

13<sup>th</sup> May 2022

## NEWSLETTER FOR ADELAIDE INTERNATIONAL SCHOOL

### Issue 14, Volume 6

Dear Students, Staff, Parents/Guardians and members of our school community

### From the Principal

#### Connections with University of South Australia – Importance of Exercise for student wellbeing

On Wednesday 11 May we were delighted to welcome the first of our university partners to mentor our students to aspire to be the best they can be – stay healthy and well as they bravely meet the challenges of being in a new country, without their family close by, without their friends and studying difficult courses in English as their second languages.



Ms Alison Burford, Exercise Physiologist from University of South Australia (City East campus, North Terrace, Adelaide) shared key research findings with our staff and students, focusing on the following clear benefits of exercise on our physical health:

#### BENEFITS OF EXERCISE ON PHYSICAL HEALTH

- Reduce risk of preventable disease
- Weight management
- Strengthen bones, muscles and joints
- Increase energy levels
- Increase mood
- Improve quality of life
- Improve sleep

#### EXERCISE CAN HELP PREVENT THESE CONDITIONS

- Heart disease
- Cancer
- Chronic Lung Disease
- Stroke
- Alzheimer's Disease
- Diabetes
- Chronic Kidney Disease

#### BENEFITS OF EXERCISE ON MENTAL HEALTH

- Decrease symptoms of depression, anxiety, stress and schizophrenia
- Decrease social isolation
- Improve sleep quality



- Increase self esteem
- Increase quality of life

Alison then went to on to conduct a practical handson session of key exercises that we can all do in our home and during rest breaks in our school day – to ensure healthy mind and body – ready to engage in quality learning.

Sincere thanks to Ms Sally Xu, Adelaide International School Wellbeing Facilitator for organising this event; thank you to Ms Catherine So for setting up this hybrid forum engaging our onshore and offshore students and staff; thank you Eva Ng (Year 12 student) for formally acknowledging our guest and to Ms Zara Phillips for supporting Sally.

## **Staffing Update**

### **Welcome to Ms Michaela Keast**

It is with much pleasure that we welcome Michaela as our new Digital Marketing and Communications Officer. Michaela is a recent graduate from the University of South Australia, coming to us with a Master of Communications and Bachelor of Arts/Creative Writing. She has been freelancing for a number of years, undertaken work with the Paraplegic and Quadriplegic Association of South Australia and is the founder/creator of “Michaela’s Diamante Designs”. We warmly welcome Michaela to our Adelaide International School team.

### **Absence of Principal – medical leave – arrangements in place to support students and staff**

Please be advised that Ms Rosie Broderick will be Acting Principal from the end of this week until Monday 20 June.

Any questions regarding your child’s academic performance should be directed to the subject teacher. If you need further academic support for your child, please contact Ms Zara Phillips, Director of Teaching and Learning of our school.

For student wellbeing issues please refer to your child’s home class teacher:

English for Academic Purposed – SACE Connect	Ms Maliza Huang
Year 11 (SACE Stage 1)	Ms Sally Xu
Year 12 (SACE Stage 2)	Ms Zara Phillips
Additional counselling/support advice	Ms Sally Xu, Wellbeing Facilitator,
Student Services support	Ms Catherine So

Stay warm, healthy as winter approaches.

Yours sincerely

Ms Gina Kadis  
PRINCIPAL

