



WHATS INSIDE

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Dear ISCS community

Learning about sun protection in Primary

With the wonderful weather we have been having of late, we are very keen to get outside to continue our students' learning. At this time of the year it is very important that we follow sun safety rules:

Sun Cream - please apply sunscreen to your child before they come to school. Children can also bring their sunscreen into school to reapply to themselves during the course of the day.

Hats / Caps - children should have a hat to protect their face and head from the direct sun.

Water - children are encouraged to drink plenty of water throughout the day. Please provide children with water bottles so they can stay hydrated in class. The children can fill their water bottles up from the taps in the classrooms.

Football in Secondary

This week we had the ISCS 5-a-side final of our in-school Football tournament between 'Show Time' and 'Ukraine'. The final was very lively with lots of goals, and very entertaining with a final score 5-4. See Prof P's analysis for more details!

On Friday, our school hosted High School boys from **International School of Rheintal** for a match against our Year 10, 11, 12 and 13. We will keep you up to date with the final result next week! Congratulations to all those involved!

IGCSE and A-Level Exams

We continue to support our students who are sitting their IGCSE and GCE A Level exams this week and also to those preparing for the exams in the coming weeks.

Trip to The Netherlands for our Y11 students

The Y12 trip to the Netherlands for visiting the Universities has been confirmed this week. Students will be visiting the Universities of Leiden, Amsterdam and Delft. It is an excellent opportunity for our students to visit the University Campuses and to gain understanding and examples of specific processes and from the staff at each university.

Wishing you all a wonderful Weekend

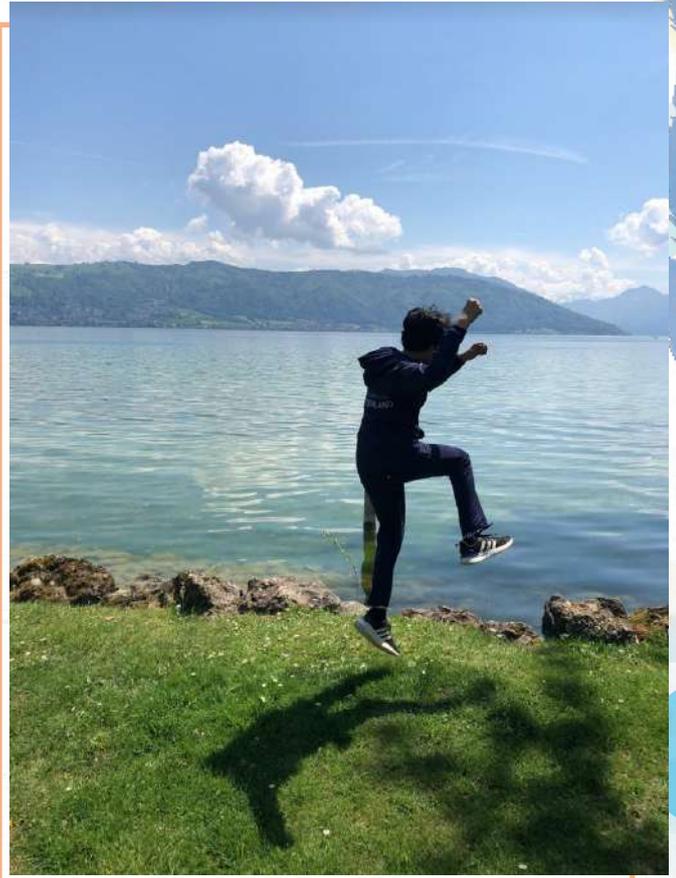
JOSE ANTONIO PARRA

Years 5 and 6

This week we have been very busy in English as we finish off our science fiction stories before we moved onto advertising. In maths, we dived into statistics as we practised analysing line graphs and creating frequency and tally charts. We continued to explore ecosystems in science with a focus on how animals get their energy and the positives and negatives of using pesticides. Since the weather was so nice we thought it was appropriate to talk about sun safety and from our discussion we designed a poster.



Reading in the sun



PE by the lake

Years 3 and 4

We have looked at plants this week and what they need to survive for our science topic. The children planted some seeds in soil and left some on cotton wool to see if there was a difference in each. They also did an experiment to see how water goes up through plants! The class learnt about chocolate production and about Fairtrade, then did some taste testing to see which chocolates melt the quickest. It was a big hit of course. In maths, we have learnt about real money and what it looks like in Switzerland. The children used local supermarket catalogues to calculate the price of their shopping!



Years 1 and 2

We came into school on Monday to find that our caterpillars had turned into chrysalids! Towards the end of next week we should see the emergence of five beautiful butterflies. What an amazing process to observe close up!

PE was a highlight again this week. Mr V is teaching the children ball skills and they're enjoying practising these at break time with friends! This is helping the children to develop hand-eye coordination, balance, ball control and of course, improve their fitness!



This week we started our 'Talk for Writing' using a very simple text called 'Hooray for Fish' over the next few weeks we will be using this to support our developing vocabulary using descriptive words which in turn will support us with our writing. We observed our caterpillars as they turned into chrysalis' and also discovered that over the weekend our sunflowers have died! We looked into why and realised that we forgot to water them and they have not had enough sunlight! We are re-planting some more to see if we can be more successful ! In maths we have had lots of fun counting out and sharing treasure!

Early Years



MENTAL HEALTH AWARENESS WEEK

Mental Health Awareness Week runs from Monday 9 May to Sunday 15 May 2022. This year, the theme is: "together we can tackle loneliness".

One in four adults and young people feel lonely some or all of the time. There's no single cause and there's no one solution. After all, we're all different! But, the longer we feel lonely, the more we are at risk of mental health problems. Some people are also at higher risk of feeling lonely than others.

Speak out and share why you're fighting. Whether you use social media or simply speak with friends, family or colleagues – mark Mental Health Awareness Week 2022 by telling those around you why you've joined the fight for mental health and help create a movement for change. Say #IveBeenThere.

If you are worried about the mental health of someone you know, or your own, there are lots of resources to help:

German, French and Italian speakers: 143 is a charitable service in Switzerland offering advice and help to people under 25
<https://www.143.ch/>

English speakers: ChildLine is a charitable service in the UK offering advice and help to people under 25
<https://www.childline.org.uk>

German, French and Italian speakers: NPG-RSP is a charitable service in Switzerland offering advice and help to people over 18
<https://www.npg-rsp.ch/it/home.html>

English speakers: Mind is a charitable service in the UK offering advice and help to people over 18
<https://www.mind.org.uk/>

And remember, you can also contact a member of staff at ISCS who will be able to help in any way they can.

WHOLE SCHOOL EXAMS: TIPS & REMINDERS

EXAM DAY TIPS

WHAT SHALL I BRING?

- 2 BLACK OR BLUE PENS
- 2 PENCILS
- ERASER
- SCIENTIFIC CALCULATOR
- COMPASS & PROTRACTOR (MATHS EXAM)
- TRANSPARENT PENCIL CASE OR ZIP-LOCK PLASTIC BAG
- TRANSPARENT WATER BOTTLE, LABELS REMOVED



HOW DO I PREPARE?

- **SLEEP WELL:** 8-10 HOURS OF SLEEP PER NIGHT
- **EAT WELL:** EAT A BALANCED BREAKFAST AND LUNCH
- **REVISE WELL:** MAKE A REVISION TIMETABLE AND PLAN OUT YOUR TIME ACCORDING TO WHEN YOUR EXAMS ARE. ASK YOUR TEACHERS FOR STRATEGIES & TIPS FOR EACH SUBJECT.

WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111
or visit [childline.org.uk/kids](https://www.childline.org.uk/kids)



- ☎ Telefon-Nr. 147
- 📱 SMS an 147
- 💬 Chat auf 147.ch
- ✉ E-Mail an beratung@147.ch

Whatever your worry, call us and a friendly person will be there to listen. It's free, you don't have to tell us your name, and we're here all day and night.

MACHST DU DIR SORGEN? BRAUCHST DU HILFE? ODER INFORMATIONEN?

Wir sind für dich da. Immer. Vertraulich. Kostenlos.

147.ch



ShowTime - ISCS Football Winners!

Team ShowTime became the winners of our annual Football Tournament at ISCS! In the Final series they overcame Team Ukraine 6-4 and 7-5.

Top 6 of the tournament:

- Best Goalie - Phoenix
- Best Defender - Luis
- Best scorer - Arsen
- MVP Boy - Marco
- MVP Girl - Anais



HOUSE POINTS

After some tournaments and events at school, the battle for the second, third and fourth place continues! Yellow House is on top with 4292 points.

	3539	3724	
	3545	4292	

Have a wonderful weekend!!

