



Overseas Family School High School

Master Policy:

To maintain a happy, safe and effective school for overseas families living in Singapore

Principal's Message

Both new and returning students should, by now, have settled into a routine of active engagement in their classes and steady application to homework assignments. Parents and guardians can help by:



- checking homework on-line
- checking assessment results online
- reading over daily events in the online HS Gazette
- setting specific times for homework and study
- ensuring subject material is well organised into smaller folders for use at school
- ensuring larger storage files are maintained at home
- monitoring the use of the computer which, ideally, is located in a common area

Our Homebase program is helping students consider and respond to issues such as time management, goal setting, character strengths, relationships, responding well to their successes – and failures – and planning for their examination revision.

Friday, 5 October 2018 is the end of our first quarter. Teachers will be completing the marking of summative assessments up until that date and through the holiday. Quarter 1 reports will be posted out once we return to school after the October break.

This issue reviews some of the ninety clubs, sports, arts and service activities your child can join, to achieve a healthy balance in their lives.

If you have any concerns do not hesitate to contact me at the school or by email. (suzanne_bentin@ofs.edu.sg)

Suzanne Bentin
High School Principal

Upcoming HS Events

(also available on the school website):

Wednesday, 17 October: **Quarter 1 Reports posted home**

Friday, 26 October: **IBMYP Personal Project Exhibition**

26 November - 4 December: **Semester examinations**

The Internationalism Award is awarded at the quarterly assembly to any students who:

- are a good representative of their own country and a good role model for others, especially younger students
- have a positive attitude and a genuine interest in the languages, customs, or culture of others
- are a contributing force in the life of the school, e.g. assisting others in class; outside of class in any ECAs, sports, Arts, service activities where they show genuine engagement

TEDx Youth@OFS

Congratulations to our TEDx Youth@OFS event leaders and crew! The evening was filled with an incredible energy, positive interactions and powerful "take-aways" from our 5 external and 3 student speakers. The positive feedback has been overwhelming!

On behalf of the TEDx crew, I would like to thank the Directors, the IT Department and the school community for their support of our first TEDx event.



(Nathalie Buckland-Brough – Deputy Principal and IB MYP/IGCSE Coordinator)

IB Diploma News – Education For Life

GRADE 11:

Assembly

- On 6 September 2018, a grade level assembly was held for Grade 11 students. A highlight of the event was the excellent opening performance by Meher Motial (vocal) and Nick Lam (guitar). Other items included student-led presentations on the TEDx Youth event, the Earth Club beach cleanup plans, and the MUNOFS Conference with its associated Youth Leadership Workshops. Students Kritika Venkateswaran and Dev Natarajan gave a presentation on High School Spirit Week. Mr. Simon Dench, Mr. Phillip Riordan and Ms Elisabeth Lavin-Peter provided detailed information on important issues ranging from dress code to academic honesty. The assembly concluded with some encouraging reports by students about their Homebase challenge, focusing on international-mindedness. Many thanks to all the student and teacher contributors to this assembly.

Creativity, Activity, Service (CAS)

- Students are well into their CAS programs. A few examples of CAS activities are Knitting for Charity, Peer Tutoring, Earth Club, Choir, and Riding for the Disabled.
- The school welcomes parental support in helping students undertake their CAS experience. Please contact our CAS Coordinator, Ms. Arin Mares-Manton (a_mares-manton@ofs.edu.sg) if you would like more information on our CAS program.



GRADE 12:

IB Registration for Diploma and Course

- Registration forms for the May 2019 IB examinations will be posted home in the first week of October 2018. These forms must be completed and carefully checked by students and parents, and returned to Ms. Maureen Goh by Friday, 26 October 2018.
- Please note that the IB will charge late registration fees to any changes made to registration details after 15 November 2018.

Extended Essay (EE)

- Students presented their first submission on 17 August 2018, and would have received feedback from the EE supervisor since that time. To help students focus on completing their final writing of this task, they are being given some class time on Thursday, 4 October 2018.
- **The final submission deadline is 2:30 pm on Tuesday, 23 October 2018.** The report must be up-loaded to ManageBac and Turnitin by this time. Students are advised not to leave the uploading of their EE papers to the last moment.
- Please note that this is a required component for full IB Diploma students and failure to meet the final deadline is a 'fail' condition for the IB Diploma.
- Thank you to the teachers who have been individual student supervisors and to Mr. Andrew Holloway for the work they have been doing to support all EE students.

Creativity, Activity, Service (CAS)

- Students should be finishing their CAS program this semester. If there are any concerns or issues in this regard, please contact Ms. Mares-Manton (a_mares-manton@ofs.edu.sg)
- Thank you to parents for your continued support in helping students complete a meaningful CAS experience.

Learning Support

- Applications for inclusive access arrangements will be submitted to the IB in mid-November. All requests should be made to Ms. Helen Green (helen_green@ofs.edu.sg) by Monday, 15 October 2018.

If you have any questions or concerns regarding the IB DP Program, please feel free to contact me at my email address (phillip_riordan@ofs.edu.sg) or Mr. Simon Dench, the IB DP Assistant Coordinator (simon_dench@ofs.edu.sg).

(Phillip Riordan – IB DP Coordinator)

IB Business Management Field Trip to Khong Guan

During August this year, Grade 12 IB Business Management students visited Khong Guan Biscuit Factory in Jurong. Different groups of students and teachers visited the factory over several days. This allowed smaller groups of no more than 20 students to visit each time. The small groups meant the students enjoyed a more personal tour. Each group enjoyed an introductory talk before being given a tour of the factory and its processes. They were able to see how the different types of biscuits are produced and packaged. The tour included a visit to the factory museum to see how the packaging styles and flavours had changed over the decades.

Junior High School News

Our Grade 9 and 10 students are learning, first hand, the importance and benefits of what it means to be a “**balanced**” IB student.

Balancing their everyday school demands with that of academic deadlines, extra-curricular activities, MYP Action, family, friends, and for the Grade 10 students, the Personal Project, can be overwhelming even for the most organised students. That is why, this month, as part of our Homebase Program, we are emphasizing the Approaches to Learning (ATL) skill: Organisation with our Grade 9 students and Positive Emotion through Mindfulness activities with our Grade 10 students.

What strategies and tools do our students use to prioritise their tasks and stay on top of important deadlines? How do they balance their everyday lives? Understanding the importance of “just breathing”. What kind of activities can they do to de-stress? Our hope is that our students will learn and adopt strategies that will have a positive impact on their “balancing” act.

In addition, there are plenty of support systems in place in the High School, which can ease some of the stress. From our Peer Tutoring and Personal Project Support Groups to the after-school Academic Support Program, we are here to guide, comfort, and help.

As a parent, you will sense when your child might feel “unbalanced” and may need to turn to us for support. Please feel free to communicate with any member of the High School should you have any concerns.

(Nathalie Buckland-Brough – High School Deputy Principal and IB MYP/IGCSE Coordinator & Aida Blat-Palacios – IB MYP/IGCSE Assistant Coordinator)



At the start the factory tour – hairnet is a must for hygiene reasons.

The highlight of every tour was being able to try the free samples! The students will now use the information from the trip to help them prepare for the final IB examination.

(Nigel Whittlestone – Business and Economics Subject Area Leader)

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Our Alumni "Giving Back"



Basil and Jana answering questions

During September every year, a number of our illustrious OFS Alumni return to High School, either to catch up with members of staff who taught them or to visit the Pasir Ris campus for the first time.

This year is no exception, with a large number of our senior students attending a presentation by our former student Jana Obajdin and her friend Basil Gygax, sharing the challenges that lie ahead of them in tertiary education.

Jana left OFS in June 2014 to follow a Bachelor Course in Bio-Chemistry, which she has just completed at Leeds University. Next year, she will start a PhD at Kings College London in Stem Cell Research.

In addition to the Medical Scholars Club, the Chemistry and Biology students were extremely keen to attend our session, as understanding Stem Cells is part of their IB courses. Needless to say, the question and answer session was both informative and incredibly useful to them.

Furthermore, Jana and Basil gave a detailed explanation of their pathway through university. They both spoke about their placements, internships, as well as how they had changed the direction of their courses. Our High School students certainly benefited and could certainly relate to this information from former students who have recently graduated.

We look forward to seeing Jana and Basil again, and other Alumni speakers "Giving Back" in the near future!

(David Spence-Reid – Academic Planning Officer)

AtLs in Mathematics

Grade 9 students have been working on their Approaches to Learning (AtL) skills during Mathematics lessons. The students in the picture, Kaito Fukushima, Aaryan Kapur and Choi Ye Won, are learning to collaborate, communicate, organise and reflect during a map reading activity in Mr. Eugene Burger's class.



Students were encouraged to help each other succeed by sharing and listening to each other's ideas. The activity also required students to organise and reflect on their calculations in order to give feedback to the rest of the class.

(Eugene Burger – Mathematics teacher)



More acts of kindness – OFS students caring for each other (during MYP 9 Drama class)

(Louise Ballantyne – Performing Arts teacher)

International Coastal Cleanup (ICC) and OFS Beach Cleanup News



On Saturday, 15 September 2018, a beach cleanup could easily have been mistaken for a family outing. Our group ranged in age from three years old to almost fifty. But make no mistake, we were from OFS and we were there to clean a section of Pasir Ris Beach, Beach 6, directly below our school. But we were not only there to pick up marine trash, we were also tabulating the data to be collated with that of another 6 million volunteers in over 90 countries. Our data will be used to inform governments and environmental groups on what is washing up on our world beaches.

We did not experience high trash loads on this cleanup and were informed by our local ICC organisers, at NUS and the Ocean Conservancy, that it was because the North East

Monsoon had not yet arrived. However, we still managed to pick up over 700 styrofoam pieces, 80 cigarette butts, 76 food wrappers, 67 straws and 77 bottle caps (27kg in all). Most of these items were, of course, plastic.

From this experience, we have an ever growing appreciation of how our actions leave a plastic footprint behind us. We reflected on how pleased we were that in April the High School students took action to start a "refuse the straw and plastic bottle" pledge. At least we know we are taking action to reduce the number of bottle tops and straws that may wash up on our beaches.

If you would like to play a part in reducing your plastic waste, you can join an OFS beach cleanup, sign up on our next pledge day and be mindful of your daily consumption of plastic non-reusables.

Earth Club wishes you a plastic free life!

(Asmi Shukla and Anneloes De Moel – Grade 11 & Ms. Jean Curry – Earth Club teacher)





Grade 11 and 12 students in Joutes Oratoires

On the Tuesday, 18 September 2018, six French B students from Grade 11 and 12 went to Tanglin Trust School to take part in "Joutes Oratoires" (Debates in French). This event has not only allowed our students to practise their oral French skills, but also to interact in French with students from different international schools from all over Singapore. For example, Kritika Venkateswaran mentioned that, for the first time, her friends and herself spoke French for two to three hours without interruption. This experience was really enriching.

Our six brave students showed an excellent ability to express their ideas and opinions on current French news. The students enjoyed exchanging their different points of view in French in a friendly and relaxed atmosphere. The French Department congratulates Deepak Narayan and Kritika Venkateswaran of Grade 11, and Anika Deshmukh, Gauri Gupta, Rubab Khan and Sanjana Prabhakar of Grade 12 for their hard work and their exemplary attitude during this activity.

(Marie-Aline Blin – French teacher)



From The Parent Association (PA) Desk

WORKSHOP ON CYBER SECURITY: CHILDREN CYBER BEHAVIOUR AND CYBER PARENTING

The Parent Association (PA) would also like to invite all parents to a workshop on Cyber Security: Children Cyber Behaviour and Cyber Parenting.

Event : **Workshop on Cyber Security: Children Cyber Behaviour and Cyber Parenting**

Date : **Thursday, 18 October 2018**

Time : **10:00 a.m. – 12:00 p.m.**

Venue : **PA Lounge (Level 4 of Administration Block)**

This generation of parents is raising children in a rapidly evolving cyber landscape. The internet can be of great benefit to your child, it can be a good source for their homework, projects and connecting with their friends and relatives overseas. However, there are risks for children and parents need to know how to keep their children safe while using the internet.

Please join us for this workshop and register your attendance by signing up on the OFS webpage: <https://www.ofs.edu.sg/info/parents/sign-up-2/>

For more information on these events, please visit www.ofs.edu.sg. If you have any questions, please feel free to contact our Chairperson by email at: parent_association@ofs.edu.sg.

Sports News

CROSS COUNTRY

The first group to represent OFS High School in sports this semester was a Cross Country contingent that competed at the UWC East Cross Country 5k Invitational held at Bedok on 11 September 2018. Students from many of Singapore's International schools took part in this lead-up event to the championship race scheduled for late October. Malika D'sa (Grade 9) claimed 6th spot in the 16U division, a fantastic result considering she has another two years to compete in this age group.

Many of our team sports will compete in the weeks to come, so look out for more sports news in the next newsletter.

(Jason Lawrence – Dean of Physical Advancement)



The Youth Touch Football World Cup, Malaysia

The Youth Touch Football World Cup was held in Malaysia, Kuala Lumpur, on 8-12 August 2018 and Singapore sent 3 youth teams to participate in this international tournament. One of our students, Ethan de Villiers, was selected for the team and played for Singapore in the Men's 20s team. The team performed well and made it to the bronze finals against South Africa, losing, however, to the more experienced team.

(Anne Goh – Touch Football Coach)

