



SOUTHBIDGE
INTERNATIONAL SCHOOL CAMBODIA

SISC NEWSLETTER

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Healthy Eating Means Healthy Minds

The old saying goes "You are what you eat." In other words, if you eat smart by choosing healthy food, you can be smart. Although this may sound flippant to some people, research shows that eating healthy can improve academic performance. Parents play a crucial role in shaping their children's eating habits and overall well-being. Therefore, Southbridge needs your help. Children can make nutritious choices when they are in school, but it will take you and Southbridge to encourage them to eat healthy so they can be healthy.

According to the US-based National Institute of Health, better nutrition is associated with improvements in exam performance. By increasing access to nutritious food, the results are better education outcomes (attendance, behavior, grades, test performance, graduation rates). Southbridge knows all students have various tastes. Some choices of dishes can be healthy, others are questionable. This is why the school's canteen offers a wide variety of cuisine: Western, Asian, vegetarian and so on. Many dishes are nutritious. However, some parents prefer sending their children to school with lunches made from home. Are these lunches well-balanced? Nutritionists suggest a variety of foods from different food groups, such as



fruits, vegetables, whole grains, lean proteins, and dairy products. Educate your child about making smart food choices. Teach them to read food labels, understand portion sizes, and differentiate between healthier options and less nutritious ones. Encourage them to choose water or milk instead of sugary drinks. Engage your child in the planning process, allowing them to choose from healthy options and ensuring their preferences are taken into account. Instead of relying on pre-packaged snacks, try to provide your child with homemade alternatives. Cut fruits and vegetables into fun shapes or make nutritious trail mixes with nuts, seeds, and dried fruits. This way, you can control the ingredients and avoid excessive added sugars or unhealthy fats. Of course, it's important that you are a role model. Children learn by observing their parents' behaviors. If they see you making healthy food choices at home, they are more likely to follow suit. Show enthusiasm for nutritious foods, and let them see you enjoying a variety of fruits, vegetables, and whole grains. Emphasize the importance of a balanced diet and explain how it fuels their bodies and

helps them perform well in school.

Introducing new foods and healthy habits takes time and patience. Don't be discouraged if your child initially resists certain foods. Continue to offer them a variety of nutritious options, and encourage them to try new things without pressure. Sometimes it takes multiple exposures for a child to develop a liking for a particular food.

Together, let's empower our children to develop healthy eating habits both at home and in school, ensuring they have the fuel they need to thrive academically, socially, and physically.

All the best,
Mr. Larry Ross Synclair
Head of School

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On Friday January 19, the junior football teams (boys and girls) played against Liger Leadership Academy. It was two friendly matches (home game). The boys' team won with a score of 10-0 and the girls' team with a score of 3-1. Thanks to Liger Leadership Academy for this friendly meeting. Upcoming friendly games will be against EVIS and CIA at Southbridge for junior football teams (Middle School). Then, the senior women's basketball team will play against ISPP in early February in a friendly match. Thank you to the schools who come to play and share a good sporting moment together.

By Mr. ENG JEAN REMI
Athletic Director

INTERVIEW OF KEY PLAYER OUDOM LEAPPHALLIN (Football Captain)

As the captain of the SISC girls football team, I am extremely proud of the dedication and talent that each member brings to the field. Our team has shown exceptional cooperation and determination, and it's an honor to lead such a remarkable group of individuals. The recent friendly match was a testament to our hard work and commitment. The victory fills us with a sense of achievement and support our belief in our collective abilities. Reflecting on the upcoming ISSAPP football div-A, I feel a strong sense of confidence. Our recent success in the friendly match has boosted our team

spirit and solidified our belief in our capabilities. We are ready to face the challenges ahead with determination, skill, and a united team spirit. Looking ahead, our objectives for this year are clear. We aim to maintain our cooperation, continue to improve our skills, and demonstrate unwavering sportsmanship. Our ultimate goal is to compete at the highest level, showcasing our abilities and striving for success. We are committed to representing our school with honor and determination, aiming to make this year one of great achievements both on and off the football field.



By Ms. Oudom Leapphallin

ISSAPP Swimming



Historic start for the "elite swimming team"

Saturday January 27, around 20 swimmers from Southbridge will be present at AISPP for their big debut in the competition. Thank you to the coaching team for their effort for the students.

By Mr. ENG JEAN REMI
Athletic Director



Days of School

What an incredible journey it has been! As we reflect on the past 100 days, we can't help but feel a sense of pride and joy in the remarkable progress and growth our students have achieved. From the very first day to this momentous milestone, our students have shown unwavering dedication, enthusiasm, and a thirst for knowledge. We've witnessed their curiosity blossom, their skills sharpen, and their confidence soar. To commemorate this special occasion, we organized a series of exciting activities that brought smiles, laughter, and a sense of togetherness to our EY and Primary students. From engaging games and creative projects to hands-on experiments and collaborative challenges, every day was filled with opportunities for our students to learn, explore, and discover. We want



to express our heartfelt gratitude to our amazing teachers and students who made these 100 days truly unforgettable. Your enthusiasm, passion, and eagerness to learn have inspired us all. You have shown us the true meaning of perseverance and the joy of education.

As we continue our educational journey, let's carry the spirit of these 100 days with us. May the memories we've created and the lessons we've learned serve as a solid foundation for the future. Congratulations to our students on this milestone achievement! Here's to many more days of growth, discovery, and success!

#100DaysOfSchool
#StudentCelebration
#UnforgettableMemories
#FutureLeaders"



By Ms. Cindy YEGOROVA
Primary Principle

We Care and Share Love and Hope to The Children!

By Mr. SAKY SEM
Marketing Manager



Eventually, our fund raised during our Christmas Charity Fair Event 2023 has been donated to Cambodia Kantha Bopha Foundation at Kantha Bopha Children's Hospital in Phnom Penh today, Friday, February 2nd, 2024. Thanks very much to Southbridge International School Cambodia teams, our sponsors, vendors, parents, students, and people from both inside and outside our communities who have contributed and made this happen. We really appreciate your cooperation and support \$7,540.18 USD (Seven thousand five hundred forty point eighteen US dollars) has been given away as promised. We must be proud of ourselves for being a part of saving the children who are in need.



One of our Fun Facts

Introducing our newly upgraded science labs, approved by Cambridge, where innovation and safety go hand in hand. These modern facilities feature separate labs for biology, chemistry, and physics, each equipped with the latest technology. Our commitment

to student well-being is reflected in the user-friendly design, which includes epoxy floors for durability and chemical-resistant tables and floors. These measures prioritize safety without compromising efficiency. The spacious layout encourages teamwork, and advanced safety features, such as chemical-resistant tables, ensure a protected learning environment. With these improvements, students engage in specialized scientific exploration while thriving in a space that prioritizes both academic success and their overall comfort.



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By Ms. By: Ms. Foongshang Cheong
Science Department Manager

