



Up Coming Events

- Jan. 21 - 22 L.S. Parent-Teacher Conferences
- Jan. 23 L.S. Report Cards (Unit 3)
- Jan. 26 - 30 Chinese New Year Holiday

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Winter Holiday Program and Teacher Recruitment

The Winter Holiday Program celebrates the end of one year and the beginning of another. I want to thank everyone who contributed to the success of the program. Many students, teachers, support staff and parents were involved. The students were a delight to watch and they warmed our hearts in that freezing theatre. I think it was apparent that our students are very comfortable performing in front of a large audience. This was an expression of their confidence in themselves. The primary grade students, who danced so well, were taught by Kelly Du with the assistance of LuLu Zhang. A very special thanks goes out to InSun Han, our vice-principal and music teacher. InSun brings the best out in people and she does so every day in her quiet, humble, unassuming manner. She models our mission of being vital, sensitive, courageous, intelligent and compassionate, and I think these qualities were reflected in the program. Bravo, InSun, students, teachers, staff and parents!



Director: Jeff Fischmann

is well underway. As in the past, I will be recruiting qualified teachers from reputable agencies, such as International School Services (ISS) and Search Associates. I will also be working through the education departments at major universities and through my associates at other international schools. My search for faculty will take me to

ISS and Search Associates teacher recruitment fairs in Bangkok and Hong Kong in early January and then onto Toronto, Boston and San Francisco in late January and early February. There is no task more important than staffing the school with dedicated, caring, professional teachers. While I am recruiting, Peter Burnside, our upper school principal, and Tim Green, our lower school principal, will be in charge of the school.

Looking ahead we are actively planning for the next school year. In the world of international education, the recruitment season for the 2009-2010 school year

On behalf of the entire faculty and staff at QISS, we wish you all a safe, fun and fulfilling Holiday Season. See you in 2009!

College Advice

At a high school assembly on Monday we invited a panel of recent college graduates working in Qingdao (Three American and one German) to share their advice on getting into and succeeding in college. Here is a summary of their advice.



U.S. Principal: Peter Burnside

Getting into College:

1. Get good grades and do well on the SAT. This is an old no-brainer, but it's worth repeating that it's important to do well in high school, especially in grades 11 and 12.
2. Take SAT II subject tests to show what you know about various subjects

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Christmas Literature for Children

The sights and sounds of Christmas have been captured in literature and stories throughout the years and are now part of our annual celebrations. Make reading a Christmas classic to your children part of your family tradition. Listed below are some of

my personal favorites:



L.S. Principal: Tim Green

- A Christmas Carol**, by Charles Dickens
- How the Grinch Stole Christmas!** by Dr. Seuss
- The Night Before Christmas**, by Clement Moore
- The Polar Express**, by Chris Van Allsburg
- The Legend of the Poinsettia**, by Tommie dePaola
- The Friendly Beasts: An Old English Christmas Carol**,

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Five Eating Tips for a Healthy Holiday Season

Food is an important part of many holidays, celebrations, family and cultural traditions. In fact, special occasions often center around food. As a result, many people gain a little (or a lot of) weight during the holidays. What's to blame? Perhaps it's all the tempting treats available during the holiday season or the pressure from family, friends, and co-workers to overeat. Maybe it's the increased emotional eating (whether it be from holiday stress or holiday joy) or the extreme laxity with eating and physical activity regimens in anticipation for the strict "new diet and exercise plan" you're going to start January 1st. Consider these 5 tips for fully enjoying the holiday season without gaining weight!

1. Be physically active every day, especially aerobic activities (like brisk walking, jogging, bicycling, and swimming) can help relieve stress, regulate appetite, and burn up extra calories from holiday eating.
2. Eat a light snack before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and sweet treats.
3. Reduce the fat in holiday recipes. There are plenty of low fat and low calorie substitutes



P.E. Teacher: Dominic Adie

that are amazingly tasty. Give them a try, and share your cooking creations with friends and family.

4. Choose your beverages wisely. Water and diet sodas are calorie-free. And, watch out for calories in soda, fruit punch, and egg nog as well.

5. Enjoy good friends and family. Although food can be a big part of the season, it doesn't have to be the focus. Holidays are a time to reunite with good friends and family, to share laughter and cheer, to celebrate and to give thanks. Focus more on these other holiday pleasures, in addition to the tastes of holiday foods. The important thing to remember is balance and moderation. It's OK to eat too much once in a while. Just relax, enjoy the holidays, and remember what the season is all about.

Happy Holidays from the PE Department!

For more information about nutrition, fitness, and body image go to:

www.studenthealth.ucla.edu/snac.

<http://www.parents.com/recipes/nutrition/kids/healthy-snacks-from-a-to-z/>

http://www.bbc.co.uk/health/healthy_living/nutrition/

Thank You

The Winter Program Committee greatly appreciates your help and support for the success of the event last Saturday. We all had a great time enjoying the Winter Holiday Program.

The High School Choir students are fundraising for the music festival in Hong Kong in February, 2009.

The choir students are selling German sausage and drinks during lunch time everyday starting on Thursday, Dec 12. The menu is below.

Wienerle Set (boiled sausage + drinks)

Bratwurst Set (Grilled Sausage + drinks)

Kasekrainer Set (Grilled sausage + drinks + chips)

Please help us to make this music trip possible. Changes in menu and cost will be advertised later.

Thank you so much for supporting QISS music program.

L.S. Principal (Continued)

also by Tommie dePaola

The Real Santa Claus: Legends of Saint Nicholas,

by Marianna Mayer

Santa's Littlest Helper Travels the World, by Anu Stohner

Lucky Wish Mouse: White Christmas, by Clara Vulliamy

One Snowy Night, by Christina M Butler

One Winter's Night, by John Herman

Jessica, G8: Linoleum Block Printmaking



I'm certain I've left out some really great books, and by all means, this list is not all-inclusive. My point is: you can make this holiday a great time to enrich your child's life (and reading skills) with a good book that fits the occasion.

Wishing each of you and your families a safe, joyous Christmas and a healthy, prosperous New Year!

Counselor Corner

Parents' Guide to the IB Learner profile

Being Principled means accepting responsibility for one's actions or behavior. Children of all ages make mistakes and, at times, will act in ways that are irresponsible or disrespectful of others. This is a natural part of growing and learning. The challenge is to help our kids to be honest with themselves and others and then to take action to correct the mistake or repair the damage. As parents, we can help by remaining calm and not over-reacting when our kids make mistakes.



Counselor: David Addicott

Kids need to hear and feel from us that what is important is that they take responsibility for what they have done and learn from their mistakes. This is harder for our kids to do if we get upset with them. A more effective approach would be to say, "Oops, looks like you (describe the problem behavior). How will you take care of this?" This gives the child the opportunity to make things right. In the beginning, kids may need guidance in doing this, but with time (and firmness by parents), they'll understand that they're not in trouble, they just need to make things right.

Being Principled means being responsible to others and trustworthy. The trustworthy child can be relied upon to fulfill their obligations or promises to others. The best way for kids to learn this is for parents to model it by being responsible to their kids. This means that if you promised to take them shopping on Saturday, you do it, or if something comes up and

you can't, you let them know and make a plan for another time.

Naturally, young people need help understanding that their behavior affects others. When they have commitments or obligations to others, they need to learn to honor them. When kids break their trust by not fulfilling promises, we need to coach them through the process of taking responsibility for their actions by apologizing and taking care of any problem caused. Finally, we can encourage our kids by noticing when they do meet their obligations and let them know how much we appreciate their trustworthiness. "Wow, that was great how you remembered to come home on time!" would be an example of this.

Being Principled means having a sense of fairness or justice. Most parents would say that their kids have an over developed sense of fairness -- especially when they are the one being "un-faired" against! We need to help our kids understand what fairness is -- that it's not just me getting what I want, but about all of us getting what we need -- and our basic human rights being respected.

Learning to stick up for one's own rights or the rights of others, to fight for justice, is a noble endeavor and one that parents should recognize and encourage. Unfortunately, too often we don't like the way that our kids go about it and we give them the message that this is something we don't want them to

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Counselor (Continued)

do. Rather than discourage them, we need to help them learn how to go about fighting for justice in ways that are effective and do not show disrespect or cause negative reactions in others.

Learning to be appropriately assertive --- neither reacting passively nor aggressively -- is a skill we can help our kids learn. In the process, we can help them feel more competent and confident in themselves. When they are upset with their friends, their teachers, or with us as parents, we can guide them toward strategies and actions that will have the best chance of success. By not solving the problem for them, our children can learn that they can advocate for themselves and make a difference.

Jane, G7: Linoleum Block Printmaking



U.S. Principal (Continued)

and languages, including Chinese and Korean

3. American colleges are interested in students with interesting backgrounds. Being an International student gives you an edge. You are interesting because you have a global perspective that many Americans do not.

4. Reference letters are important. Get to know your high school teachers and develop positive relationships. They can help you with a personal reference letter.

5. Apply to a variety of schools. You might not get into your first choice school, so you'd better apply to several.

At College:

6. Choose a major that you like AND you are good at. You can change majors several times, but you'll want to settle on something that fits you.

7. Be prepared for freedom. You will have to wake up on time, manage your schedule, and do your own laundry. You'll have to be organized and self-disciplined.

8. Get to know a variety of people. You'll meet lots of interesting people from all over the world. Get to know them.

9. You can transfer to another college. After a successful year or two, you can transfer to a different school if you want to.

10. Get involved. There are hundreds of clubs and activities to join in which you can get valuable work experience and develop a network of friends.

Flu Facts

- * The influenza virus affects 5% - 20% in the US every year.
- * The flu spreads through coughing and sneezing, or by touching something with flu virus on it then touching your mouth or nose.
- * Carriers of the flu can pass it 1 day before symptoms develop and 5 days after becoming sick.
- * Those most at risk for complications include the elderly, young children, and those with asthma, diabetes, heart disease.
- * Flu complications cause 200,000 hospitalizations and 36,000 deaths annually in US.

According to the CDC, the best way to protect yourself against influenza is to get a yearly flu vaccination. Vaccination usually begins around September and goes through January when the flu season usually peaks. For more information from the CDC on flu vaccination visit www.cdc.gov/flu/protect/keyfacts.htm

The CDC also recommends the following steps to avoid and limit the spread of the cold and flu viruses:

1. Avoid close contact with people who are sick.
2. Stay at home when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Clean your hands.
5. Avoid touching your eyes, nose or mouth.
6. Practice healthy habits: Get plenty of sleep, be physically active, manage stress, drink lots of fluids, and eat healthy.

Follow these simple steps to protect you and your loved ones from the cold and flu viruses this year.

Read Aloud to Your Child

Children of all ages benefit from reading good literature. All research proves children enhance listening skills, increase vocabulary, improve comprehension skills and develop a joy for reading. Staff members at QISS encourage parents, guardians and care providers to engage in read-aloud activities at home. Children of all ages benefit from being read a good book. Sometimes we forget that older children also enjoy being read a meaningful book; likewise, children of all ages can reap the benefits from a read aloud at home.

Some parents ask which language should be used for read-aloud activities. The language should not be the limiting factor of reading good literature to children. Since the read-aloud activity is for the development of the joy of literature and social

bonding with family members at home, the mother tongue is suitable to activate interest in developing minds for adventure, suspense or nonfiction. Please keep in mind the interest of the child. Thus, you must get to know the likes of your child and pick stories or nonfiction that will entertain and generate inquiry in your child's mind.

Once you discover your child's interest, you and your child are ready to begin an adventure of snug-

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A Warm Helping Hand for AIDS

Recently, some students in QISS-Qingdao International School of Shandong (located on Songling Road) have been busy selling red ribbons to other students and teachers. They are members of GIG - Global Issues Group (lead by Onnika van Oosterbosch). GIG's purpose is to address the 20 global issues through a locally based program on behalf of Qingdao NO.1 International School of Shandong (QISS). It is an organization of QISS students who care about the world's big issues and environment.



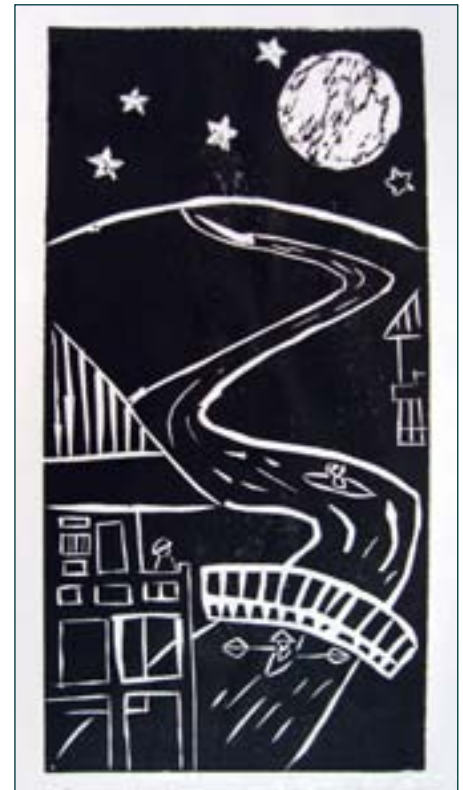
Grade 7: Linda Kim

The reason behind selling these red ribbons is to send money to a group called "International HIV/AIDS Alliance (the Alliance)". Their mission is to help communities to prevent the spread of AIDS. It has provided support to organizations from more than 40 developing countries for over 3000 projects since 1993.

AIDS is acquired immune deficiency syndrome. It is caused by a virus called HIV. If you get infected with HIV, your body will try to fight the infection. As it continues, it slowly wears down the immune

system. Every-day 5,500 people around the world die from HIV. There is no cure for AIDS. However, there are drugs that can slow down the HIV virus, and slow down the damage to your immune system.

December 1st, was World AIDS day, so GIG group members sold red ribbons to mark the event. It is the symbol of solidarity with people living with HIV/AIDS. The Red Ribbon symbol was created by the New York-based Visual AIDS Artists Caucus in 1991. So far, GIG group has earned 340 RMB which is about 50 dollars. The leader of this group, Onnika van Oosterbosch said, "There are still so many misconceptions about AIDS. Some people even think that it only exists in Africa. I'm happy that the GIG took this day to get the whole school to think about AIDS. It worked really well, I saw ribbons hanging everywhere. I hope GIG can do these things more often, just to raise some awareness about the world around us. Thank you everyone that helped make this happen and of course thank you everyone that donated money for Alliance"



Harry, G8: Linoleum Block Printmaking

Read Aloud (Continued)

gling up with a wonderful story or a factual journey of a topic of interest. Think of how much better sharing a good literature or nonfiction book between you and your child is versus watching a non-engaging television program. Perhaps the mindless video and computer games could be tossed out the window in favor of a good read aloud?

How can read-aloud activities benefit your child? It allows any child to enjoy a story that he or she could not or might not be willing to read independently. As the child listens to a story, the child hears the language (English or mother tongue) flow in a natural tone. At the same time, new vocabulary is being introduced in a natural setting within the good literature. Likewise, the child has an opportunity to ask questions in a safe environment: in your home. At strategic points in your read aloud, you could ask your child some questions regarding the section read. As you ask open-ended questions, you are engaging your child in comprehension activities. This will have a long term effect on your child's reading, and your child will gain meaningful informa-



G1 Teacher: Alberto Gutierrez

tion during his or her future independent reading, which is a goal of all literate citizens of the world.

Father share an important part of the read-aloud equation. Some research points out the increased benefit to children who are read to by dad. Please, fathers take some time out of your busy schedule from the office to read aloud with your child, especially to daughters. There is a social component that makes it important for fathers to bond with daughters, and the read aloud is a powerful tool to build a healthier mind in a

child. As a result, fathers do not make any excuses regarding why you do not have time to read to your child. We already know that moms engage in this activity frequently. Now it is time for fathers to also enrich sons and daughters with a good read aloud.

As you consider your opportunity to be an excellent role model that reads for the joy of it, remember to read good literature to your child at home. Similarly, demonstrate the numerous opportunities to your child for gaining knowledge through reading. Let's make reading a meaningful and joyous activity that can be enjoyed by the entire family.

QISS is now subscribing to two online databases to support students learning and researching program.

To log in simply click the buttons on the QISS school homepage. EBSCOhost is good for grades 6-12 research in almost every subject. BrainPop has many video clips to explain various topics with online quizzes that support grades 3 and up.

Here's the log in and password.

EBSCOhost	BrainPop
Log in : qiss Password: lib	Log in : qisslib Password: qingdao

Enjoy learning!