

ADELAIDE INTERNATIONAL SCHOOL

Weekly Newsletter: 19th August

Volume 6, Issue 23

From the Principal



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

We are a blessed school community educating and caring for students from Reception to Year 12 – a melting pot of languages, cultures and people – where our school prioritises the role of family and working together, to achieve the best outcomes for your child.

I thank the founders of Adelaide International School for setting such a high standard for Adelaide International School – our Mission statement says it all. I believe it is good to revisit this as a community regularly. Our Mission is what drives every decision in our school – from our dedicated teachers to our Board and Principal. If it doesn't support our Mission – we just don't do it.

The Mission of Adelaide International School is *“to be an international school of excellence renown for providing a first-class Australian education to its students. We will deliver world standard programs that emphasise ethical behaviour, global citizenship, respect for different cultures, and life-long learning”*.

We are committed to working closely with our families to ensure each child receives the best Australian education. We have a 'no surprises' policy. Our staff welcome new families and new students to AIS. At

the start of each new Semester, we hold valuable Parent/Teacher interviews. As I write this report, we come out of parent teacher interviews with our current families from China, Italy, Hong Kong, Vietnam, Indonesia and Australia. I am so proud of what I experience when I walk around – I see our dedicated staff, most of whom are bilingual, offering their interpreting services above and beyond their normal work commitments. They ensure our teachers and parents can communicate key strategies to support their child and more importantly gain a strong understanding of our English for Academic Purposes – Primary; Middle Years; SACE Connect and Year 11 and 12 South Australian Certificate of Education Australian programs. We debrief as a staff team weekly to learn about the cultures that our students come from, and fine-tuning and reflecting on all AIS teaching initiatives, to ensure we help our students adapt to mainstream schooling in Australia. Thank you to all our families for booking appointments and making themselves available online or in person. Special thanks to Ms Catherine So and Ms Zara Phillips for their impeccable organisation of this event and to our students for working independently on class work set by our teachers to support their learning. Such experiences are time-consuming and such hard work – but relationships can only develop if staff in schools make time to meet with family.

BOSA - Sister School in Indonesia



This is the 3rd year that we genuinely celebrate a rich partnership with a foreign language school in Indonesia. Students, staff and Board members visited us from BOSA senior secondary school from Tuesday 28 June to Saturday 9 July 2022. In this time students undertook immersion classes with our English for Academic Purposes SACE Connect students and teachers and Year 11 (Stage 1 SACE) classes. Indonesian teachers undertook professional learning workshops with the Adelaide Research Institute staff – focusing on programs from their Graduate Diploma in TESOL. SACE workshops and SATAC university pathway teacher training sessions were also conducted by Adelaide International School staff, upskilling our Indonesian teachers as to how teachers of South Australian Certificate of Education subjects plan, program, internally and externally moderate and assess student achievement of learning outcomes in subject outlines – best preparing students for tertiary study in Australia. Study tours like this and many others we run, truly build relationships and global understanding – focusing on the

opportunities that education provides us all. Study tours like this ensure we strive to achieve our Adelaide International School VISION: *“To assist in the creation of an international learning community enriched by education, which nurtures harmony, mutual respect and understanding.”* Please have a read of Ms Rosie Broderick’s full report on this tour and share the visual experiences we celebrated together. Special thanks to the BOSA School Board, Principal, parents and students, for supporting this partnership. We warmly welcome Yosep and Putu as AIS Stage 1 students online and look forward to their arrival in Adelaide to study Year 12 in 2023.

All the best always. Email me if you need my assistance at: gina.kadis@ais.edu.au

Gina Kadis

PRINCIPAL

Teaching and Learning News

Year 12 Mid-Year Trial Examinations

During week 1 of this term, we provided the Year 12 students the opportunity to sit Year 12 Mid-year Trial Examinations. These assessed the work from terms 1 and 2 in the subjects, Specialist Mathematics, Mathematical Methods, Essential Mathematics and English as an Additional Language. These are the only SACE Year 12 subjects we deliver this year with a November SACE Final 30% examination.

Parents of each Year 12 student will have received emails from subject teachers about the results of this assessment item. These trial examinations are primarily for students to practice sitting exams in South Australia, learning examination procedures and expectations and becoming more familiar with examination style questions. As such, please be aware the result for this trial will not impact the students’ final SACE grades, but they can be used to help predict achievement and ATARs. The trial examinations also show teachers and students the areas that need to be better learned.

We intend to give students another opportunity to sit Full End of year Trial exams before the final SACE exams. Until then, there will be further tasks set by the teachers, to prepare students for the SACE November examinations.

For your child, homework completion, working with tutors, getting extra help from teachers, making study notes, practising SACE past examination papers (ask the teacher for these), making a study group in a homework club or during the weekend and seeking clarification about any problem with understanding or demonstrating the content from the teachers, are all ways your child can aim to achieve their best in the remaining school assessments and SACE examinations in November. This will ensure they maximise their opportunity to achieve their highest ATAR score for university entrance or other preferred post-secondary opportunities.

Thank you for supporting your child through this time. Thank you for working closely with our Year 12 teachers, to ensure your child continues to improve.

Year 12 End of Year Trial Examinations

The Full End of Year Trial Examinations will be run during Week 9 of this term. These examinations will assess the full year's work in each of the subjects listed above.

Keep the following dates in your minds.

- Week 9 Term 3 is the time for full year trial examinations.
- Tuesday 20 September for Specialist Mathematics and Essential Mathematics.
- Wednesday 21 September for EAL.
- Thursday 22 September for Mathematical Methods.

For the subject EAL, the 2022 SACE November final examination is an e-exam for the first time – so it is completed fully online. Please note – to best support students prepare, the full end of year trial examination for EAL, will be a trial e-exam where students will use their laptops and a lock down browser provided by the SACE Board. Students must have working laptops, functional chargers and be familiar with the functions needed for basic word processing and computer operations.

Any questions regarding this e-exam please email me as the Year 12 EAL teacher at zara.phillips@ais.edu.au – thank you.

Ms Zara Phillips
Director of Teaching and Learning

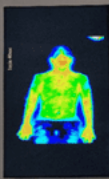
Wellbeing News

On the 28th July, we were lucky to have Professor Kurt Lushington from the University of South Australia deliver a presentation in our school assembly for all students onshore and offshore, on the benefits of sleep – especially to adolescents. The presentation was extremely informative and it delivered a clear message to our students that it is very important to have a regular and good sleep pattern in order to maintain good wellbeing, and perform well academically at school.

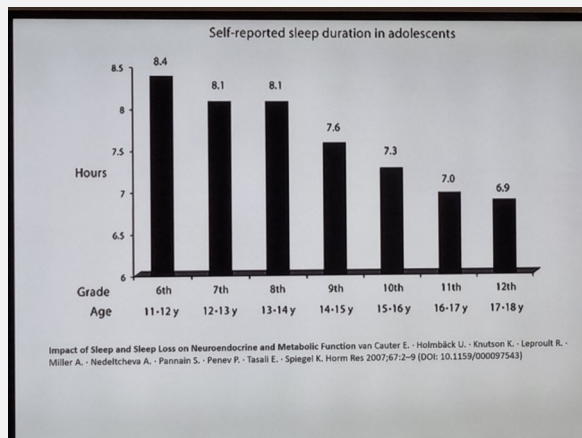
Here are some key points that we learned from Prof. Lushington's presentation.

The purpose of sleep

- **Food for the brain** – produces alertness, enhances memory and our ability to learn
- **A biological requirement** – helps us perform effectively and safely
- **Essential for development** – particularly during growth and maturation
- **A key to our health** – as important as good nutrition and regular exercise

A person is standing in a room, wearing a thermal imaging suit that displays a color-coded heat map of their body. The person is facing forward, and the suit shows higher temperatures (red/yellow) on the head and torso, and lower temperatures (blue) on the limbs. The background is a plain wall with a dark object hanging on it.

2. Teenagers need sleep for growth. Children with poor sleep will not grow as tall or as well. Moreover, if students have sleep deficits, it will have a negative impact on their wellbeing as well as on their academic performance.



4. Digital technology also has a negative influence on the quality of sleep. Research shows that when people use digital technology before sleep, they tend to sleep less as the light from devices affects the sleep clock in the brain. Moreover, research also indicates that spending more than 2 hours on social media will result in poorer mental health – for adolescents and adults.

1. Sleep is a key component to our health; it is as important as good nutrition and regular exercise. Sleep does not only clean our brain of toxins, but it also helps us function well during the day. To fall asleep successfully, you need to cool your body by losing heat from your hands, head, and feet. People with diabetes and other health problems might find it hard to cool down, and hence they have trouble going to sleep.

Sleep Debt and Academic Performance

Academic performance is lower in sleep deprived teens

Average sleep earned

7:21 h/min
7:04 h/min
6:48 h/min

Grades

A's and B's
C's
D's and F's

Child Development, August 1986, Volume 48, Number 4, Pages 970-987

Sleep Schedules and Daytime Functioning in Adolescents


Angy R. Weisner and Mary A. Carskadon

Sleep and waking behaviors change significantly during the adolescent years. The objective of this study was to describe the relation between adolescents' sleep/wake habits, characteristics of daytime life, and academic functioning (grades, school performance, and behavior). A sleep/wake diary was administered to 100 adolescents (ages 13-18) for 14 days. The diary was designed to assess sleep/wake habits, daytime activities, and school performance. Self-reported total sleep time and weekend sleep efficiency (measured by the 30-min awake phase) of 18, 24, 30, 36, 42, 48, 54, 60, 66, 72, 78, 84, 90, 96, 102, 108, 114, 120, 126, 132, 138, 144, 150, 156, 162, 168, 174, 180, 186, 192, 198, 204, 210, 216, 222, 228, 234, 240, 246, 252, 258, 264, 270, 276, 282, 288, 294, 300, 306, 312, 318, 324, 330, 336, 342, 348, 354, 360, 366, 372, 378, 384, 390, 396, 402, 408, 414, 420, 426, 432, 438, 444, 450, 456, 462, 468, 474, 480, 486, 492, 498, 504, 510, 516, 522, 528, 534, 540, 546, 552, 558, 564, 570, 576, 582, 588, 594, 600, 606, 612, 618, 624, 630, 636, 642, 648, 654, 660, 666, 672, 678, 684, 690, 696, 702, 708, 714, 720, 726, 732, 738, 744, 750, 756, 762, 768, 774, 780, 786, 792, 798, 804, 810, 816, 822, 828, 834, 840, 846, 852, 858, 864, 870, 876, 882, 888, 894, 900, 906, 912, 918, 924, 930, 936, 942, 948, 954, 960, 966, 972, 978, 984, 990, 996, 1002, 1008, 1014, 1020, 1026, 1032, 1038, 1044, 1050, 1056, 1062, 1068, 1074, 1080, 1086, 1092, 1098, 1104, 1110, 1116, 1122, 1128, 1134, 1140, 1146, 1152, 1158, 1164, 1170, 1176, 1182, 1188, 1194, 1200, 1206, 1212, 1218, 1224, 1230, 1236, 1242, 1248, 1254, 1260, 1266, 1272, 1278, 1284, 1290, 1296, 1302, 1308, 1314, 1320, 1326, 1332, 1338, 1344, 1350, 1356, 1362, 1368, 1374, 1380, 1386, 1392, 1398, 1404, 1410, 1416, 1422, 1428, 1434, 1440, 1446, 1452, 1458, 1464, 1470, 1476, 1482, 1488, 1494, 1500, 1506, 1512, 1518, 1524, 1530, 1536, 1542, 1548, 1554, 1560, 1566, 1572, 1578, 1584, 1590, 1596, 1602, 1608, 1614, 1620, 1626, 1632, 1638, 1644, 1650, 1656, 1662, 1668, 1674, 1680, 1686, 1692, 1698, 1704, 1710, 1716, 1722, 1728, 1734, 1740, 1746, 1752, 1758, 1764, 1770, 1776, 1782, 1788, 1794, 1800, 1806, 1812, 1818, 1824, 1830, 1836, 1842, 1848, 1854, 1860, 1866, 1872, 1878, 1884, 1890, 1896, 1902, 1908, 1914, 1920, 1926, 1932, 1938, 1944, 1950, 1956, 1962, 1968, 1974, 1980, 1986, 1992, 1998, 2004, 2010, 2016, 2022, 2028, 2034, 2040, 2046, 2052, 2058, 2064, 2070, 2076, 2082, 2088, 2094, 2100, 2106, 2112, 2118, 2124, 2130, 2136, 2142, 2148, 2154, 2160, 2166, 2172, 2178, 2184, 2190, 2196, 2202, 2208, 2214, 2220, 2226, 2232, 2238, 2244, 2250, 2256, 2262, 2268, 2274, 2280, 2286, 2292, 2298, 2304, 2310, 2316, 2322, 2328, 2334, 2340, 2346, 2352, 2358, 2364, 2370, 2376, 2382, 2388, 2394, 2400, 2406, 2412, 2418, 2424, 2430, 2436, 2442, 2448, 2454, 2460, 2466, 2472, 2478, 2484, 2490, 2496, 2502, 2508, 2514, 2520, 2526, 2532, 2538, 2544, 2550, 2556, 2562, 2568, 2574, 2580, 2586, 2592, 2598, 2604, 2610, 2616, 2622, 2628, 2634, 2640, 2646, 2652, 2658, 2664, 2670, 2676, 2682, 2688, 2694, 2700, 2706, 2712, 2718, 2724, 2730, 2736, 2742, 2748, 2754, 2760, 2766, 2772, 2778, 2784, 2790, 2796, 2802, 2808, 2814, 2820, 2826, 2832, 2838, 2844, 2850, 2856, 2862, 2868, 2874, 2880, 2886, 2892, 2898, 2904, 2910, 2916, 2922, 2928, 2934, 2940, 2946, 2952, 2958, 2964, 2970, 2976, 2982, 2988, 2994, 3000, 3006, 3012, 3018, 3024, 3030, 3036, 3042, 3048, 3054, 3060, 3066, 3072, 3078, 3084, 3090, 3096, 3102, 3108, 3114, 3120, 3126, 3132, 3138, 3144, 3150, 3156, 3162, 3168, 3174, 3180, 3186, 3192, 3198, 3204, 3210, 3216, 3222, 3228, 3234, 3240, 3246, 3252, 3258, 3264, 3270, 3276, 3282, 3288, 3294, 3300, 3306, 3312, 3318, 3324, 3330, 3336, 3342, 3348, 3354, 3360, 3366, 3372, 3378, 3384, 3390, 3396, 3402, 3408, 3414, 3420, 3426, 3432, 3438, 3444, 3450, 3456, 3462, 3468, 3474, 3480, 3486, 3492, 3498, 3504, 3510, 3516, 3522, 3528, 3534, 3540, 3546, 3552, 3558, 3564, 3570, 3576, 3582, 3588, 3594, 3600, 3606, 3612, 3618, 3624, 3630, 3636, 3642, 3648, 3654, 3660, 3666, 3672, 3678, 3684, 3690, 3696, 3702, 3708, 3714, 3720, 3726, 3732, 3738, 3744, 3750, 3756, 3762, 3768, 3774, 3780, 3786, 3792, 3798, 3804, 3810, 3816, 3822, 3828, 3834, 3840, 3846, 3852, 3858, 3864, 3870, 3876, 3882, 3888, 3894, 3900, 3906, 3912, 3918, 3924, 3930, 3936, 3942, 3948, 3954, 3960, 3966, 3972, 3978, 3984, 3990, 399

3. In Australia, teenagers are not having enough hours of sleep as required on average. Students tend to have more hours of sleep during holidays while they generally do not get enough sleep during school terms. The hours of sleep during the holiday period are a good indication of how much sleep adolescents need during the school term.

Intrusion of Digital Technology into the Bedroom

- Social media use before bed is arousing, increasing the time taken to fall asleep
- Sleep loss due to the use of digital devices at night?
- Evening light (particularly blue wavelength from devices) suppresses melatonin secretion and delays sleep.

A silver, twin-bell alarm clock is shown on a light-colored surface. A smartphone is lying flat on top of the clock's base. The clock's face is visible, showing the time as approximately 10:10. The background is a plain, light-colored wall.

Overall, we really appreciate Prof. Lushington's presentation. Both staff and students found the presentation very useful. We look forward to working with Prof. Lushington in the near future again. His findings are based on global research – investigating both domestic and international students in schools.

Wellbeing News

International Student Tertiary Expo

On the 2nd August, students from Year 12 to Year 10 attended the International Students Tertiary Expo at Flinders University hosted by Study Adelaide and showcasing all three universities – Flinders University; University of Adelaide and University of South Australia to international students studying in high schools in Adelaide.



Students firstly had a tour around the Bedford Park high-tech new campus at the beginning of the day. Then all the students had a chance to ask the representatives from The University of Adelaide, UniSA, Flinders University, and TAFE SA about the admission process, scholarships, and degree information individually. At the end, all three universities and TAFE SA delivered presentations to introduce their institutions to our students. Overall, it was a very worthwhile excursion and we have received much positive feedback from our students:

"It was a great day because I got to know more about the benefits of studying at Flinders University. It also helped me to obtain more information about scholarships and ATAR, which I found very useful."
Veronica, Year 12 student from Indonesia

"As a Year 12 student, this activity was very helpful to us. It was great to have all three universities in South Australia explain their admission conditions to us. It also helped me feel the learning atmosphere of

Special thanks to Ms Phillips and Ms Xu for supervising the students and to all staff for their classroom support to ensure the students could attend.

Year 12 University Counselling Support at AIS

The tertiary education application for 2023 has now commenced, as of 1 August for Year 12 students. To support our Year 12 students in making one of the most important decisions for their future study, we contacted SATAC to deliver an information session to our Year 12 students. The presentation was held online on 3 August. This presentation covered the South Australian Tertiary Admissions Centre (SATAC) application process, the university aggregate and ATAR determination process, adjustment factor schemes, scaling, and a Question & Answer session from the student audience. The presentation also provided some application tips for students to consider:

- Read ‘the application process’ section on the SATAC website and the SATAC 2023 guide that has now been distributed to each Year 11 and 12 student at AIS.
- Understand the selection rules and course entry requirements.
- Be contactable by using a non-school email address.
- Prepare by having their SACE registration number ready, as well as any required documents.
- Be aware of any relevant deadlines such as course closing dates, fee payment deadline etc. to avoid late fees or missing the SATAC undergraduate round completely. All dates are on the SATAC website and inside the cover of the hardcopy SATAC guide given to each Year 12 student.

Apart from the external support from SATAC, we have set up Classroom 5 as a Careers Hub for students to explore a wide range of tertiary courses at different tertiary institutions. In the Careers Hub, there are hardcopies of SATAC guides, course information booklets from TAFE SA, and seven universities in South Australia and Northern Territory. In the meanwhile, Ms Phillips and Ms Xu are working together to help our Year 12 students plan for their tertiary applications.



If you have any questions about tertiary education, please talk to your Wellbeing teachers or contact the Career and Wellbeing Facilitator Miss Xu at sally.xu@ais.edu.au to arrange a meeting.

Miss Sally Xu, Wellbeing and Careers Facilitator/SACE Mathematics & PLP teacher

Further reflections and celebrations from the 2022 BOSA STUDY TOUR Ms Broderick, Business Development AISA & Study Tours

Adelaide International School holds a special relationship with the BOSA School in Indonesia. At the end of Term 2 we were delighted to host a delegation of staff, parents, students, their Principal, and Head of the BOPKRI Foundation.

During their time with us the students were invited to join in the classes and experience the Australian way of learning and in particular, to become familiar with the South Australian Certificate of Education. The students also visited our university campuses to explore the opportunities of future study here in Adelaide.

While the students were experiencing lessons, four of their teachers and their Director of Teaching and Learning, Evita, were also learning from our staff here at AIS and from ARI, as they shared their expertise in teaching English to students as an additional language.

Across their Study Tour, the days were also filled with cultural experiences in and around the Adelaide Central Business District (CBD) and day trips to the Adelaide Hills to Hahndorf and Cleland Wildlife Park. There was also time for them to enjoy Adelaide's shopping precinct and the famous Central Market and Chinatown precincts.

Our staff were particularly pleased to have the opportunity to meet Yosep Nababan face to face, as Yosep commenced as a student in our special SACE learning program – an authentic collaboration between AIS and BOSA from the beginning of Semester 2. Yosep and Putu are currently studying the special combined program for Year 11 Stage 1 SACE online and will join us on campus in Adelaide, for their Year 12, Stage 2 SACE studies in January 2023.

We would like to thank our colleagues April, Katerina and Sylvia at ISES – Education and Migration Agents, Didi – AIS marketing Indonesia representative and Mr Nico Suryadi – BOSA teacher and “Director of Communications” for their assistance in organising the visit from the Bosa community and we look forward to welcoming them back to AIS in the future. We look forward to taking a group of staff and students to experience senior secondary schooling in Indonesia as well – giving our students an experience of a lifetime.

Please share these special moments with us.....



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