As the Semester comes to an end it is an important time to reflect on what has been achieved and to farewell departing students and staff. This semester we have implemented the school-wide Visual Learning framework that focuses on student-centred learning and empowering the students to take control over their own academic outcomes. In so doing, they are learning to think deeply, work independently and will have developed lasting friendships. They also developed self-esteem and their unique identities by participating in sporting, pastoral and cultural activities. But above all, I hope this semester that our students have re-discovered the joy of study, and the great pleasure that results from sustained effort in all that they do.

Some people may say that education is about what is taught and the teachers who teach it, and to a large extent this is true. However, education is also about what happens in the playground, in the cafeteria, on excursions, between classes and during assemblies, Team Building Days and Walkathons. It is about the subtle learning that occurs as a result of the culture and values of our School;

- the way we speak to each other,
- the way we care for each other,
- the way we care for our School grounds,
- the way we sing the national anthems of Malaysia and Australia as well as our School song,
- the way we listen attentively when students, teachers and guests speak to us, and
- the way we know when to applaud and when to remain respectfully quiet at assemblies.

It is a combination of all of their experiences at AISM that builds each student’s character and contributes to them becoming articulate, confident and respectful young adults who are able to make significant contributions in their chosen fields of endeavour. This is the hallmark of an AISM education!

Next week we farewell a small number of students who are mostly returning to their home countries following completion of parent contracts in Malaysia. We wish all of those students well and invite them to return to us for a visit whenever they are next in Malaysia. In their place we will be welcoming about the same number of new students. I know that you will all make the transition into our community for these new students a smooth and friendly time as we can all remember what it was like to be new.

We also farewell Mr Dileep Matthews, his wife Vani and Ms Meg Jones who will be furthering their careers in other countries. We thank them for their contributions to the life of the school and to the wellbeing of our students in the time they have been at AISM. During the vacation, we will welcome Mr Justin West as our new School Counsellor and Ms Joanne Cooper as our new Head of Mathematics. We will provide a more detailed introduction to them at the start of next term.

I wish all of our families and staff a relaxing vacation and look forward to your safe return to us in Term 3. It is soon time to rest, reflect and refresh in readiness for a new Semester.
Message from Middle & Senior School

As we come to the end of a very busy semester, I would like to wish all students and families a well-deserved and relaxing break.

The international school setting is always one of a transient nature and regardless it is always difficult to say goodbye to our students. I would like to wish those families that are leaving our school community the very best in their future endeavors and if you are returning to KL at any time, we are more than happy to have students visit the school.

This semester has been filled with so many great academic challenges for our students. I hope that they have been able to reach their targets and goals. The demonstration of talent among our student body is inspirational as I have witnessed the success of so many students academically in terms of their individual results and academic competitions; creatively through the Senior School Production and musical concerts; physically through both the individual and team success.

One of the academic highlights has been the success at the KL Round of the World Scholar's Cup and next week our team will compete in the international round of the competition. I wish them every success over the course of the week.

Another great whole school event, the Walkathon, was held this week. There are only a few occasions when the whole school can come together but when they do, it is wonderful to see the energy and excitement. Thank you to Ms Colleen Derham, teachers and students for the successful organisation of this event.

We would also like to thank his wife Vani for assisting us in the Middle and Senior School on so many occasions as a relief teacher. We have been very appreciative of her willingness to come in on short notice to assist our staff. We would like to wish them all of the very best as they take on the next part of their journey in Taiwan.

Ms Meg Jones, our school counsellor, will also be departing AISM at the end of this term. Ms Jones has been a great support for our students over her year and a half at AISM. Her work individually with students and with the Student Representative Council in the Junior School has been very much appreciated and valued. As Ms Jones moves to her beloved destination in India, we would like to thank her for her contribution to our school and wish her the best in her new school.

International Day will be held on 12 August. One of our activities will be creating a mural using bottle tops. Therefore we need your help in collecting bottle tops of all colours shapes and sizes. There are big green bins located throughout the school for you to place them in. In addition to this we will be asking students to audition for the International Showcase which will take place in the afternoon. Students will have the opportunity to perform acts which represent a culture within the school. It is one of the highlights of the year so I encourage you to join us. A programme will be provided for parents closer to the time.

The holidays are times for students to take stock of their well-being and enjoy doing things that kids should do. I look forward to seeing them all back on the 22 July and wish all that are travelling a safe journey.
Chalk Poetry: Years 6 and 8
Glen Coulter, Acting Head of English

The Years 6 and 8 English classes were recently involved in a chalk poetry activity in the school.

It was an opportunity for students to publicly showcase some of their poems they had developed over the term in their poetry units. Students were able to use coloured chalk to create their poems and include associated artworks.

For more photos click here: Chalk Poetry

Field Trip to FRIM
Wenche Naftel, Teacher

Year 6 went to FRIM as part of their Science and HSIE program.

At AISM we love to be adventurous and have fun, so our awesome teachers decided to go to Forest Research Institute Malaysia (FRIM), the biggest man-made rainforest in the world. The whole of Year 6 went on the grueling trip. It took hours to get there. Luckily Vishnu had his trusty speakers and his phone so we sung along to the energised music. When we finally got off the bus we entered the hot and stuffy rainforest. First the tour guide led us through the museum filled with wood carvings. As we finally entered the large rainforest we walked through the beautiful scenery as the sun beat down on us. We passed broccoli shaped trees that looked like a canopy staring down at us. It was beautiful. The sun poured through the trees making them shine brightly. The walk to the canopy was the worst, but it was worth it. The view from the canopy was breathtaking as we overlooked KL.

by Sabrina, 6G

On the 4 June the whole of Year 6 went on an excursion to FRIM which is a man-made rainforest. The bus ride took an hour and when we arrived there we formed two groups and met our tour guide.

Our guide led us into a museum first and we saw different objects that were made out of wood and learned a lot about wood. We learned how wood was used for making food tools and that the darker the wood the heavier it is. After the museum, we took a walk in the rainforest. It was really cool and our tour guide told us everything he knew about everything we saw. For example, he showed us another vegetable we could use instead of ginger and lots of different trees.

by Jerome, 6G
Next we went on a 3.5 kilometre walk through the rainforest where we discovered that when a leaf gets brown and small it doesn’t need sunlight and water because it doesn’t produce photosynthesis (the way plants take carbon dioxide from the air and make oxygen). We kept walking until we saw what looked like a floating caterpillar, but it was just a caterpillar on a fine string. We saw a leech and our guide let it bite him to demonstrate what it looks like.

After that we went to something called a canopy walk. It had light green netting and we shuffled across what is supposed to be a ladder with planks on it.

*by Nicolas & Ka Hoe, 6G*

On 4 June, the whole Year 6 went to FRIM. They went to FRIM for research and to learn more about the rainforest. Our guide, Mr. Wahid told us many new things that we didn’t know. We had a lot of fun in the rainforest. The scariest part was on the bridge. The bridge was so high and wobbly. We all were able to see most of the tall buildings in Kuala Lumpur from the bridge. We walked up the hill to the canopy layer, it was about 3.5 km. Our guide told us that the whole rainforest was man-made. We also learnt that in that rainforest there are 14,000 species of butterflies and 2000 species of snakes. We were all so tired when we reached the halfway point to the hill. After crossing the bridge, Mr. Wahid told Zain to lead the way to the waterfall.

Year 6 went to FRIM as part of their Science and HSIE program. Back at school they have completed a variety of activities relating to the rainforest. Below are the links to view two work samples.

*by Zac, 6G and Louisa, 6M*

Click here for: 

*Journey into the Amazon Rainforest*

Click here to view a student’s work sample: 

*Endangered Species*
World Scholar’s Cup, Malaysia Round
AISM Wins First Place in Senior Division

Christopher Broadbent, Careers and Pathway Planning Coordinator/Teacher

World Scholar’s Cup Kuala Lumpur Regional Round AISM Results

<table>
<thead>
<tr>
<th>Award</th>
<th>Student(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scholar's Bowl 5th place</td>
<td>Team 104 - Taasia, Erja, Airyl</td>
</tr>
<tr>
<td>Scholar's Bowl Honour Roll</td>
<td>Team 101 - Alex, Valentyn, Declan. Team 103 - Zak, Kimberly Kaveen</td>
</tr>
<tr>
<td>Individual Debate Junior Division 8th place</td>
<td>Valentyn</td>
</tr>
<tr>
<td>Individual Debate Senior Division 6th place</td>
<td>Kavya</td>
</tr>
<tr>
<td>Scholar's Challenge (JD) Gold for Arts</td>
<td>Alex</td>
</tr>
<tr>
<td>Scholar's Challenge (JD) Gold for Science</td>
<td>Alex</td>
</tr>
<tr>
<td>Scholar's Challenge (SD) Gold for History</td>
<td>Kavya</td>
</tr>
<tr>
<td>Scholar's Challenge (JD) Silver for Art</td>
<td>Sandhaya</td>
</tr>
<tr>
<td>Scholar's Challenge (JD) Silver for History</td>
<td>Regina</td>
</tr>
<tr>
<td>Scholar's Challenge (SD) Silver for Special Area</td>
<td>Sakiko</td>
</tr>
<tr>
<td>Scholar's Challenge (SD) Silver for Social Studies</td>
<td>Sakiko</td>
</tr>
<tr>
<td>Scholar's Challenge (SD) Silver for Literature</td>
<td>Sakiko, Yann Ran, Kyra &amp; Imran</td>
</tr>
<tr>
<td>Team Debate (Honor Roll)</td>
<td>Team 103 - Alex, Valentyn, Declan. Team 101 - Zak, Kimberly &amp; Kaveen</td>
</tr>
<tr>
<td>Team Debate - 5th place</td>
<td>Team 503 - Kavya, Yann Ran &amp; Sakiko</td>
</tr>
<tr>
<td>Team Challenge (JD)</td>
<td>Team 104 - Taasia, Erja, Airyl (4th place) Team 101 - Zak, Kimberly &amp; Kaveen (1st place)</td>
</tr>
<tr>
<td>Team Challenge (SD)</td>
<td>Team 504 - Ina, Kyra &amp; Imran (5th place) Team 503 - Kavya, Yann Ran &amp; Sakiko (1st place)</td>
</tr>
<tr>
<td>Da Vinici Award for all round success (JD)</td>
<td>Miyo (4th place) Ghaz (2nd place)</td>
</tr>
<tr>
<td>Da Vinici Award for all round success (SD)</td>
<td>Kaveen (12th place) Kimberley (2nd place)</td>
</tr>
<tr>
<td>Overall Individual Positions (JD)</td>
<td>Declan (23rd place) Minji (20th place) Erja (18th place) Sandhaya (12th place) Alex (14th place) Valentyn (6th place)</td>
</tr>
<tr>
<td>Overall Individual Positions (SD)</td>
<td>Imran (27th place) Yann Ran (24th place) Sakiko (6th place) Kavya (2nd place)</td>
</tr>
<tr>
<td>Overall Team Positions (JD)</td>
<td>Team 104 - Taasia, Erja, Airyl (8th place) Team 101 - Alex, Valentyn, Declan (5th place)</td>
</tr>
<tr>
<td>Overall Team Positions (SD)</td>
<td>Team 503 - Kavya, Yann Ran &amp; Sakiko (first place)</td>
</tr>
</tbody>
</table>

Junior Division Teams

<table>
<thead>
<tr>
<th>Team</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team 101</td>
<td>Kam</td>
<td>Alexander</td>
</tr>
<tr>
<td>Team 101</td>
<td>Santhara</td>
<td>Valentyn</td>
</tr>
<tr>
<td>Team 101</td>
<td>Tan</td>
<td>Jing En (Declan)</td>
</tr>
<tr>
<td>Team 102</td>
<td>Park</td>
<td>Minji</td>
</tr>
<tr>
<td>Team 102</td>
<td>Naftel</td>
<td>Marius</td>
</tr>
<tr>
<td>Team 102</td>
<td>Kewo</td>
<td>Regina</td>
</tr>
<tr>
<td>Team 102</td>
<td>Anatasia</td>
<td>Sandhaya</td>
</tr>
<tr>
<td>Team 103</td>
<td>Qin</td>
<td>Miyo</td>
</tr>
<tr>
<td>Team 103</td>
<td>Abdul Hakem</td>
<td>Izmeth Ghazi</td>
</tr>
<tr>
<td>Team 104</td>
<td>Thong</td>
<td>Taasia</td>
</tr>
<tr>
<td>Team 104</td>
<td>Mohd Suhaimy</td>
<td>Erja</td>
</tr>
<tr>
<td>Team 104</td>
<td>Ahmad Shazli</td>
<td>Airyl</td>
</tr>
</tbody>
</table>

Senior Division Teams

<table>
<thead>
<tr>
<th>Team</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team 503</td>
<td>Sritharan</td>
<td>Kavya</td>
</tr>
<tr>
<td>Team 503</td>
<td>Okayama</td>
<td>Sakiko</td>
</tr>
<tr>
<td>Team 503</td>
<td>Ng</td>
<td>Yann Ran</td>
</tr>
<tr>
<td>Team 501</td>
<td>Pietsch</td>
<td>Zakary</td>
</tr>
<tr>
<td>Team 501</td>
<td>Kam</td>
<td>Kimberley</td>
</tr>
<tr>
<td>Team 501</td>
<td>Parthiban</td>
<td>Kaveen</td>
</tr>
<tr>
<td>Team 502</td>
<td>Tan</td>
<td>Wei Hoong</td>
</tr>
<tr>
<td>Team 502</td>
<td>Millar</td>
<td>Timothy</td>
</tr>
<tr>
<td>Team 502</td>
<td>Yogeswaran</td>
<td>Thesshivna</td>
</tr>
<tr>
<td>Team 504</td>
<td>Hobson</td>
<td>Ina</td>
</tr>
<tr>
<td>Team 504</td>
<td>Lee</td>
<td>Kyra</td>
</tr>
<tr>
<td>Team 504</td>
<td>Wan Suhaimie</td>
<td>Wan Imran</td>
</tr>
</tbody>
</table>
The weekend of 6 and 7 June saw 24 ‘Scholaroos’ from AISM attend the 2015 Kuala Lumpur Regional Round of the World Scholar’s Cup (WSC). WSC is a program that extends gifted and talented students by introducing them to new ideas and concepts. It then challenges students to perform in a range of different academic events that include Team Debate, Essay Writing, a subject specific examination (Scholar’s Challenge) and a team quiz (Scholar’s Bowl). This year we fielded four Junior and four Senior division teams, and competed against 90 other teams.

Competitors came from all over Malaysia, and the competition was intense. WSC always manages to combine academic performance with fun, so despite the long hours and grueling competition, the event is run in a spirit of friendship and celebration.

Our teams performed outstandingly, picking up over 40 individual awards. The highlights included first places in Junior and Senior divisions for the Scholar’s Challenge, a second place in Junior division for the Scholar’s Bowl and an overall fifth place in the Junior division. Our greatest honour was the final award of the evening. All the scores for all events are tallied and one Junior division and one Senior division team are awarded first place for the whole competition, effectively winning the event. This year our Senior team of Kavya Sritharan, Yann Ran Ng and Sakiko Okayama won first place and were awarded with an enormous trophy. It was so huge that it was actually larger than many of our students! Winning first place overall is a tremendous effort, and we at AISM are so proud of them and all our Scholaroos for putting in such a spectacular effort.

This is a long journey that began in February, with teams training three times a week. We can now enjoy our success, but also prepare and improve ahead of the Global Round at the end of the term. I would also like to take this opportunity to thank Miss Rochelle D'Silva for her support in running this activity with me. It would have been impossible without her hard work and dedication.

For more photos click here: World Scholar’s Cup
Visible Learning

As part of our ongoing commitment to Visible Learning here at AISM, this term we have been focusing on Impact Cycles, which are intended to help us as teachers gain a better understanding of how our students see themselves as learners and how we can help support any learning needs identified.

This is difficult for 3 to 5 year olds to articulate, so our evidence gathering involved us observing our children during a play based activity.

Step 1: (Evidence Gathering)

This activity was done in pairs and used a tub of equipment new and unseen by most children.

We wanted to see how many of our students were actively engaged during this play by manipulating the materials presented to them, verbalising or asking questions about the materials and using role play to try and make connections to real life experiences. The children did this in pairs.

Interestingly, 92% of the children happily manipulated the materials put in front of them. However, only 42% verbalised their play and only 26% asked questions about the materials they were playing with.

The use of, and exploration of oral language is paramount in the development of children’s ability to communicate, express and receive information and build new vocabulary. It was very interesting for us to observe that the majority of our children were not using oral language when exploring a new concept and learning environment. Whilst the majority of the children were engaged and displaying curiosity, it was difficult to know what they were thinking.
Step 2: (Identifying needs)

Our main goal was to encourage the children to verbalise their thoughts and play more openly so that scaffolding, vocabulary, social structures, further explanations and future planning could be built around what the children were saying.

The children were introduced to a special scientist in Week 5, who visited their room with the same tray of equipment the children had played with the previous week. The mystery guest demonstrated to the children how to be curious and find answers at the same time.

They did this by using three types of questions.
1. What do I see?
2. What do I think?
3. What do I wonder?

Step 3 (Implementing Changes)

These three questions have become part of the ELC’s daily language. Curiosity caves have been set up in each room to encourage the children to practise these questions when faced with new and interesting items. In Week 7 this was done in pairs and with guidance from the teachers. In Week 8 the children were encouraged to enter the cave and ‘play’ with peers and practise this ‘learning language’.

Step 4: What is the impact?

Already the children can be heard using this new ‘learning language’ both within and outside of the classroom.

Pui Mun pointing to a Paw Paw tree - “What is that Miss Bianca? What do I See?”

Our final step is to now gather our evidence again by observing our children during another play-based activity. We are interested to see the results of our Impact our Cycle on our children’s ability to become more actively involved in their own learning.

Whilst the results aren’t in yet, we are excited by what we are seeing and hearing within the ELC already. Children are natural and curious learners. We truly hope that this Impact Cycle will help them to embrace their curiosity with confidence and to share it with those around them so that they may learn from and with each other.

Kerry Brown, Head Teacher ELC
Stage 1 Swimming Carnival

Congratulations to all the students from Stage 1 who participated to the best of their abilities in today’s Swimming Carnival. The goal was for as many children as possible to get in the water, develop their confidence, and to enjoy their swim. I am confident that this was achieved. Thank you Mr Pietsch for organising this excellent morning, to the wonderful parents who assisted the children in the water, the PA for providing healthy refreshments and the teachers for their active supervision and involvement.

Semester 1 Reports

End of Semester 1 reports will be available on the parent portal on Thursday, 25 June. If you are unable to access these reports, please contact elearning@aism.edu.my. These are comprehensive documents that refer to your child’s academic and social progress throughout the first half of the school year. If you wish to discuss these reports with your child’s class teacher, please make an appointment for an interview.

Grade of The Week - Foundation

For more photos click here: Swimming Carnival

Levi Chandra

Annis Hiew

Ashlee Halveyt

Taj Rotherham
Sports

Kim Bradley, Middle & Senior School Sports Coordinator

Around the Grounds Wrap Up

Saturday 23 May 2015 @ AISM, 9am Soccer kick off. AISM VS Eaton

U11 won 8-0
Best players;
Alif Awang
Hugo Wright
Rylan Barnes
Flynn Emerson

U13 Won 8-0
Best Players;
Jeremy Bartley - 5 goals
Marius Naftel
Leigh Salani

• Our U/18 Boys and U/15 Girls travelled to Garden International School on Wednesday for a friendly against GIS, however due to rain the games were cancelled.

• On Saturday 13 June, U/13 & U/15 Girls participated in friendly games at Alice Smith. Ina Hobson and Ain Mohd Azuddin were the best players for the U/15 side. However Coach Jafari was impressed with all of the girls who played out of position to accommodate the best fit for the team.

For the U/13 side it was far too difficult to name one or two players as the best because every girl played their heart out in the heat against girls who were older, and at times a great deal taller than them. Thank you to Suzanna, Irish, Tara, Sabrina, Yasmine, Jemma and Jessica and thank you also to the parents who came out to support the girls as well.

Sport & Technology: An app a day will keep obesity at bay

I would like to introduce to our school community some ‘apps’ that the PE / Sport Department are looking to trial for our students. Some of the ‘apps’ are free and some have a small cost. As a school we are committed to instilling in our students, a love of lifelong physical activity.

For our first blog we are concentrating on running and the beginners out there can start with walking. If you are interested in trialling any of these apps you can find them on itunes.

1. Endomondo - GPS tracker
2. 10k Runner
3. Zombies run
4. Kilorun

We would love it if you could provide some feedback on these ‘apps’ and also recommend to our community any other fabulous ‘apps’ that you are using.

Remember to use technology for good and not evil!

In Aussie Slang:

Here are some corker dinkum apps advertised through the bush telegraph. These are for the kids and their oldies. I don't want to earbash you but these are grouse. You might have to kick in for some of em though. So put your sandshoes on and get bush whacked. If you know of any gee whiz ones write and skite about em.

Hooroo

“Number one is just to gain a passion for running. To love the morning, to love the trail, to love the pace on the track. And if some kid gets really good at it, that’s cool too.”

Pat Tyson
Softball

On Saturday 25 April, the girls U15 Softball team played in a round robin tournament at ISKL. The girls played two games before facing off in the Bronze Medal match against ISKL2. We won the match 5-2. The girls all played with such great sportsmanship and had a great time developing their softball skills throughout the weeks leading up to the tournament! Well done to Yasmine McKibbon, Eve Weir, Regina Kewo, Priyanka Krishna, Lucida Atkins, Ina Hobson, Cara Hobson, Ashley Boudeville and Sydney Thomson.

On Saturday 13 June, the boys U18 Softball Team played in a game against Tenby International School. The boys played one game and won 22-1. The rest of the morning was spent playing a friendly match with the Tenby boys, including having some pitches delivered to them from the umpire! The boys played as a team and showed great encouragement towards each other. Great work Kohtaro Matsuda, Kenjiro Kajita, Nabil Rahim, Shoichi Isayama, Suthen Velmaran, Dash Jose, Kosuke Okayama, Nick Werner, Jose Ruiz, Haruya Ichikawa and Ross Weir.

Cricket Fun Day

Damian Pietsch, Junior School CCA Coordinator

Last Saturday almost 30 of our students competed in a Cricket Tournament and Fun Day at Gardens International School. We had two Junior teams representing the school in the Junior Section. Both teams played well, with one of the teams advancing to the semi-finals. The Senior boys' team, competing in the adult competition, played off in the semi-finals, however fell one run short of a grand final berth. This was an outstanding achievement.
A large number of AISM students recently competed in the 2nd event of the International School Triathlon Series. The triathlon was held at Nexus International School on 24 May, with many of our students performing extremely well. Congratulations to all the competitors who attended and competed in the triathlon.

Nexus Triathlon 2015 AISM Results:

**Female Under 6:**
- Alice Pain 2nd

**Female Under 8:**
- Miley Sawler 3rd

**Male Under 8:**
- Hugo Tan 15th

**Female Under 10:**
- Eliza Tan 2nd
- Sara Yap 6th
- Izzy Armstrong 7th
- Elanor Evans 9th
- Harper Pain 10th

**Male Under 10:**
- Darcy Stevens 4th

**Female Under 12:**
- Tania Thong 1st
- Anna Huggel 4th
- Goh Yin Jenn 5th
- Rosie Armstrong 6th
- Mia Tan 8th

**Male Under 12:**
- Gian Sutter 6th
- Euan Latimer 9th
- Finn Dolan 16th
- Sedric Yap 22nd

**Male Under 15:**
- Jeremy Bartley 14th

The next event in the triathlon series is scheduled for November 1st at AISM.

**Sporty Girls' Netball**

Over 50 excited girls competed in the Sporty Girls' Netball Competition on Saturday morning. Due to the overwhelming interest in netball, we were able to field two Under 7 teams, two Under 9 teams and two Under 11 teams. The girls (and coaches) looked great in their new uniforms and they competed extremely hard on the court. More pleasing though were the reports of the great sportsmanship and cooperation that the girls displayed on the day.

A special congratulations to the Under 7 Green and the Under 9 Green teams who came runners up in their divisions.

A huge thank you to our teachers Mrs Kennedy, Miss Tommy, Mrs Brown and Ms Oughton who spent a lot of time and effort before and on the day to make it a great success. Also thank you to our many parent helpers; Leisa Halvy, Suzy Walker, Jocelyn Powell, Michelle Duncan, Emily Durkin, Gayatri Unsworth and Michael Chesterman. A final thank you to the other parents who came along on the day to supported the girls and cheer them on.

**Desa Park Swim Meet**

Last Wednesday, a number of our students participated in a friendly Swim Meet with the International School at ParkCity. All the swimmers competed very strongly and showed amazing team spirit. Many of the swimmers swam personal bests, which was a highlight of the evening. A special mention to all the Under 11 swimmers who competed in the Under 13 categories and especially to Euan Latimer who filled in for the relays. Thanks to Mrs Janett and Mr Springer for their efforts and support. Also to the mums and dads who came along to cheer the team on. Great job, Swim Team!
Message from Performing Arts
Malcolm McCormick, Head of Arts

Music Concert Series

In Week 8, there were two Music Afternoon concerts from the Middle and Senior Schools. On Monday 8 June, every student in the Middle School performed as part of a class ensemble ranging from Australian landscape inspired songs from Year 7, multi-part guitar pieces from Year 6 and Greenday songs from Year 8. In addition, the AISM Orchestra played a Dvorak Symphony movement and accompanied the InTunes vocal group’s rendition of ‘Somewhere Over the Rainbow’. Following this, on Tuesday 9 June, the Senior school were the feature again with items from Years 9 and 10 with some Jazz inspired songs; Wei Wen gave a piano solo and Year 12 performed some of their examination pieces. In addition the Rock Club CCA performed a lively rendition of ‘Runaway Babe’ and the Orchestra played a mash up of ‘Teenage Dream’ and ‘Superbass’. Thank you to all of the students for their hard work and participation.

For more photos click here: Music Concert Series

Something Wicked, Senior Production

On Thursday, 18 June, the talented Senior Production cast gave us an amazing performance of 'Something Wicked' by the Australian playwright Kate Rice. This play tells the story of four school girls who unwittingly unlock a portal to the world of 'Macbeth'. The cast of 23 often doubled as chorus, multiple parts and members of the technical crew and ranged from Year 9 to 12. It was a truly ensemble production and all cast members performed with confidence, energy and a great sense of fun to an appreciative and supportive audience. Thanks also to my colleagues Mrs Manders-Jones, Mrs Goonting and Miss Salina for their talents and support in this wonderful presentation.

For more photos click here: Senior Production
Message from Library

Mrs Denise Miller, Library Services Coordinator

Dave Hackett certainly was an amazing guest to host in the library last week. The students are still “buzzing” from his sessions. He was very animated and engaging throughout his two-day visit. The students learned and practised very simple techniques for drawing cartoons. Dave was so inspiring that some students went straight home and drew numerous cartoons. Dave publishes interactive cartooning lessons on youtube each week. Students can learn simple cartooning tips for drawing anything from cows to funny faces.

https://www.youtube.com/user/cartoondaveweekly

These are some of the students comments and wonderful cartoons.

Year 4 & 5

Very funny, entertaining and AWESOME
You made me much better at drawing
Thanks, I had a great time at the workshop
Thank you for coming to our school
You are amazing!
Your drawings have inspired me
Thank you for helping me learn to trust myself and draw
Best author ever!

Book Donations

Thank you to the Watanabe family for the wonderful English & Japanese books. The Japanese books are a very welcome addition to our language section.

For photos click here: Dave Hackett visits AISM
A HUGE thank you to the AISM community for their enthusiastic participation in Tuesday’s Walkathon. The effort that went into the crazy costumes was incredible! Special thanks to the SRC for organising the theme, opening speeches and being the music DJ. Also thanks to Mr Shashi and the Facilities Team for organising and packing up all the equipment. Finally a big thank you to all the parents who supported the event and especially the Parent Association for providing healthy snacks throughout the morning.

Please remember all donations need to be returned by Friday, 26 June to the pigeon holes in the Junior School or MSS Reception areas.

Of course the reason we all participated in the Walkathon was to raise funds for the Asrama Desa Pukak Hostel in Sabah. Each year, AISM students visit the hostel and SK Pukak school as part of our Service Learning Program. Students become fully immersed in the daily life of the hostel/school and see directly how the money raised impacts on the lives of the students. This year the trip will be in the final week of Term 3, Monday 14 to Friday 18 September. Applications are now open for all Years 8 to 10 students. Students need to complete the application form and return to Ms Derham by Friday, Week 1, Term Three. Student interviews and parent information sessions will be held early Term 3.
What Is Dehydration?

Mrs Mac/Alice, Health Services

Dehydration is a condition that occurs when someone loses more fluids than he or she takes in. Dehydration isn't as serious a problem for teens as it can be for babies or young children. But if you ignore your thirst, dehydration can slow you down.

Our bodies comprise about two thirds water. When someone gets dehydrated, it means the amount of water in his or her body has dropped below the level needed for normal body function. Small decreases don't cause problems, and in most cases, they go completely unnoticed. But not drinking enough to keep up with the loss of fluid can sometimes make a person feel quite sick.

Causes of Dehydration

One common cause of dehydration in teens is gastrointestinal illness. When you're flattened by a stomach bug, you lose fluid through vomiting and diarrhoea. On top of that, you probably don't feel very much like eating or drinking. Even if you don't have a stomach virus, you can get dehydrated for other reasons when you're sick. For example, if you have a sore throat, you might find it hard to swallow food or drink. And if you have a fever, water evaporates from your skin in an attempt to cool your body down.

You might also hear that you can get dehydrated from playing sports. If you don't replace the fluid you lose through sweat as you go, you can become dehydrated from lots of physical activity, especially on a hot day. Even mild dehydration can affect an athlete's physical and mental performance.

Signs of Dehydration

To counter dehydration, you need to restore the proper balance of water in your body. First, though, you have to recognize the problem.

Thirst is one indicator of dehydration, but it is not an early warning sign. By the time you feel thirsty, you might already be dehydrated. Other symptoms of dehydration include:

- feeling dizzy and lightheaded
- having a dry or sticky mouth
- producing less urine and darker urine

As the condition progresses, a person will start to feel much sicker as more body systems (or organs) are affected by the dehydration.

Preventing Dehydration

Remember to bring a filled water bottle to school and keep filling it up with water.

The easiest way to avoid dehydration is to drink lots of fluids, especially on hot days. Water is usually the best choice. Drinking water does not add calories to your diet and is great for your health.

The amount that people need to drink will depend on factors like age, size, level of physical activity, and environmental temperature.

When you're going to be outside on a warm day, dress appropriately for your activity. Wear loose-fitting clothes and a hat if you can. That will keep you cooler and cut down on sweating. If you do find yourself feeling parched or dizzy, take a break and sit in the shade or someplace cool and drink water.
Sports and Exercise

If you're participating in sports or strenuous activities, drink some fluids before the activity begins. You should also drink at regular intervals (every 20 minutes or so) during the course of the activity and after the activity ends. The best time to train or play sports is in the early morning or late afternoon or evening to avoid the hottest part of the day.

Gastrointestinal Infections

If you have a stomach bug and you're spending too much time getting acquainted with the toilet, you probably don't feel like eating or drinking anything. But you still need fluids. Take frequent, small sips of fluids. For some people, ice pops may be easier to tolerate.

Caffeine

Caffeine is a diuretic, meaning it causes a person to urinate (pee) more. It's not clear whether this causes dehydration or not, but to be safe, it's probably a good idea to stay away from too much caffeine in hot weather, during long workouts, or in other situations where you might sweat a lot.

When to See a Doctor

Dehydration can usually be treated by drinking fluids. But if you're unable to hold down any fluids, feel faint, weak, or dizzy, or if you have very little urine output, you should tell an adult and visit your doctor.

If you're more dehydrated than you realized, especially if you can't hold fluids down because of vomiting, you may need to receive fluids through an IV to speed up the rehydration process. An IV is an intravenous tube that goes directly into a vein.

Occasionally, dehydration might be a sign of something more serious, such as diabetes, so your doctor may run tests to rule out any other potential problems.