

# High School News



Thursday November 9, 2017

## LAST WEEKEND:



Scenes from rehearsals and the Play teaser at last week's assembly.

Pic Credit: Ms. Paige Spilles (HS Librarian/Yearbook Coordinator)



### **MUN @ The Sultan's School (TSS) - Nov 9-10, 2017:**

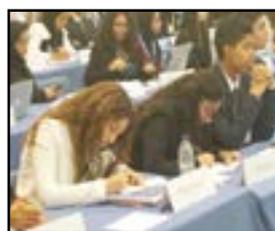
A delegation of 25 students from the TAISM MUN Club are currently participating in this conference. The topics for deliberation are the Rohingya Refugee Crisis and Natural Disaster Preparedness and Response.

Model United Nations (also Model UN or MUN) is an academic simulation of the United Nations that aims to educate participants about civics, effective communication, globalization and multilateral diplomacy. In Model UN, students take on roles as diplomats and participate in a simulated session of an Intergovernmental Organization (IGO).

Mr. Jason Webster (High School Social Studies teacher & MUN Advisor) has been working with our students since September, preparing them for such conferences.

Pic : TAISM HS Students @ TSS

Pic. Credit: Mr. Webster



Dear High School Parents:

As I visited classrooms and talked with students and teachers this week, I was impressed by the consistent high level of student engagement. The various contexts reminded me of the positive impact on learning of opportunities for students to express their **voice** and to have **choice**. At Education Reform (<http://edglossary.org/student-voice/>) the authors state that “student voice refers to the values, opinions, beliefs, perspectives, and cultural backgrounds of individual students and groups of students in a school, and to instructional approaches and techniques that are based on student choices, interests, passions, and ambitions.” Giving students voice and choice in their learning can lead to greater student engagement and empowers students to become self-directed learners. Voice and choice allow students to explore their passions and feel honored for their ideas and opinions.

Carl Spilles, Jason Webster, and Robert Fix are providing opportunities for student voice and choice in their Social Studies classes. In World History 1, the students are learning about how the histories of ancient India and China have influenced the current circumstances in these two countries and around the world. The ideas the students are learning about include:

- Monsoons: The Giver and Taker of Dreams
- Hinduism and the shaping of India
- Buddha's Legacy
- The Confucian Way
- Emperor Chin: The End Justifies the Means!
- The Great Silk Road: Connecting Continents
- The Legacy of Bronze in Ancient China
- Taoism - What is 'the way'?
- Origins of Jainism and Relevance in our World Today

Melanie Valderrama's perspective is similar to several other students. She appreciates the opportunity to explore new, unfamiliar, and interesting cultures, people, and religions. It's not just “cool” to learn about, she is now “able to analyze and understand how current situations have been influenced by past events, and compare and contrast the events in history that have lead up to this moment.” Next week Melanie will be presenting an I-Movie Trailer to her classmates about Hinduism and the shaping of India, a topic of strong personal interest. Her classmates will be sharing their learning on the other topics listed above.

In Mr. Webster's US History classes, each student is doing research and developing a presentation on a topic of personal interest related to the US Civil War. One of the students, Ana Segovia, is particularly interested in the role that women played in this “total war.” In addition to their role

in the war, Ana is wondering about how their involvement in the war influenced the evolution of gender roles after the war. Another student, Faith Moreau, is interested in learning more about the role of medicine and doctors during the Civil War. When Faith and Ana get together with other students in small groups next week to discuss their findings and new perspectives, their dialogues will add layers of understanding to these particular historical events. There is also the opportunity to make connections to current events in various parts of the world.

As you plan your calendars for the coming weeks, I hope you will be able to join us for the next High School Parent Coffee Morning on Monday, November 27th starting at 8:45 am in the HS Commons. A highlight of the session will be our High School Counselors, Cheryl Brown and Chrystal Kelly, who will be sharing information focused on these two topics:

- 1) *Our grade 9-12 academic, personal/social, global perspectives and college and career development curriculum.*
- 2) *Naviance as a tool for compiling an individual career and academic plan (ICAP). We will explore and discuss items on the To-Do-List for grades 9-12, showcase Naviance and the features of the resume, surveys, inventories, college lists, course four-year plans, and enrichment programs.*

Thank you for the many ways you support student learning.

I hope you are well.

Sincerely,  
Richard Petersen  
High School Principal

# ANNOUNCEMENTS:

Congratulations to these students who prepared auditions and were selected as members or alternates for this year's AMIS Honor Band Festival.



Majd El Ashkar (12) - trombone  
Mazen El Ashkar (12) - trumpet (alternate)  
Alex Sidhu (12) - euphonium (alternate)

The repertoire and process are extremely rigorous and students put in hours of individual practice time, coaching with myself and their private instructors, and finally during their recording sessions. It is a highly competitive endeavor, and last year none of our band students at TAISM were accepted despite the high quality of their auditions. This year, I'm proud to say that our students persevered and rose to the challenge. Out of 8 total auditions, 4 were accepted either as ensemble members or alternates. Alternates are expected to formally accept their offer and prepare the music in the event that someone from any of the schools participating worldwide

is unable to attend. All of our students are planning to accept their offers and learn the music.

While they did not earn a placement, the following students showed tremendous growth and perseverance in the process:

- Sami Alawam (12)
- Yujin Jin (11)
- Austin Macfadyen (11)
- Alex Sidhu (12) - trombone

Finally, they have re-opened the bassoon audition, and Ismael Hassan has accepted the challenge of preparing his audition material to submit by Nov. 20th. If his audition were accepted, that would make 5 TAISM students for 2017-18.

I'm incredibly proud of all of the students mentioned above. They are representing the TAISM instrumental music program at the highest level, and will have a chance to play alongside some of the best high school musicians from international schools around the world in Singapore in March.

With gratitude,  
Dylan Dwyer  
Band Director



## NOVEMBER 21ST TAISM CONCERT BAND AND JAZZ BAND

### In Concert

Please join us for an evening of music featuring the TAISM High School Instrumental Ensembles. Doors open at 6:30 Refreshments available in the Bosch Lobby after the concert.

7pm - Bosch Center  
for the  
Performing Arts

Classic Wind Band  
Repertoire by John  
Williams, James  
Barnes and Frank  
Erickson

A Race Around the  
Circuit with Brian  
Balmages'  
"Electricity"

Music by Duke  
Ellington, Miles  
Davis, Steve  
Winwood and Kool  
and the Gang!!



www.taism.com



## MS/HS Swim Club

Do you like to swim? Are you interested in swimming to stay fit, cross train, be part of a team, compete in an upcoming swim event or improve your stroke proficiency and swim stamina? Come join us in the pool for a workout. You can practice just a few days a week or many! The TAISM Swim Club is starting practices **November 12th**. Click on the link below for more information.

[MS/HS Swim Club Sign-Up](#)

# ANNOUNCEMENTS:

THE AMERICAN INTERNATIONAL SCHOOL OF MUSCAT'S CHORAL DEPARTMENT PRESENTS:

## THIS IS MY VOICE

Featuring  
Middle School Horizons  
Concert Choir  
Kindred Chamber Choir

NOVEMBER 29, 2017  
7:00 PM  
BOSCH CENTER



There is no better time to talk with your children about how to stay healthy by keeping your immune system strong, and avoiding illness by washing your hands. Cold and flu virus are everywhere around us. On our mobile phones, on computer keyboards, door handles, and almost every surface we touch, where they can live for up to 7 days!

How do they get there?

When someone is sneezing, coughing, or has a runny nose, they often cough, or sneeze into their hands. Now the viruses are transferred to everything they touch! It seems sometimes that there is nothing we can do to avoid getting the cold or flu virus.

The good news is, those viruses cannot enter our bodies and make us sick, unless we put them in our mouths or eyes! This is why **WASHING OUR HANDS** is so important.

When we wash with warm soap and water before we eat, we remove the viruses and bacteria that we picked up during our day, so when we eat, we do not put them in our mouths and give them a place to grow.

But what happens if we forget to wash our hands before we eat, or touch our eyes, and the virus enters our body? Our immune system is great at destroying the virus BEFORE it has a chance to multiply, but only if we keep our bodies strong. There are many things we can do to keep our immune system strong:

1. **SAY NO TO SUGAR.** Limit your intake of sugary food and drinks. Viruses and bacteria LOVE sugar. It feeds them and makes them grow and multiply.
2. **SLEEP.** Studies have shown that 6 hours of sleep or less per night seriously decreases our immune system's ability to fight off viruses
3. **Eat your VEGETABLES.** Why? Because we now know that much of our

immune system is actually from our intestines, where healthy bacteria live and work with us to kill off the cold and flu virus. Eating veggies and skipping sugary foods helps our immune system to stay strong.

4. **VITAMIN D from the SUN.** We are lucky to live in Oman! All year, our bodies can make enough Vit D to protect us not just from cold and flu virus, but from heart disease and Cancer as well. Just 10 minutes at midday with no sunscreen will allow your body to make 10,000 iu. Those with darker skin may require up to 6 times that amount of time.

But what do we do if our defences fail, and we start to feel tired, have muscle aches, fever/chills, sore throat, cough, stuffy/ runny nose?

**STAY HOME.** You have a cold or flu ( flu lasts longer, usually includes fever and body aches, and can sometimes lead to pneumonia, bronchitis, and sinus infections)

Your body needs REST. When you sleep, your body can fight the virus.

**ANTIBIOTICS CANNOT KILL VIRUSES,** and may harm your immunity.

Take Panadol, or cold medication from the pharmacy if the symptoms are too uncomfortable for you. These medications will NOT stop the virus. It is better to allow our bodies to have a fever. A higher temperature of the body keeps the virus from multiplying. Treat a fever with Panadol or Ibuprofen when it is more than 38.5C (101 F) and see a Dr. if you are short of breath, or become dehydrated. Influenza can cause serious illness in the weak or elderly.

Drink plenty of **WARM FLUIDS** like tea with lemon, ginger, and honey, and take Vitamin C and zinc lozenges. These are all proven to inhibit viral growth.

Keeping your family healthy, encouraging everyone to wash their hands frequently, and coughing or sneezing into a tissue or your sleeve, will help you, your family, and friends to stay healthy through cold and flu season, and throughout the year.

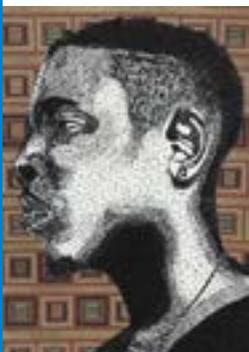
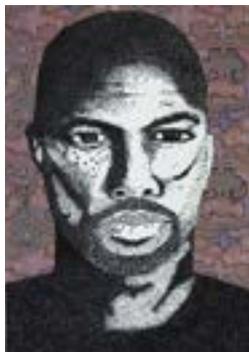
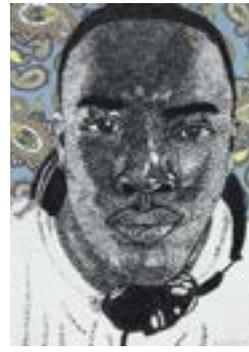
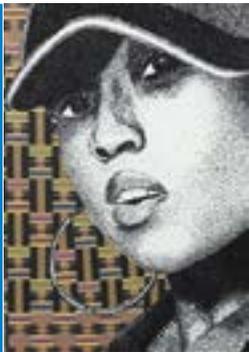
School Nurses,  
Carla and Deb

# THE WEEK IN PICTURES:



Last Tuesday, Mr. Gibney's EVS students engaged in quadrat sampling to measure the biodiversity of the wadi ecosystem around the school.

*Pic Credit: Mr. Gibney (HS Biology/EVS Teacher)*



**Fundamentals of Drawing** students created these ink stipple portraits of Mr. Montoya's favorite Hip Hop Artists. The range of values and textures within these works were created by manipulating the density of fine dots and scribbles. The background patterned wall paper, inspired by American artist Kehindi Wiley, was cut and collaged into the portrait afterwards.

*Artists: Trim Al Shanfari (9), Nico Buendia Krupka (11), Sofia Moreno Briceno (9), Zoe Perera (9), Jazmin Agnew (11), Sara Al Saidi (11), Aiden Kemp (11), Aarathy Manivannan (10), Keaghan McWilliams (11), Lucas Spelsberg (11), & Malay Helmy (10).*

HIGH SCHOOL ART

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