# SINGAPORE VIETNAM INTERNATIONAL SCHOOL @ NHA TRANG

October 2017



## **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.

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#### **MESSAGE FROM THE PRINCIPAL**

Dear Parents.

In addition to gain academic knowledge, school always strives to equip students with more life skills followed the approach to incorporate play-based learning as well as structure lessons. During October, SVIS @ Nha Trang organized many exciting and interesting activities for children as below:

- Mid-Autumn Festival on October 04<sup>th</sup>: Students performed the Lion dance and Lantern Parade with the handmade lanterns prepared by teachers and students.
- Vietnamese's Woman Day was celebrated on October 20<sup>th</sup>: Students made greeting cards, paintings and wrote poems with all their love to send to their mothers, grandmothers and teachers.
- Halloween was on October 31st: Our students participated in many interesting activities such as "Costume Contest", "Who are hidden?" All classes had joined the contest to make Halloween-themed cakes, where teachers and students created lots of funny and creative shapes of cakes.

We'd like to thank all parents for your continuous supports in all school's activities.

Respectfully,

Mdm. Nguyen Thi Hanh - Principal

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#### **MID-AUTUMN FESTIVAL ON 4 OCTOBER**

Every year, by the middle of the August Lunar Month, children across the country are eager to welcome the Moon Festival, called 'Mid-Autumn Festival' or "Children's Day". The festival has been the most wanted holiday for Vietnamese children.

Students participated in school activities such as "Quiz to learn", "Making lanterns"," Lanterns Parade". These activities not only enable students to increase their creativity, the spirit of teamwork but also create a fun and useful environment for them to learn more about social studies.

Joint activities between primary and high school has given the juniors opportunities to communicate with the seniors while the seniors have chance to share and lead juniors for further improvement in one consistent educational environment.

### **VIETNAMESE WOMEN'S DAY ON 20 OCTOBER**

Vietnamese women always possess the noble qualities praised by Uncle Ho as "Heroism, determination, faithfulness, resourcefulness". In any role, women always demonstrate their ability to fulfill their tasks and obligations, which is recognized in our history through generations. Nowadays, Vietnamese women have also strived to prove themselves dynamic and creative in all the fields of their work. Even though, they are well recognized in the society but never forget their vital role in the family.

On this occasion, students of SVIS @ NT shared their love through the greeting cards, letters, and poems to the mothers, grandmothers and teachers who are raising and teaching them at home and at school to become good people in life. Beautiful cards, poems, lovely messages are special gifts to all the mothers, grandmothers and teachers on Vietnamese Women's Day - 20/10/2017.

Le Xuan Binh- Literature Teacher

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## PREVENTING CHILDREN'S MYOPIA (SHORT-SIGHTEDNESS)

1. Rest your eyes

Keep your eyes being at rest for one minute for every 20 minutes of studying or working. Look at far sight objects or close your eyes in 30 seconds or 01 minute.

2. Pay attention to the light

Classrooms or study areas should be maintained with sufficient natural light or lighting system. Avoiding to read and study in the dark or inadequate light.

3. Appropriate distance for reading and writing

The appropriate distance for reading and writing for middle and high school students is 30-40cm and 25cm for primary students. Reading and writing in the close distance will tire your eyes and increase the risk of myopia.

4. Appropriate study posture

Keep your head, neck and spine in a straight line when you sit. Avoiding to lay down while reading as it will cause more fatigue for your eyes and increase the risk of myopia.

5. Healthy and balanced diet

A healthy and balanced diet is essential in maintaining good eye health. Adding some vitamins such as vitamin A, E, C and minerals in vegetables, fruit, meat, fish and eggs to your diet.

6. Periodic eye sight examination

You should see doctor periodically to check your eyes for appropriate actions and care in case of any eye problems detected.

### **COSTUME HALLOWEEN FESTIVAL ON 31 OCTOBER**

Halloween – the costume parties nowadays is becoming more popular when students have more chances to participate in costume performances and other typical festival activities.

Our students in SVIS@NT were excited to participate in the Halloween party this year with various activities that require their creativity and ingenuity. In additions, all teachers and students engaged in decorating their classrooms and making jelly cakes with the theme of Halloween. All those team-building activities help students learn how to work together and improve their creative and craft skills as well.

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