



VISION

To be an educational institution of excellence combining Eastern values with the knowledge and skills to participate in a global society.

MISSION

To provide quality educational programmes in a creative and challenging learning environment, embracing innovative teaching pedagogies to empower every student to become a life-long learner.

NEWSLETTER

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MESSAGE FROM THE PRINCIPAL

Dear Parents,

School resumed normal operations on 4/5/2020 after the Covid-19 pandemic:

+ Social distancing were applicable for students and staff in accordance with general regulations; monitoring the body temperature; using hand sanitizer in a community setting...

+ Conduct teaching and learning in class; Students at all levels will take the examinations according to the reduced curriculum program of the Ministry of Education and Training.

+ The school conducts make-up day teaching on 4 Saturdays (May 16; May 23; May 30, 2020)

+ Organization of swimming courses for students; ECA clubs according to the 2019-2020 school year calendar.

+ Besides teaching new knowledge, the school has a consolidation plan for students to prepare the final examinations of the 2nd semester in June 2020.

+ Food issues:

- In case students did not register for the canteen service at school, parents have to prepare food from home for their children, food has to be contained in boxes with student full name and labelled class when sending to the security gate.

- Parents have to remind students that the school does not allow students to order food using delivery services or sharing food from other students in order to ensure students' health, food hygiene and safety during school time.

Hot and sunny summer is coming, parents please kindly remind your children to keep their hair neatly to stay healthy and avoid illnesses occurring in summer.

We wish parents and students good health and peace.

Mrs. Nguyen Thi Hanh





S.T.E.M

Over the last two decades, STEM Education has become quite popular with a number of countries around the world including Vietnam. So, what is STEM? STEM stands for Science, Technology, Engineering and Mathematics. STEM education in essence helps learners to solve problems in daily life, equip students with the knowledge and skills to work and develop a career in a modern technology world.

In the first months of 2020, the SVIS Nha Trang class teachers and primary school students implemented the STEM project of hydroponic vegetable planting with the purpose of helping the students solve the urgent need for green vegetables to ensure our health safety, their family and the whole society. Moreover, this activity also helps to build up the nature's love and habit of environmental protection, a spirit of cooperation and the joy of working in the heart of every student.

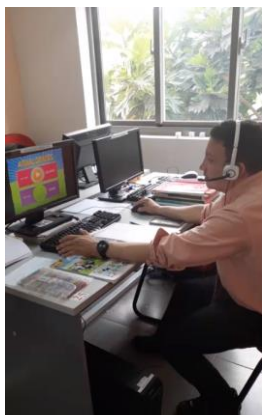
Ms. Nguyen Ngoc Hoai My - Primary Teacher



DISTANCE LEARNING

The introduction of distance learning due to the pandemic caused by the corona virus (CO VID 19), although many schools faced closure during these difficult times. SVIS stayed ahead by being an innovator an introducing online learning for its students to ensure that quality education could be delivered into the comfort of each student's home. This is how the school continues to strive to provide world-class education even during difficult times. The online English subject program conducted by the school was planned out and executed to deliver the most effective results. The teachers and students have now been back to school since May 4th, 2020, those who decided to take advantage of the online learning platform offered by the school and continued to take advantage of learning English online have shown outstanding results and minimal disconnect from school learning. It seems that online learning is here to stay in the near future and it is a great tool in education when paired with traditional learning.

Mr. David Lara - EFL Teacher





SWIMMING COURSE SCHOOL YEAR 2019-2020

Dear Parents,

The students have returned to school after a month of school closure due to Covid-19. Besides the daily curriculum program, extra-curricular clubs such as handmade club, football club, hand-writing club also started normal operations again. Notably, the 4th, 11th and 12th grade classes started the exciting and helpful swimming course. During the lesson, the children are strengthened, practiced basic and advanced swimming skills. The children show interest after a hard studying day. So, I really like this lesson too.

I hope all students will attend the swimming lessons. Parents please take note of your child's swimming schedule to arrange a proper picking up time.

Your sincerely!

Nguyen Thi Thuy Duong - Primary teacher

This riddle is not for only person, it is suitable for both students and adults. This is one of the riddles that helps us gain the intelligence, creative thinking ability, and stimulate the excitement with Math.

THE SMARTEST PEOPLE

It was conducted to select the smartest among the three students who won the prize in a math contest by the following way:

There were 5 hats: 3 white hats, 2 black hats. Blindfolding all three students and wearing a hat on each person. The remaining two hats were taken away.

When the eyepatches were removed, the judge declared: "The first person had to say which color of his hat was the smartest". The three students silently watched one another, and a moment later, one student said he was wearing a white hat and he won.

So, what did he deduce to identify the color of his hat?

•Answer:

The winner (the smartest one) thought faster than others:

Suppose I wear a black hat, both of them see and think: "If I also wear a black hat, the other person (the third person) will know and tell him right away he wears a white hat. But he said nothing, so I'm not wearing a black hat, but a white hat."

So, if I wear a black hat, the other two will know exactly which color of their hats. Over here, the other two are silent, so I can't wear a black hat, but a white hat.

Ms. Nguyen Dang Y Nhi - Math Teacher



GOOD HABITS FOR HEALTH

To have a good health, a clear mind and an abundant energy source requires a whole process of health care and protection by many different good care measures and habits in the spirit of "many a little makes a mickle". This must be done in a long time, and not just one or two days. And below are 9 healthy habits you should do every day.

1. Drinking plenty of water every day

Water is the key element to take care of your health from the inside and beautify you from the outside; Therefore, make yourself a habit with drinking plenty of water every day, minimum 8 to 10 cups, depending on the daily physical activity. If this is new to you, just practice gradually, little by little.

2. Eating a "nutritious" breakfast

Always make sure you have breakfast every morning as this is the most important meal of the day and have a "hearty", nutritious, healthy breakfast will give you a plentiful energy source.

3. Doing a suitable exercise/sport

Choosing a space (at home or in the gym) with a suitable sport or exercise and spend at least 20 minutes a day practicing regularly.

4. Washing your hands regularly and properly

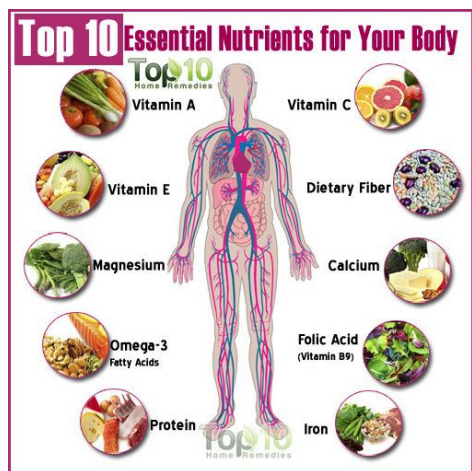
Washing your hands is a simple but effective way to protect your health. Choose a gentle hand sanitizer from natural origin for yourself and your family and wash your hands properly by washing from hands to fingers and nails and then wipe your hands with a clean cotton towel to protect your hand skin.

5. Getting enough sleep according to your body's circadian rhythm

Getting in the habit: Going to bed at 10 pm and waking up at 6 am is the most reasonable. Gradually, you will build up a habit of waking up early without having an alarm clock. By 6 am, you will wake up with a relaxed spirit.

6. Using vitamins and minerals

Vitamins (Vitamin A, Group B, C, D, E, ...) and minerals are extremely important nutrients for our bodies, which are especially important in energy production, maintenance of living activities of the body.



用温水泡脚



7. Going to the toilet every day

You should maintain a regular habit of defecation at least once a day and at the fixed time (in the morning or after eating) because this is a habit that brings a lot of benefits, such as helping the digestive system to work better, minimizing gastrointestinal diseases, limiting the risk of hemorrhoids, allergic itchiness, etc.

8. Keeping proper oral hygiene

Keeping proper oral hygiene helps you have healthy teeth, and a fresh breath so that you feel more confident in daily communication.

9. Soaking your feet before bed

The legs are like the second heart of the body, every day your feet suffering your body weight, moving regularly so before going to bed you should spend 20 minutes on soaking your feet with warm water with salt or warm water with tea, or with ginger, ... to have healthy, soft feet, relieving stress in life and have a good sleep.

We all have heard that "Health is everything", and with the above 9 healthy habits that you should do every day will help you have a better health, a more rational and healthier spirit. The buildup or give up the habit requires a lot of time and perseverance. It cannot be a achieve in a short time. Wishing you have a good health to be more successful, happier in life.

(Source: Collecting the things to do to stay healthy)

Ms. Pham Nguyen Le Trinh - PE Teacher