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ISSUE 17 Friday 15th January

Dear Parents and visitors to our website,

This year's ski camp group left bright and early this Monday morning, I hope you've kept yourselves updated on their progress via the school's new website. Also this week the school management team met with the PTA committee (Mrs. Kidd, Mrs. Kiml and Mr. Sawicki), and certain suggestions were made to update/improve events and protocols which I will update you on when they are finalized. We hope this ushers a new era of even better cooperation between the school and our parent body which will benefit us all. Another piece of good information was received regarding the new fire alarm in the big villa, in that all building permissions have been granted and the date for completion set at February 10th. As you will have noted from last week's newsletter the results of the ISA exams were received, and very impressive they were. On the point of exams, our Secondary school starts its mock exam schedule next week in preparation for external exams GCSE/AS/A level, these are important in giving the students a proper taste of exam conditions and the pressures these bring. This is a stressful time, but if you follow my advice you will prepare for your exams in the following manner.....

1) Revise actively.

Just reading through your notes is the worst possible way to revise. The more of your brain you can engage in the revision, the more you will remember. Memory is not a box in one part of your brain that things are either in or out. Memory is spread out everywhere: there's verbal memory, visual memory, audio memory, muscle memory, all sorts. The more your brain does with the information, the more you will remember. So don't just read. Summarise the notes Extract key points and write them down yourself somewhere – even if you're just copying them out, this is better than just reading, since more of your brain is involved.

2) Plan revision.

Write a good revision plan, and stick to it. Don't do just one subject a day, you'll get tired of it; then again swopping too often means you don't get the chance to get deep into anything. I used to do mornings on one subject, afternoons on another and evenings on a third.

3) Do past papers – as many as you can lay your hands on.

The web has papers from previous years; work through them. With a good revision plan you should be doing nothing in the last week before the exams except working through exam papers and examples sheets making sure you can do them. I can't emphasise the importance of this enough. Anyone who doesn't work through past papers has very little chance of doing well in an exam. Oh - and do the past papers, and the examples sheets, against the clock. Time is short in an exam, you need to get used to thinking, and writing quickly. Get your hand trained up so it can write fast (but legibly, please).

4) Question-spotting.

This can be risky, but if you're playing the percentages it's worth a try. Look for any topic that was in the exam two and three years ago, but not last year. If you can get hold of papers from further back, try and spot patterns: does any topic come up every other year, for example?

5) If you just can't understand something, learn it parrot-fashion.

This really is a last-ditch solution. But it gives you at least something to do with the questions on subjects you really don't understand. Even questions on these subjects usually start off by giving you a few marks for "describing XXX". Even if you don't understand it, you can get a few marks by writing

down the description straight from the notes.

6) Don't be tired.

If you have to stay up all night to do last minute revision, you've already failed. It doesn't work – you end up so tired in the exam you can't work anything out. It might work for the first one or two exams in a year, but you won't be able to keep it up throughout a whole series of exams.

8) Eat protein before long exams – not carbohydrates.

An exam is just as much a physical exercise as a race. Well, OK, perhaps not quite as much, but you can't ignore your body if you want your brain to work at its best. Stuffing it full of sugar, or some energy type drink just before will work fine for the first hour or so, but by the end of a three-hour exam you'll have completely run out of energy. You need some food that will slowly release energy.

9) Exercise - get the blood pumping round.

In the last couple of hours, go for a run, or work out. Seriously. Studies have shown that the most creative periods come after a period of exercise, and that the benefits of taking exercise can last for up to two hours. Exams aren't just about memory, you'll need your brain to be in top working condition.

Have a relaxing weekend,



Best regards,
Wayne Billington
Head of School

BRITISH INTERNATIONAL SCHOOL WROCLAW

NEWSLETTER

WEEKLY SCHOOL INFORMATION, EVENTS AND NEWS



CONTACT DETAILS:

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al. Akacjowa 10-12, 53-134 Wrocław, Poland
School office tel: +48 71 796 68 61 fax: +48 71 796 68 62
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				15 Primary School Assembly 8.35 a.m. Ski Camp Janske Lazne	16	17
18 Primary Morning Briefing 8.15a.m. Primary Staff Meeting 3.45p.m.	19 Secondary Morning Briefing 8.15a.m. Library	20 Secondary Round Table 8.30a.m. dining room Savoury Snack Day Year 10&11	21	22 Primary School Assembly 8.35 a.m. PTA Coffee Morning Water Tower Sudecka 125a Secondary School Assembly 10.30a.m.	23	24
25 Primary Morning Briefing 8.15a.m.	26 Secondary Morning Briefing 8.15a.m. Library	27 Foundation Round Table 8.30a.m. dining room Savoury Snack Day Year 12&13 Maths Kangaroo Contest Payment deadline	28	29 Primary School Assembly 8.35 a.m. Secondary School Assembly 10.30a.m.	30	31
1 Primary Morning Briefing 8.15a.m. Primary Staff Meeting 3.45p.m.	2 Secondary Morning Briefing 8.15a.m. Library	3 Primary Round Table 8.30a.m. dining room	4 Secondary Staff Meeting 3.45p.m.	5 Primary School Assembly 8.35 a.m. Secondary School Assembly 10.30a.m.	6	7

REMINDERS FOR PARENTS



Please take care when parking around the school.

Avoid blocking entrances to neighbours' houses and driveways.

DO NOT PARK ON THE ZEBRA CROSSINGS!

1. Mr Hae Sung Lee, our Korean Coordinator is available:
Monday 8:00-8:30 / 10:10-10:30 / 11:20-13:40
Tuesday 8:00-8:30 / 10:10-10:30 / 11:20-13:50
Wednesday 8:00-8:30 / 10:10-13:50
Thursday 8:00-8:30 / 10:10-12:10 / 15:00-15:30
Friday 13:20-15:30

Contact details:
Hae Sung Lee - haesung.lee@bisc.wroclaw.pl
Hye Seung Lee - hyeseung.lee@bisc.wroclaw.pl

2. School doctor is available for Parents and Staff on Thursdays from 10.00a.m. till 12.05p.m. (G8 room, big villa)

3. We would like to remind all parents that they should label their children's BISC uniforms, as sometimes the clothing items are left behind in the playground. A name label makes the identification process much faster and easier :)

4. This term we have made some changes to the Extracurricular Activities. Please note, that the following clubs: English language support with Ms Joanna and Homework Club with Ms Alexandra will be discontinued. Despite previous information our Primary Orchestra will be held on Tuesdays as usual :) We have 5 new clubs for primary students and 1 for

secondary students.
More details on page 3.

5. The Maths Kangaroo test will take place on **Thursday, the 17th of March, at 9am**. The contest lasts 1h 15 minutes and has a form of a test with multiple-choice questions. It is aimed for students from **Year 4** up. Examples of questions in English are available on the websites:

www.kangaroo.math.ca
 www.mathkangaroo.org
 www.kangaroo.org.pk

The organizers require a fee of **9 PLN** per student, to cover the costs of the competition.

If you would like your child to take part in the Maths Kangaroo Contest, please sign up and pay the cost of **9 pln** to the school Secretary by **Wednesday, the 27th of January**



Extra Curricular Activities 2015/2016

ECA	TEACHER	AGE GROUP	WHERE	WHEN
English for Parents :) Intermediate group	Ewa Gołąbek	Parents :)	S2 room big villa	Mondays 2.00p.m. – 3.25p.m.
Short animated movie Club	Sławomir Czerwiński	Secondary	S3 room big villa	Tuesdays 1.00p.m. – 1.40p.m.
Animation Club	Ian Carr-de Avelon	Secondary	ICT room big villa	Tuesdays 1.00p.m. – 1.40p.m.
Polish for Parents :) Intermediate group	Hanna Savel	Parents :)	S3 room big villa	Tuesdays 1.50p.m. – 3.25p.m.
Drama Club	Aysha Love	Y1 – Y2	Year 1 Rabbits room small villa	Tuesdays 3.35p.m. – 4.15p.m.
Photography Club	Ewelina Żmuda	Y1 – Y6	ICT room big villa	Tuesdays 3.35p.m. – 4.15p.m.
Drawing Club From 26 th January 2016	Hye Seung Lee	Primary	Primary Art room big villa	Tuesdays 3.35p.m. – 4.15p.m.
Discussion Club	Jennifer Jones	Y2 – Y3	Year 3 Foxes room small villa	Tuesdays 3.35p.m. – 4.15p.m.
Primary Orchestra	Maciej Pośluszny	Y4 – Y6	G11 room big villa	Tuesdays 3.35p.m. – 4.15p.m.
Kendo Club	Takaharu Uesugi	Y1 upwards	Dębowa Gym Dębowa 9b	Tuesdays 3.35p.m. – 4.45p.m.
Polish for Beginners	Anna Łoboziak	Y1-Y2	Year 2 Butterflies room Small villa	Tuesdays 3.45p.m. – 4.45p.m.
Basketball Club (Boys and Girls)	Marcin Kwasiuk	Y6 – Y13	SSP72 ul. Trwała 17-19	Tuesdays 4.00p.m. - 5.20p.m.
Swimming	Marcin Kwasiuk	Y1 upwards Intermediate & Advanced	SSP72 ul. Trwała 17-19	Tuesdays 5.20p.m. – 6.05p.m.
Polish for Parents :) Beginners	Hanna Savel	Parents :)	S1 room big villa	Wednesdays 1.50p.m. – 3.25p.m.
Maths Club	Anna Witańska	Primary	Year 4 Shoebills room small villa	Wednesdays 3.35p.m. – 4.15p.m.
Homework Club	Phil Hart	Primary	F6 room big villa	Wednesdays 3.35p.m. – 4.15p.m.
Football Club	Marcin Kwasiuk	Y1 – Y9	SSP72 ul. Trwała 17-19 (all weather Sport's pitch outside of the school)	Wednesdays 4.00p.m. – 5.30p.m.
Chess Club	Alex Sitkowiecki	Secondary	S1 room big villa	Thursdays 1.15p.m. – 1.35p.m.
SingStar Club	Jakub Stefaniszyn	Secondary	G6 room big villa	Thursdays 1.15p.m. – 1.40p.m.
English for Parents :) Pre Intermediate	Iwona Sokółowska	Parents :)	G10 room big villa	Thursdays 2.00p.m. – 3.25p.m.
Construction Club	Iza Łuczowska	Y1 – Y3	Foundation unit	Thursdays 3.35p.m. – 4.15p.m.
Knitting Club	Nichola Lewis	Y5 upwards	Foundation unit	Thursdays 3.35p.m. – 4.15p.m.
Maths Homework Club	Justyna Połowska	Secondary	F3 room big villa	Thursdays 3.40p.m. – 4.25p.m.
Maths Kangaroo Club	Justyna Zajęc	Secondary	F2 room big villa	Thursdays 3.40p.m. – 4.25p.m.
Swimming	Karolina Kałużka	Y1 upwards Beginners	SSP72 ul. Trwała 17-19	Thursdays 5.20p.m. – 6.05p.m.
Musical Performance Club	Jakub Stefaniszyn	Secondary	G11 room big villa	Fridays 3.30p.m. – 4.40p.m.
Basketball Club	Marcin Kwasiuk	Y1- Y5	SSP72 ul. Trwała 17-19	Fridays 4.00p.m. – 5.20p.m.
Swimming	Marcin Kwasiuk	Y1 upwards Intermediate & Advanced	SSP72 ul. Trwała 17-19	Fridays 5.20p.m. – 6.05p.m.

News from Head of Primary



The second week of the term passed smoothly although it was definitely an odd one! The class sizes shrank dramatically in most sections of the school, e.g. Year 4 consisted of 3 people, which resulted in the change of the class name (well, at least for a week). Some teachers could not find a place for themselves, e.g. Mr. Phil kept occupying his old Year 2 room in the small villa.

The students who stayed at school saw a lot of Ms. Anna in the least expected environments – the library or even art room! Years 1 – 6 had an outing to the Wrocław Ethnographic Museum where they learnt about the tradition of glass painting and had a go at their own pieces.

I am pleased to inform that our newly renovated kitchen in the big villa is beginning to be used more and more often. There are still a few purchases to be made but I am sure the place will provide quite a few cooking experiences!

We hear that the Camp was very successful and there was plenty of snow! I would like to take this opportunity to thank all our primary teachers who helped our pupils during the Camp: Mr. Marcin, Ms. Turner, Ms. Dobrusia, Ms. Ewelina, Ms. Magda and Ms. Asia!

I would like to remind the primary school that next week we will sit some dictation and comprehension tests (Years 1-6) which shall help us identify students' progress and possible areas to focus on. The tests will be administered and marked by the teachers.

During our Friday assembly the following Stars received their certificates:

Foundation Bees - Elodie
Foundation Turtles - Seoyeon
Year 1 Rabbits – Olek, Kyu Min, Lena, Nicolas, Nina, Ida, Seoyul and Eric
Year 2 Butterflies - Mimi
Year 3 Fotters – Seo Yeong and Soshiro
Year 4 CAN – Chanjoong, Albin, Nika
Year 5 Kangaravens – Kinga and Alice
Year 6 Jaguars – Jin Seong

Congratulations, Stars!

Wishing you a nice weekend,

Anna Witańska
Head of Primary

News from Head of Secondary



With half of the BISC Secondary off to ski camp, the hallways were quieter than usual, but the students that remained had an enjoyable week. Year groups were combined in most of the classes throughout the week. It was a nice experience for students to socialize with

others in classes that they wouldn't normally have a chance to otherwise.

I would also like to take this time to introduce a new student that joined our Year 7 class last week. His name is Adam Milan. He had spent last year in Berlin and lived in Marbella, Spain before that. He knows quite a few students in our secondary, so he was given a very warm welcome by many when he arrived. Welcome to BISC Wrocław Adam!

The Ski Camp appears to be very enjoyable, looking at the various pictures that have been sent to the school. It is terrific to see the large amounts of snow that accumulated while there too. I am sure the students will come back home with great stories to tell. Our website is updated frequently with news regarding school events. So if you have a chance, please visit our school website to view the updates from the Ski Camp.

Enjoy your weekend,

Joe Peck
Head of Secondary
BISC Wrocław

Spotlight on Foundation

In Foundation we started the term with a topic on winter – cue the snow!

What a great opportunity to observe what happens to water, ice and snow when the temperature changes! Of course, our young students had great fun playing with their friends in the snow.

Inside our cosy house, we have made a few changes and have created space for an indoor sensory area ready for water, sand and other tactile exploration. We have also created extra space for role-play, which has proved to be very popular. A great start to the new year!

Iza Łuczowska
Nichola Lewis
Foundation Form Tutors



Please Note: Due to the expected Ski Camp, Bake-A-Cake or Savoury Day for Years 10&11 is changed to a different day.

Year 10 & 11	January 20, 2016
Year 12 & 13	January 27, 2016
Year 6 Jaguars	February 10, 2016
Year 7	March 2, 2016
Year 8	March 16, 2016
Year 9	April 13, 2016
Year 5 Ravens	April 27, 2016
Year 5 Kangaroos	May 11, 2016



1. **PTA coffee morning:**

We would like to announce first PTA coffee morning in the New Year.

When: Friday, January 22 in the morning after leaving children at school

Where: as usual Water Tower on Sudecka Street 125a.

The issues to be discussed: (1) upcoming events – pancake day, mufti and crazy hair day, international day; (2) call for volunteers for the upcoming events; (3) new initiative – uniform Lost & Found.

2. **Uniform Lost & Found. Please sign the uniforms!!!**

We would like to launch a new initiative – Uniform Lost & Found. The box of Lost & Found in Small Villa is full of different clothes, mainly uniforms. At the same time all our children need uniforms. Uniforms are expensive and take long time, sometimes very long time to arrive. Therefore, it would be nice to help us all to find quickly and efficiently uniform items our children have lost. However, to make it possible, please sign your children's uniforms.

We would like to ask some volunteers who would check the Lost & Found box and mark clothes with owner's name. The goal is to find most of the owners of uniforms which are in the box now. Afterwards it would be good to check the Lost & Found regularly, mark things with owner's name visibly and we could use Newsletter or find another way of publicizing whose uniform items have been found. Please feel free to come up with your ideas how to make this initiative work the best and be as efficient as possible. It would be ideal to end the academic year with empty Lost & Found box. We will discuss it on the PTA coffee morning.

Lunch Menu January 2016

Dear Parents,

Below please find a few details about our lunch ordering system:

1. Lunches for the upcoming week can be ordered in the secretary's office (small villa) from Monday till Thursday.
2. You can choose between the polish, Italian and vegetarian menu.
3. In case of child's absence, please inform school's office on the same day by phone (71 79 66 861) or e-mail (wroclaw@bisc.krakow.pl) before 9a.m. Depending on your request, order will be cancelled or moved for the next week.
4. The orders are accepted together with the payment only.
5. Menu for the following month will be posted on the information boards in both villas and also in our weekly newsletter.
6. The cost for one lunch is 12PLN.

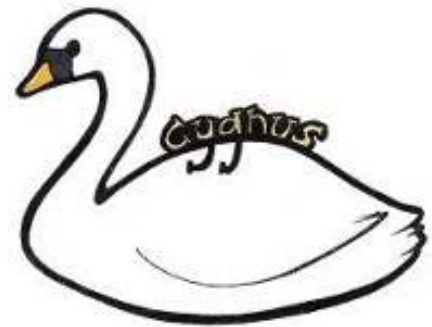
Date	POLISH MENU		ITALIAN MENU	VEGETARIAN MENU
18.01.2016	Cabbage soup	Hungary goulash with vegetables, buckwheat groats, salad	Broth with meat and noodles , omelette with ham, bread roll, salad, desert	Buckwheat porridge with vegetable sauce and chickpeas
19.01.2016	Vegetable broth with carrots and potatoes	Chicken fillet baked with thyme and onion, potatoes, salad	Poultry breaded fillet and mashed potatoes, bread roll, salad, desert	Baked potatoes with garlic sauce, steam boiled vegetables
20.01.2016	Barley soup with vegetables. potatoes and groats	Stuffed cabbage with meat, brown rice and tomato sauce	Lasagna with Bolognese sauce, bread roll, salad, desert	Stuffed cabbage with vegetables in tomato sauce
21.01.2016	Vegetable soup	Baked beans with rosemary, Italian sausages and tomatoes, wholemeal bread	Pizza Margarita, salad, dessert	Baked beans with rosemary, Italian sausages and tomatoes, wholemeal bread
22.01.2016	Ukrainian borsch	Pollock fillet, potatoes, stewed and steamed vegetables	Farfalle with tuna, olives and mozzarella, bread roll, salad, dessert	Russian dumplings
25.01.2016	Vegetable cream soup with croutons	Baked pork chops with herbs, gravy, groats and salad	Spaghetti Carbonara, bread roll, salad, dessert	Penne pasta baked with tomatoes and mozzarella
26.01.2016	Celery cream soup with croutons	Risotto with chunks of roasted turkey breast with thyme	Gnocchi with cheese sauce, bread roll, salad, dessert	Vegetarian risotto
27.01.2016	Cucumber soup	Meatballs with ham and sauce, potatoes, salad	Meatballs in marinara sauce on fusilli pasta, bread roll, salad, dessert	Buckwheat porridge with vegetable sauce and chickpeas
28.01.2016	Vegetable soup with noodles	skewers of turkey, vegetables, potatoes, salad	Tortellini with ricotta, spinach and cream 30 %, bread roll, salad, dessert	Silesian noodles with cheese sauce, salad,
29.01.2016	White bean soup with vegetables and potatoes	Pancakes with turmeric , stuffed with cheese or jam	Penne pasta with tomato sauce and mozzarella, bread, salad, dessert	Pancakes with turmeric , stuffed with cheese or jam

***juice and dessert to each menu**

45



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(Weekly Winner)



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AROUND BISC WROCLAW



A brief introduction to parents at BISC Wrocław