, Thursday @ 08:00-09:00
School Cafeteria**

*Please drop off or send in your food donations
with your children in the morning of 17th.*

HOUSE POINTS SCORE

Congrats to everyone who wore something red to celebrate Lunar New Year last Thursday! Guess who scored the highest?

(Drum roll, please) Phoenixes!!! They earned 580 points, Piranhas - 540 points, and Snow Leopards - 350 points! Even though Piranhas were very close, Phoenixes took the lead!

TOTAL HOUSE POINTS SCORE:



16534



17509



14568

SCHOOL CALENDAR FOR 2022/2023

The calendar for academic year 2022/2023 is now available [here](#).



SCHOOL YEAR 2022/2023

■ School Vacation
 ■ Public Holiday in KR – School Closed
 ■ Teacher In-Service Day
 ■ Sports Events
 ■ Events
 ■ Meetings or Exams

August 2022							September 2022							October 2022							November 2022							
M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	
1	2	3	4	5	6	7	5	6	7	8	9	10	11						1	2	31	1	2	3	4	5	6	
8	9	10	11	12	13	14	12	13	14	15	16	17	18	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
15	16	17	18	19	20	21	19	20	21	22	23	24	25	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
22	23	24	25	26	27	28	26	27	28	29	30	17	18	19	20	21	22	23	21	22	23	24	25	26	27			
29	30	31											24	25	26	27	28	29	30	28	29	30						
15 – 19 August: Teacher In-Service Orientation 22 August: First Day of School 26 August: Meet the Teachers 31 August: Independence Day – public holiday							9 Sept: All Parents Meeting – Parents Association 17 Sept: Asia Day Festival 23 Sept: Upper Primary, Middle & High School Sports Day							12 Oct: Individual Parents-Teacher Meetings 14 Oct: UN Day at BIS 17-21 Oct: Autumn/Fall Break 28 Oct: Fall Festival/Halloween							7-8 Nov: Days of History & Memory of Ancestors 8 Nov: Holiday moved to 24 th February 19 Nov: BIS Annual Debate Tournament 25 Nov: Friendsgiving Dinner – Parents Association							
December 2022							January 2023							February 2023							March 2023							
M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	
			1	2	3	4	2	3	4	5	6	7	8	30	31	1	2	3	4	5				1	2	3	4	5
5	6	7	8	9	10	11	9	10	11	12	13	14	15	6	7	8	9	10	11	12	6	7	8	9	10	11	12	
12	13	14	15	16	17	18	16	17	18	19	20	21	22	13	14	15	16	17	18	19	13	14	15	16	17	18	19	
19	20	21	22	23	24	25	23	24	25	26	27	28	29	20	21	22	23	24	25	26	20	21	22	23	24	25	26	
26	27	28	29	30	31								27	28						27	28	29	30	31				
10 Dec: BIS Anniversary Show – Official School Day 16 Dec: Last Day of First Semester / Ded Moroz 19 Dec: 6 Jan – Winter break							7 Jan: Orthodox Christmas 9 Jan: First Day of Second Semester 18 Jan: Parent-Teacher Meetings 27 Jan: Winter Sports Day							14 Feb: Valentines Day organized by Students 21 Feb: Languages in Our Lives Day 23 Feb: Homeland Defender's Day 24 Feb: Holiday moved from 8 th November							3 March: STEM Fair 4 Mar: BISMUN – Model United Nations 8 March: International Women's Day 17 March: Nooruz Celebration at BIS 21 March: Nooruz Public Holiday 20-24 March: Spring Break							
April 2023							May 2023							June 2023							July 2023							
M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat	Sun	
				1	2	3	1	2	3	4	5	6	7				1	2	3	4						1	2	
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
24	25	26	27	28	29	30	29	30	31				26	27	28	29	30			24	25	26	27	28	29	30		
7 April: April Revolution Day – public holiday 15 April: Europe Day Festival 21 April: Orozo Ait – public holiday 28 April: All Parents Meeting – Parents Association End of April: IBDP and IGCSE Exam Sessions start							1 May: Labour Day – public holiday 5 May: Constitution Day – public holiday 8 May: Primary School Sports Day 9 May: Victory Day – public holiday 13 May: BIS Got Talent and Art Exhibition 16 May - MYP 3 Community Project 20 May: Parents Association Garage Sale 27 May: Africa Day Festival 2 June: All Parents Meeting – Parents Association							3 June: High School Prom 8 June: Class of 2022 Reflection Dinner 9 June: High School Graduation Ceremony 12 June: Graduations for Preschool 3, Grade 5, Grade 8 13 June: Primary School Water Sports Day 14 June: Parent-Teacher Meetings 15 June: Last Day of School /All Americas Barbecue 16 June: Teacher In-Service Day							July: Vacation 1 July: Kurman Ait – public holiday 3 July: Public Holiday for 1 July First day of school 2023/24: Monday August 21 st							

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 14th-18th is **Menu B**.

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

This week our Preschool 1 continued talking about food that is healthy and unhealthy for our body. We discussed how healthy food helps us stay strong and healthy. If we eat unhealthy food every day, such as chips, pizza, chocolate, ice cream, then our body will not receive enough vitamins for good growth, and our teeth and stomach will hurt. We simulated two different boxes with a large mouth, after which our children had to sort the pictures of healthy or unhealthy food and put them in the appropriate box. On Wednesday we talked about fruits and vegetables where they grow. Vegetables grow on the ground, while most fruits grow on a tree. To see how vegetables grow, we planted onions in a plastic tray so that we can watch and water them every day and see the changes. For creativity, we made a craft-carrot from cardboard with lentils, then glued soil on the carrot to make it look like the carrot was growing. The next day we set the table and tried different types of fruit, and together we prepared a fruit salad. The children really enjoyed making it together and watching all the processes. The week has been productive and rewarding.

Ms. Tina, Preschool 1 Homeroom Teacher



PRESCHOOL 2

This week, Preschool 2 students continued to learn about how people can express their emotions through music. Together, we joined in fun activities and enjoyed doing them. On Monday, our friends listened to various music and drew the emotion that they experience when they hear each music. We had different feelings like happy, sad, excited, angry and more at the end of this activity. On this day, we also visited our library and Ms Gulbara introduced us different Kyrgyz musical instruments and showed us how they make a sound. The other day, we played a game where each friend in the class had a turn to draw one emotion picture and explain it to the friends, while other friends had to listen and guess what feeling that friend has drawn.

For artwork, we made acastanets out of nut shelves, a dinosaur out of foam material and a feeling poster with our pictures. In our literacy development, we learned the “d” phonic sound and discovered that Diana’s name starts with this sound.

During this week, we also had some visitors in our classroom who shared their musical skills with us. Every teacher who came to our class played on their musical instruments and talked about feelings that they express through music. It was interesting to see our friends acting differently in each music. Our friends were dancing when they heard happy music, or pretended to take a nap when it was calm music or opened their mouth when it was spooky music. We would like to thank our teachers for coming to us and sharing their experience with us! We appreciate it a lot.

Ms. Begimai, Preschool 2 Homeroom Teacher



PRESCHOOL 3

Our Preschool 3 friends had an amazing week. This week we learned about the letter "u". To help us learn about the letter, we played with beautiful umbrellas outside.

We also looked up "The Very Hungry Caterpillar" again because it has become one of our favorite books. So to help us celebrate this beautiful book, our teachers ordered some very interesting creatures for the class. Some cocoons, just like in the book about the very hungry caterpillar, turned into beautiful butterflies. It was really interesting to see how the cocoons turned into butterflies. We also had a lot of fun drawing pictures of butterflies.

Next week we will look at the letter "l". We will also be putting on a puppet show for the Preschool 1 & 2 friends about The Very Hungry Caterpillar.

Ms. Carmen, Preschool 36 Homeroom Teacher, Head of Preschool

