

Dear Parents and Students,

Spring has arrived and with it renewed energies and outlook.

### **Primary Book Week**

Year 1 to 6 will be celebrating Book-Week with a range of different activities across the week of the 4th March. From scavenger hunts to arts and crafts activities, it will be a week of learning enhanced by reading.

### **Secondary Literacy Week**

From March 4th to 8th, Secondary is celebrating Literacy Week arranged by the English Department. Students will be dressing up in characters, doing buddy reading with Primary students and 'dropping everything and reading'. An exciting week ahead.

### **Leaving Documents**

As we are an international school, we are only too aware that family circumstances can change and that students and families may have to leave.

To help make the process as easy as possible, please follow the below steps...

1. Inform Ms Klaudia, the School Administrator ([kszymczak@bisc.wroclaw.pl](mailto:kszymczak@bisc.wroclaw.pl)) that you are leaving. Please keep in mind the 3 month notice period.
2. Please email Mr Maciej, the School Secretary ([mmaruszak@bisc.wroclaw.pl](mailto:mmaruszak@bisc.wroclaw.pl)) that you are leaving, confirming the date you are leaving and he will begin to get you documentation ready.

The school will provide one copy of each of the below documents:

- Leaving certificate
  - School validation
  - Transcript
  - Reports
  - Calendars (past and present)
  - Other necessary documentation upon request
4. All ECA document requests must be made to the staff member running the ECA by email. Follow the link to find staff contact information <https://bisc.wroclaw.pl/school-staff.html>

### **School Uniform**

School Uniform is an important part of our culture – the ways we do things. So, in the weeks ahead we will be encouraging our students, from Years 1 to 11, to abide by our expectations for wearing school uniform

All secondary students have been spoken to regarding uniform and are aware of what they should wear and the consequences of not wearing it.

Form tutors will email reminders for those students who are not dressed appropriately and if incorrect uniform is worn, detentions will be given.

### **Roundtable meeting**

In the coming weeks, I will be emailing regarding our next Roundtable meetings. We look forward to discuss the school, curriculum and any issues you may have.

Áine

Head of School



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### **IMPORTANT DATES**

- 4th—8th March Primary Book Week and Secondary Literacy Week
- 13th March Year 9 Bake Sale
- 21st March Primary Egg Hunt
- 22nd March Secondary Egg Hunt
- 22nd March Year 1 Bake Sale
- 25th— 5th April Easter Holidays
- 8th April Summer term begin

# HEAD OF THE POLISH SCHOOL



## ARE YOU TAKING A TRIP?

Living in Wrocław allows the freedom to travel to other corners of Europe with ease.

As an international school, we are only too aware of the importance of broadening the minds of our students through travel and experiencing new customs, cultures and languages.

Should you and your family wish to take a trip, please request an 'Absence from School Form' from with your child's form tutor or from the school secretary at [wroclaw@bisc.krakow.pl](mailto:wroclaw@bisc.krakow.pl).

While we would prefer your children travel during holidays, however at times it can not be avoided.

Repeated long term travel will have an impact on the learning of your child so please be mindful of the impact frequent absences have on your child's education.

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Drodzy Uczniowie,

witam Was w naszych szkolnych murach po feriach! Mam nadzieję, że dobrze spędziliście ten czas i z nowymi siłami wróciliście do wyzwań, które na Was czekają.

Nasza Komisja zebrała się w tym tygodniu i oceniła Wasze kartki walentynkowe. I miejsce w kategorii dzieci młodszych (klasy 1-3) zajmuje Liliana Nowak, zaś zwyciężczynią w kategorii dzieci starszych (klasy 4-8) została Hanna Jałoszyńska. Panie: Martyna Żyń i Aneta Napiwocka postanowiły także przyznać 2 wyróżnienia, które należą się Elenie Nowak i Mikołajowi

Sobieszkowi.

Szkoła Polska w marcu zorganizuje wolontariat, podczas którego będzie pomagała trzyletniemu Kubie Stolorzowi walczącemu z dziecięcym porażeniem mózgowym. Mamy w planie „Bake a cake day”, a także sprzedawanie kartek wielkanocnych. Całkowity dochód z tej akcji zostanie przekazany na powyższy cel. Dokładna data eventu będzie przekazana przeze mnie drogą mailową Waszym Rodzicom.

Życzę Wam dobrego i słonecznego weekendu.

Anna Łoboziak

## PRIMARY COORDINATOR

Dear Parents and guardians,

Welcome back! I hope you all had a restful and enjoyable half term break! This school year is passing by so quickly! We all know how important sleep is, please enjoy this article from the Sleep Foundation regarding sleeping habits in primary aged children!

### Why Is Sleep Important For Children?

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory.

### What Happens When Children Don't Get Enough Sleep

As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school. Even minimal sleep restriction can have effects on your child's day-to-day life. According to the American Academy of Pediatrics (AAP), a quarter of children under the age of 5 don't get adequate sleep. This is worrying because poor sleep in early childhood has been linked to allergic rhinitis and problems with the immune system, as well as anxiety and depression.

**Sleep tips for school kids:** Between academic, social, and extracurricular obligations, school-age children often have

busy schedules that can make it difficult to get a good night's sleep. Wherever possible, try to follow a consistent schedule and a wind-down period before bed. To strengthen the association between the bedroom and sleep, have them do homework or other activities in another room where possible.

Children aged between 6 and 13 should be aiming to have between 9-12 hours of sleep per night.

### What Can Help Kids Sleep?

For kids of all ages, set up a bedtime routine that encourages good sleep habits. These tips can help kids ease into a good night's sleep:

- Stick to a regular bedtime. You can give your kids a heads-up 30 minutes and then 10 minutes beforehand.
- Encourage older kids and teens to set a bedtime that allows for the full hours of sleep needed at their age. A bedtime routine could include washing up and brushing teeth, reading a book, or listening to quiet music.
- Turn off all screens (TV, computers, phones, tablets, and video games) at least 1 hour before bedtime. Consider removing all devices from your child's bedroom.

I would like to take this opportunity to remind you of a few important notices and upcoming events:

We are a uniform wearing school, please ensure that your child comes to school dressed in the correct uniform.

4<sup>th</sup>-8<sup>th</sup> March: both schools will celebrate book week! More information will be shared closer to the time!

Ms Zoe

## BISC WROCLAW

BISC was founded in September of 1995 by four educationalists to provide a top-quality British education for the international community of Kraków. Following an invitation from Wrocław city hall, the school opened its second site in the leafy district of Krzyki, a few short minutes by public transport from the historic centre of Wrocław.

BISC Wrocław has grown considerably since it began in 2006 and educates students from different countries between the age of 5 and 18.

The school has continued to develop its curriculum and reflects modern educational trends from the UK, delivering the Cambridge International Programme in Primary and Lower Secondary. Our secondary students sit IGCSE, AS and A-Level examinations and progress to universities and colleges across the globe.

BISC Wrocław is a full member of the European Council of International Schools (ECIS) and is fully accredited to offer external examinations from Cambridge International (CIE).



BISC Wrocław

al. Akacjowa 10/12,  
53-134 Wrocław

<https://bisc.wroclaw.pl>

School secretary  
[wroclaw@bisc.krakow.pl](mailto:wroclaw@bisc.krakow.pl)

School Administration  
[kszymczak@bisc.wroclaw.pl](mailto:kszymczak@bisc.wroclaw.pl)

Head of School  
[amoney@bisc.wroclaw.pl](mailto:amoney@bisc.wroclaw.pl)



## BEHAVIOUR SUPPORT

Dear Parents, Guardians and Students,

For those of you that do not know me, my name is Mr Taylor and one of my roles in BISC is Behaviour Support. Put simply, it is my job to make sure that both Students and Staff know what is expected regarding behaviour and attitude in school.

As a result, I would like to take this opportunity to make some things clear, so that you will have a much better understanding of what is expected from our students whilst in school.

Firstly, Uniform. I know that this issue has been brought up before, but I feel that it must be repeated. All Secondary students (with the exception of Sixth Form) must wear appropriate uniform at school. A list of what constitutes proper uniform can be found on the school Teams. Correct uniform does not simply mean wearing the clothing but wearing it correctly. For example, students wearing a blue shirt should have it buttoned up and tucked in to their trousers.

The wearing of uniform is done in an attempt to not only promote a sense of unity within the school, but also prepare students (especially the older ones) for the workplace. Many companies and professions have dress codes and so practising that now will help students in the future. If your child arrives at school without uniform, then please expect a phone call from the school office requesting you bring the correct items of clothing.

Secondly, it has come to my attention that standards of behaviour have begun to slip amongst certain year groups and students. Students will be monitored closely by members of staff to ensure that they are following the rules and expectations set out in our Behaviour Policy. I would like to ask that you remind your children as well that there rules for a reason and that they must be adhered to. I will be speaking to certain year groups regarding these issues and reminding them that actions have consequences. In this case, these consequences can be detentions. These detentions (given by members of staff) will be logged in our internal system, as well as on end of semester reports.

And finally, a brief reminder that students are here to learn. Yes, it is good that our students can socialise with their friends and have a good time, but this should not stand in the way of their education. This means that students must use class time appropriately, show up on time and complete the tasks set for them in a timely fashion. This can most definitely be applied to our Year 11s, 12s and 13s who will very soon be sitting their IGCSE and A Level exams. So I ask that you work with and talk with your children to encourage them to do their best and understand just how important their schools years can be.

If you have any questions regarding the behaviour policy/consequences or have any concerns regarding the behaviour of students at BISC, then please do feel free to get in touch with me.

Kind regards

Mr Taylor, Behaviour Support, Year 7 Form Tutor

[etaylor@bisc.wroclaw.pl](mailto:etaylor@bisc.wroclaw.pl)