



TAIPEI EUROPEAN SCHOOL

台北歐洲學校

EUROPEAN SECONDARY CAMPUS NEWSLETTER

Edition 7.0 Thursday 16th December 2010

From the Head of British Secondary and High School Section

Merry Christmas

I wish all members of the TES community a very Merry Christmas. Today's edition of the Newsletter is full of information about the myriad of wonderful events that take place in our School and truly reflects everything that TES is about. I sincerely hope you enjoy reading the following information as much as I did. Please make sure that you have a **safe** and happy holiday and I look forward to seeing all students at school on **Wednesday, January 5**.

ECA Buses

I write to inform all parents that there will be no 6.00pm buses from the beginning of term 2. I understand that David Reynoldson (Director of Student Services) is in the process of writing to all parents that use this service to explain the reasons behind this decision. I apologise for any inconvenience that this may cause.

I would also like to remind parents that children are required to register to use an ECA bus. This is done by emailing the TES transportation department: sophia.yang@tes.tp.edu.tw. Any changes to ECA bus schedules must be given at least 24 hours in advance.

Ms Michelle Berry-Khella

This is Ms Michelle Berry-Khella's last week at TES. I would like to thank Ms Berry-Khella for her contribution as an English teacher and wish her all the best for the future. I have made an appointment to replace Ms Berry-Khella and we are moving quickly to get her replacement to Taiwan as soon as possible.

KS3 Mufti Day

Friday December 17th is Mufti Day for Key Stage 3 students. Students are permitted to come to school in casual clothes with Christmas theme / house colours. Students in KS3 and HS are able to make a NTD 50 donation on Mufti Day. Money raised from this day will be used for helping the Pi Ya Wai Aboriginal Tribe in Taiwan.

Warm regards,
Stuart Glascott

SCHOOL WEBSITE: www.taipeieuropeanschool.com



Deutsche Sektion



British Section



Section Française



TES High School

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From the Assistant Head – Student Welfare

It has been an extremely busy first term with so many great experiences and successes to share with you. Our student Leaders, Peer Mentors, Student Council, House Captains and House leaders have been quite outstanding this term and I would like to thank them for all their work and all the staff who have supported and encouraged them, making the school an industrious and fun place to be. As promised, in this issue of the newsletter we aim to provide a window into the Service Projects, now in their third year, they have become an important aspect of the Secondary School. There are some great reflections here which demonstrate why these projects are so crucial. Also an update on Health Week and the activities that excited and energized the students is included, thanks to the Heads of Year and the Year Teams in organising the activities. This week we will see the final House competition of the term, the much anticipated GLEE contest, it has been fantastic to see the preparations in the lead up to this event and I am very proud of all the students who have really 'stepped up' to the challenge and the staff who are really getting into the spirit of the event. The results will appear in the next edition of the newsletter. A well deserved and safe vacation to all.

The Year 8 and H2 Service Project



In August of 2009, Typhoon Morakot swept through southern Taiwan. Villages were devastated by floods and mudslides. The former Year 9 students (current H1s) raised more than 1,000,000 in cash and merchandise towards the recovery of the students and families of San Min Junior High School. They even collected clothes, blankets, and other necessities to send to the affected residents. In response to the staggering success of the project, project both TES and San Min Junior High School wanted to further our relationship as two cooperating schools.

This new friendship inspired this year's Year 8/H2 combined Service Project which was the organisation of a three-day trip to Taipei and TES for about thirty San Min students and teachers. Six committees of students, each led by Committee Chairs, completed different tasks for the project. The *Events Committee*, the *Awareness Committee*, the *Media Committee*, the *Sponsorship Committee*, the *Accommodation Committee*, and the *Display Committee* worked together to plan the trip and launch an awareness campaign for both within and beyond the TES community. The weeks leading up to the arrival of our guests on the 9th of November were a flurry of preparation and phone calls. By the time the San Min students had reached the north by bus, a multitude of activities and destinations had been arranged for their visit.

Their trip to Taipei included a visit to the Yuanshan Bowling Complex, a ride to the very top of Taipei 101, and a tour of Xiemin They also sampled different culinary tastes at **The Tavern** (thanks to Mr. Blanc and his team), which many had not tried before. The students were provided with t-shirts, which had been designed by TES students and printed for free by **King Star Garment**. Accommodation for the students was provided by generous families within the TES community, where they could feel more at home. Teachers lodged at **Taipei Park Hotel**, whose owner very charitably offered rooms for free.

San Min Junior High School's visit to Taipei went smoothly, and we hope they enjoyed their time here. During the **International Day of Tolerance**, they performed a traditional Aboriginal dance. Their performance was very good, and we were very impressed by the effort they must have put into the preparation. This project really felt like a two-way cultural exchange, where both parties gained valuable knowledge about the other's way of life. Through the creation of videos, banners, and PowerPoint presentations, the H2 and Year 8 students educated the TES community about Aboriginal culture and indigenous traditions in Taiwan. Also, using the local media, we published articles and were involved in television interviews to raise awareness within the local community. The Year8/H2 Service Project was extremely beneficial and worthwhile, and so we wish to share our experience with as many people as we can.

Through our Service Project, we hope to have given the students of San Min Junior High School an unforgettable experience in Taipei. We hope they enjoyed their trip and the opportunity to make new friends and interact with different cultures. The project could not be as successful without the help of so many people. **TaiShin Bank** very graciously donated 30,000 NT to cover the costs of transportation of the San Min students. On behalf of TES and San Min Junior High School, I thank all the sponsors who have provided free or discounted products, services and donations to our Service Project. The planning stages of the project were a valuable learning opportunity to attain lessons in responsibility and respect. We are honoured to have played a part in supporting San Min Junior High School on their road to recovery.

Grace Tsai, H2



Some wisdom on leadership from the H2 Committee Leaders

“I still remember that one morning – during registration, when my name, along with a few others in my class was mentioned on the notice board to see Mrs. Papps at lunchtime. I quickly rewound my brain, trying to remember anything bad I could be in trouble for. However as soon as we arrived at the meeting we were briefed on our service project – a joint service project (with the year 8s!) and how we were specially selected by our teachers to be such an important part of the project. I have to say up until now I am still surprised that I was picked to become a committee leader.

Through the various PSHCE lessons I have really learnt what it’s like every day for teachers: remembering names; getting annoyed when people didn’t get their work done, and most of all –smiling quietly to yourself when you know you have the authority over the others. It was a bittersweet experience. It’s great to have the responsibility of a leader – to give instructions and sit by while the rest of the group gets on with their work, yet at the same time it’s really hard to boss friends and fellow classmates around. But I feel like the hard work was worth it. The San Min Junior High kids thoroughly enjoyed their visit to Taipei and I (along with many others in school) now have a brain-full of new knowledge about the Aborigines living in Taiwan. It’s a win-win situation, is it not?”

Alison Chan, H2JWL, Media Committee Leader

“Being told that I was taking the role in being committee leader definitely made me feel special, but with no accomplishment meant that I was just like any other ordinary member of our group. I knew that I needed to do something impressive therefore, aiming to lead our group to success, I agreed in taking the responsibility. It wasn’t as easy as I expected!

From the moment I was told that group members were going to consist of both H2s and Year 8s, I knew straight away that it was going to be a challenge. However, I never gave up and throughout every Wednesday’s PSHCE lesson I tried my best to be efficient and productive. It was a great learning experience as I felt like a teacher giving instructions to my students. Being this leader isn’t as easy as it seems because planning and brainstorming was required before every session. Alison and I needed to be clear on the expectations of our buddies and what needed to be done. One challenge that we, as committee leaders, faced was the courage in bossing around our own friends. We needed to meet deadlines and the only way to do this was to set tasks to our fellow classmates without feeling bad. Alison and I did manage to overcome many challenges throughout the process of ‘bossing’ around and as I say again, it was a remarkable learning experience.

We successfully fulfilled the target of broadcasting our service project throughout the media and this couldn’t have been accomplished without the effort both H2s and Year 8s put in. WOW! Alison and I seem to have learned loads and loads throughout this process and I can say that it was totally worth it. I will never regret accepting the offer for being leader and when it comes to leading another group in the future, ‘Yeah, bring it on, I’m totally prepared!’”

Brandon Hsiao, H2JWL, Media Committee Leader

Year 8 reflect on the Service Project

“I learned a lot from this service project because I now understand more on how to work in a group and it helped increase my team working ability. I think that this service project was very successful because I think we made the San Ming Junior High students have a great time in Taipei. I think they learned a lot from us and we learned a lot from them. We now understand different cultures!”

Joseph Lu Shao, Year 8

“This year’s project with the H2s was an unfamiliar experience. It showed me how fun it could be working with people older than me and allowed me to get to know them better. Throughout

my time at TES, I have never experienced anything like this. The project enabled me to show off my filming and video editing skills and helped me learn how to improve these skills throughout the future.”

Oliver Lin, Year 8

This year’s service project has helped us develop the skills needed for team work. Teamwork is a very important aspect of our lives. It was a great experience arranging videos and booklets for San Ming Junior High. We enjoyed learning about the Bunan culture, dance and about their language. I hope they learned things about Taipei City and us. I think we made a good media group. Nobody was lost in their work, and we all tried to make the San Ming students feel welcome. I think the most important reason we were a successful group was because of the Chairs of Committee. They tried two times as hard as we did and made our media group successful. It made people show their abilities in which they could contribute in the team. This was a great chance to show team working skills. I’m sure that if we had more time, we could have contributed more to make the media group a bigger success. I definitely hope that we will have another chance to arrange a fun tour in Taipei again.”

Kerr Ko, Year 8

“This project with H2s has allowed me to learn a lot. We learned how to convince radio stations to help us raise awareness. In the media group, I think you get to learn a lot more than the other groups because we have to get information from other groups in order to complete our tasks. Essentially, media requires multi-tasking skills. From the service project, lead by the H2s, we learned how to separate our jobs so everyone has their own role. We knew clearly what to do, which showed that we were organized. At some point, everyone would have to take the leadership role. This project has been a blast. We had some really good times cooperating with the H2s and learned a lot from this process. We learned what our strengths and weaknesses were and encouraged others to keep everything going. This will be very useful for us in the future. We learned a lot from this service project. It has been a precious experience, since this was our first time working on this type of service project.”

Irene Hung, Year 8

Sonya Papps (Head of Year H1 and H2)

James Woodall (Head of Year 8 and 9)

YEAR 9 SERVICE PROJECT

How difficult is it to translate a menu from Chinese into English? It sounded like a really simple task when given to the Year 9 students as their Service Project this term. As the project progressed it became apparent that it wasn’t going to be as simple as first thought! The Year 9 students worked extremely hard to make this project happen and here are some of the challenges and successes that they experienced during their Service Project.

Would You Eat This?

When producing a translated menu we obviously wanted to make the dishes sound appetizing so that customers would want to eat at that given establishment. The problem was that when some dishes were directly translated into English they sounded far from appetizing. Here are a few examples – would you order any of these?

Pig’s Rectum

Fried Ox Testicles

Large and small intestine soup

I’m sure your tummy is rumbling and your taste buds are exploding at the thought.

The students had to be very creative when giving titles to the dishes. They needed to be honest but also had to try and ensure that people would not be too scared to eat at the restaurant.

Quality Control

We have all been to restaurants with translated menus and seen some 'interesting' English translations and this was stressed to the Year 9 students. They could not afford to make any mistakes as the menus were carrying the TES logo and we had to show that TES sets very high standards. So to avoid any mistakes slipping through the net, Year 9 set up an English checking process. The menus were passed between different groups - were checked, re-checked and checked again for a third time. As expected, mistakes were found, some of them were quite amusing...

- Egg Fried Mice - Egg Fried Rice
- Milk Fish Slop - Milk Fish Soup
- Chicken Stripes with Rice - Chicken Strips with Rice
- Hog Balls in Soup - Pork Balls in Soup

Forget Justin Beiber, Usher and Christina Aguilera. Look at the TES students!!

If you happened to read the China Post on November 29th 2010 you will have seen a page about the American Music Awards with pictures of world famous music artists. However this was not the main story on Page 11. Forget Justin Beiber and his 4 AMA awards, forget Usher crying, hardly worth reading, but if you scan down the page you will see the main story of the day – YES the article about the TES Year 9 Service Project. This was the main story selling papers on that day. So congratulations to the media group who managed to get a picture and article on such an important page of the China Post.

TV Stars

Over the course of the project two film crews contacted the Year 9 students as they were interested in how the project was progressing and saw it as a great way to support the local business community. One crew came to school and filmed the students going through the difficult process of translating the menus and another met the students actually down at the Floral Expo site and filmed the students along with a very happy restaurant owner. It was fantastic to see the students receive such exposure on the local TV channels.



Organizational Challenges.

There were many challenges to overcome in the completion of this project; however one of the most significant was the organization of the groups and the effective participation of all team members. The student leaders had to give a lot of thought as to how to best use different people and how to use every minute of limited lesson time wisely. The leaders had to identify the strengths of each individual and then design the best possible way to use their skills. It was a learning process that at times went horribly wrong. However the students learned from their mistakes, identified the next steps and made the changes required. In the end the groups were highly organized and worked like a real business.

A number of students need to be singled out for their fantastic contributions to the success of the project and in demonstrating excellent leadership. These students are Apple, Melody, Henry, Amit, Freya and E-Ming.

Overall the project was a huge success. The main aims of a Service Project are firstly to make a positive impact within the local community and secondly to challenge the students and enable them to develop 'real life' skills that they will need when they leave school. The students were definitely challenged and have learned a great deal about all aspects of running a business – they can now appreciate how complicated it can be to organize people and resources and meet goals. They have certainly learned that to be successful you need to be very well organized.

The project was extremely well received within the local community. Offering a free service such as this is a fantastic way for TES to give back to the local community. It is now hoped that a group of students may want to take this project further as a 'Young Enterprise' project and continue to offer this service in the future.

James Woodall
Head of Year 8 and 9

H1 PSHCE

This term the H1s explored the Global Perspectives topic ***The Gender Gap: Women and Development***. The students spent a few lessons learning about issues of gender equality within the context of economic development around the world. The topic finished with group seminar presentations where students explored various gender issues such as: *Women and Politics, Women and Health, Women and education, Women and Paid/Unpaid Labour, Women Empowering Women around the World.*

In the past few weeks the H1 students have been working with our University and Careers Counselor Mr. Bean, to organise their upcoming Work Experience placements. The students are looking forward to their week outside of classes where they can get a taste of the world of work. More information about Work Experience and the expectations of students whilst on placement will be sent to parents at the start of Term 2.

Sonya Papps
Head of Year H1 and H2

H3 PSHCE

In a very busy first term in PSHCE H3 students have looked closely at the political and historical background of Cambodia to help them to appreciate the motivation behind our service project with Tabitha Cambodia. They have also looked at the social and health issues connected with alcohol use and binge drinking. Sessions on Third Culture Kids and Identity, as part of our International Day of Tolerance, had students investigating their identity as members of an international community. Our CAS programme was launched by Ms Hsu followed later in the term by a review of the students' early progress and their documentation. The students have been introduced to the university application process along with individual discussions with Mr. Bean. Mr. Redden and Ms Chen, our librarian, discussed research techniques and the ethical considerations involved with accessing information for internal assessments and the Extended Essay. Our regular Pastoral Target session gave members of the pastoral team a chance to discuss our students' progress with them and set targets for the term.

H4 PSHCE

Our H4 students participated in similar sessions on Third Culture Kids and Identity, CAS and Pastoral Target Setting. Sessions focusing on the all important Personal Statements supported the students' university application process. Sessions also covered stress relief, time management and effective revision techniques. Students were also given the time to investigate the cost of eating well in the country they intend to attend university following a session outlining what constitutes a healthy diet.

Tabitha Cambodia

A great deal of work has been done for our Service/CAS project – Tabitha Cambodia. The highlight was the very successful TES Pop Idol evening showcasing not only our students' musical talent but also our sense of community and support provided by our excellent audience. A group of H3 and H4 students organised and ran an excellent disco for our Year 3, 4, 5 and 6 students in the EPC. This was followed by an equally successful Key Stage 2 football tournament. Thanks goes to Mr. Steven Milner for all his support to make the tournament run so smoothly. A group of very hard working students sold Cambodian Silk at several school functions, not only raising money but also the profile of this very worthwhile project. Students and teachers also ran a very successful stall at the Christmas Bazaar. Throughout the term our Corporate Sponsorship Group has worked very hard to gain sponsorship and our Promotion Group have been working to increase awareness of the project. Plans are already underway for a number of initiatives for next term including the 'Walk to Cambodia' activity.

Paul Turner
Head of Year H3 and H4

HEALTH WEEK

Many thanks to Mr. Woodall and Ms Papps for co-coordinating the 'fitness experts'; Fredrik Lee, Jennifer Fang, Joseph Liu, Josefa Ligalevu and Katerina Lai

During Health and Counseling Week Year 7 took part in various activities. We started the week with some warm up exercises led by Mr. Sing Key and I was very impressed with the amount of energy and enthusiasm the students had first thing on a Monday morning! This was followed by a Health Quiz to get the students thinking about their diet and how they should eat properly to stay healthy. On Wednesday morning we had a group Healthy Breakfast led by Ms. Lynn and again, I was impressed by the amount of healthy food brought in and shared by the students.



This was followed by a fantastic aerobics / dance session led by the High School students and I think it is safe to say this was the Year 7s favourite morning activity.

Their dance moves were quite impressive, with a number of them gaining i-points for their efforts! Finally we ended the week with some Laughter Yoga. Ms Berry-Khella discovered this wonderful activity where you laugh to stay happy and healthy, remember 'Laughter is the best medicine'. The Year 7 staff and students had a wonderful week, thank you to all involved, as the activities were fun, very entertaining and of course healthy!



Joanna Crimmins
Head of Transition and Year 7

The H1 and H2 Year Teams got into the spirit of Health Week with a variety of fun activities. They started each morning with energizing activities led by the form teachers. Wednesday was **Form Class Healthy Breakfast** where all students were encouraged to bring something nutritious to share with their classmates. However, the highlight of the week was a group exercise session led by some of our braver High School students. A special thank-you to our spirited aerobics instructors **Joseph Liu (H1), Jennifer Fang (H2), Katerina Lai (H2), Josefa Ligalevu (H3) and Frederick Lee (H4)**.

Sonya Papps, Head of Year H1 and H2



H3 and H4 students got their day off to an active start during Health Week with energising activities and Qi Gong before the highlight of the week, an aerobics session with our intrepid instructors. Requests for more sessions pointed to the success of the activity. Students also took part in the other activities throughout the week promoting health.

Paul Turner
Head of Year H3 and H4

End of Term Assemblies

A great deal to celebrate



Student Council News



Congratulations to Christine Yeh H3, who was voted in as the new President of the Student Council last week. All four candidates delivered exceptional speeches to their peers and prove that the council is becoming a strong feature of the school. All speeches are now on the Student Council notice board. Congratulations and sincere thanks are due to Ching Liu in continuing to develop the council and in sharing her leadership skills with our H3 students now eager to carry on the good work. Ching has been an outstanding president and we wish her every success in her upcoming examinations.

Christine's winning speech

Good Afternoon Everybody,

I'm Christine Yeh from H3BTH, ecstatic to have been given the chance to run for your Student Council President. I have been involved with this council since 2008, and have been serving it for two and 1/2 years solidly. I was a student representative on the panel of the council reformation 3 years ago and I can confidently say that I am very familiar with the structures and dynamics of this council and am definitely ready to tackle the role of the President.

In addition to that, this year I was appointed interim secretary and have been given the opportunity to see the student council as a whole instead of focusing on a concentrated area. Due to this, I believe I have insight on the strengths and weaknesses of the council. That and the fact that I have been a TES veteran of 8 years, gives me the privilege of knowing exactly what this council and this school requires at the immediate present. In my opinion, this quality in the President is what the Student Council needs to move forward from its already prestigious state.

Furthermore, apart from my extensive experiences in the council, I believe I possess instrumental characteristics that will lead this collaboration to the betterment of TES. Being notoriously involved with so many diverse activities around school including: Model United Nations, Sports Teams and various music groups has taught me not only how to work in a team but also how to work under omnipresent time constraints in order to balance it with academic excellence as well. Through my heavy involvement in the school community, it is evident that I thoroughly enjoy working with large bodies and have earned valuable people skills which I think are crucial for the role I am applying for today.

Finally, I would like state that throughout my life at TES, I have been given a lot of different leadership positions, For example sirocco house leader, harmony home service project committee leader, Chair at the upcoming MUN, and section leaders for different music groups. However, in all the clubs and activities I've led and have been involved with, members of the student council inspire me the most. Your willingness to contribute your integrity, skills and creativity to make the school a better place is highly admirable. I hope that I will be honored with the position of Student Council President so I will have the chance to lead you, the inspired people, to a brighter future.



*Thank You
Christine*

Sincere thanks to all the H4 students for their leadership as they focus on their preparation for their examinations, the following students have been true leaders and ambassadors for the school; Steven Mai, Crystal Wang, Doris Hsueh, Jeffrey Shih and Kimberly Lin. Well done to all Student Council members for their work and effort this term.

THE HOUSE TOTALS TERM 1

SIROCCO	4745
MISTRAL	4203
BORA	3715
MARIN	3696



Congratulations Sirocco. GLEE points will be added to the Term 2 scores. '1 Points' are making the difference so hard work will be needed in Term 2 by all to change these House totals.

Rachel Harris
Assistant Head of Secondary (Student Welfare)

From the Assistant Head – Studies

Dear Parents,

It was good to see so many parents at the Key Stage Three Parent Teacher Interviews last week. I trust that you gained valuable feedback from the teachers. Please discuss and review your child's academic targets with them over the next few weeks. The targets appeared on the reports but students also have copies of these stapled into their diaries.

Mock examinations take place for H2 and H4 students after the December break and Mr. Redden has sent a letter home regarding the structure of these examinations. Students should be revising hard for these examinations as they are an important preparation for the "real thing" in May and June.

High school students will receive their full academic reports on 28 January (H1 and H3 students) and 11 February (H2 and H4 students). Parent- Teacher interviews will follow on 23 February.

As ever, if you have any questions or concerns about your child's education, please do not hesitate to contact me. I wish you all an enjoyable holiday.

Warm regards,

Sarah Pearson
Assistant Head of Secondary (Studies)
Email: sarah.pearson@tes.tp.edu.tw

MODEL UNITED NATIONS - TES at Its Best in Singapore.

A team of 20 High School students from H2 and H3 went to Singapore for the annual THIMUN conference. This year, TES was assigned Nepal, Saudi Arabia and the Economic and Social Committee for Western Asia. Students, who began preparing since June last year, produced thorough resolutions. The conference was highly successful as TES students have shown fantastic skills and made their voice heard on some of the most sensitive topic of our times. TES students' behaviour was exemplary at all times making it so easy and pleasurable for the teachers who accompanied them. Read below some accounts from a few of these students and learn about the MUN world!

Generally, the 1st committee of the general Assembly is often regarded as one of the more intense forums as its issues are approached in very different ways by the 132 participating Member States. Debate was extremely intense and even after a full day of debate from 9am to 5pm, delegates still had enough fervor to motion to "extend debate time". Eric Lee, Brian Hsia and I represented Nepal, ESCWA and Saudi Arabia respectively. As each resolution was regarded with so much enthusiasm, it was difficult for us to get recognized in such a big committee. However, I believe it was a success as, apart from the many Points of Information and speeches we delivered, the resolution Eric main-submitted passed and the resolution I main-co-submitted passed both in the forum as well as at plenary session. Although the delegates were very driven and passionate during debate, we had many hilarious incidents during breaks. For example, one delegate managed to "rick-roll" us at 8.30am in the morning. Also some of us even took the debate spirit into the question of what the "sprinkler" dance move in. All in all, I think Eric, Brian and I all thoroughly enjoyed this year's THIMUN Singapore, GA1.

Christine Yeh – Delegate of Saudi Arabia – 1st Committee: Disarmament and International Security

In GA2, the Economic and Financial committee, the issue that I worked on was about preventing and combating corrupt practices. I represented Saudi Arabia, which is known for its very traditional values. Ironically, Saudi Arabia was often attacked and criticized by other countries making it difficult for me in this debate. Nevertheless, I had to take a strong official stance against corruption since it is a sensitive topic in Islam, and propose strict solutions to the problem. In the end, I was the main submitter, and my resolution was presented with Tiffany, who represented ESCWA, as one of the co-submitters and supported by Nicholas Huang who was the delegate of Nepal. We started off with some tension, where delegates had opposing views on specific points, such as whether upholding religious and cultural values would help in resolving this problem. However, we still managed to convince enough people to vote in favour of our resolution, and it was passed successfully. One of the difficulties at MUN is to separate one's own views from those of the country that one represents. For example, at one point, a delegate submitted a clause pertaining to women's rights. For me personally, the clause seemed entirely reasonable and progressive, yet I had to put aside my own opinion and vote against it, since I believed that it was how a Saudi Arabian delegate would have reacted to the situation. It was a challenge representing a country like Saudi Arabia, a country which in many ways is different from my own and this year's conference has certainly taught me a lot about how to think about issues from different perspectives.

Stephanie O'Yang delegate of Saudi Arabia and Tiffany Wang Delegate of ESCWA in the 2nd committee – Economic and Financial

Michelle Rao, Simay Onaz and I were the delegates from TES in the Social, Cultural and Humanitarian Committee (GA3). We spent four days caught up in heated debates concerning

the Vienna Declaration and Programme of Action, children's rights, social development of the youth, ageing and disabled and alternative approaches for improving the enjoyment of human rights. Michelle, Simay and I all thoroughly enjoyed our time at THIMUN Singapore and tried to participate as much as possible even though being in such a large committee made it hard for us to get recognized by the chair in order to speak. Having said that, Michelle still managed to main-submit for her resolution, while Simay and I each spoke four times. The highlights of our time in GA3 were definitely meeting friendly people from all over the world, listening to amusing speeches consisting of witty analogies and discussing so many pressing issues of global concern.

Ariel Liu –Delegate of Saudi Arabia – 3rd Committee: Social, Cultural and Humanitarian.

In MUN, GA5 (Administration and Budgetary) had several heated debates over numerous important global issues. Amongst these issues, one included keeping the UN Mission in Timor-Leste well financed in order to successfully support and maintain the struggling local demographic, while another dealt with the establishment of a new framework in which the Security Council will report on its special political missions. Our resolution, on the issue of increasing cooperation between the UN System and other organizations (such as non-governmental organizations or regional organizations) passed successfully during the final day of engaging debate. The experience was undoubtedly a unique one, full of lasting impressions of the ever-influential conference.

Fergus Tollervey and Akshay Sinha Delegates of Nepal and Saudi Arabia – 5th committee - Administration and Budgetary

During our four days in the legal committee, we (Katherine Wang, Alessia Cheng and I) were never bored. Whether we were drafting resolutions, giving speeches or getting to know new acquaintances, it seemed that there was never a dull moment. Our committee dealt with many fascinating topics such as the scope and application of universal jurisdiction and the responsibility of states for internationally wrongful acts; issues which cause widespread controversy among member nations. After one day of painstaking resolution drafting, three days of intense debate, during which Alessia and I spoke frequently to uphold the views and policies of our countries, and countless amendments, our committee passed two effective resolutions on the issues.

Lily Barratt – Delegate of Saudi Arabia – 6th Committee: Legal.

The Human Rights Commission (HRC) is a council at MUN conferences that specifically debates human rights issues. This year's topics were:

1. Promotion and protection of the right to development.
2. Combating defamation of religions.
3. Protection of journalists in situations of armed conflict.
4. The global food crisis and the right to food.
5. Protection of human rights defenders.
6. Human right of persons with disabilities.

The TES delegates of the HRC this year were Kevin Lu (H3), Darice Hsu (H3), and Christine Shih (H2). Kevin, representing Saudi Arabia, and Christine, representing ESCWA, worked on the issue of 'the global food crisis and the right to food'; while Darice, representing Saudi Arabia, worked on the issue of 'combating defamation of religions'. After 3 days of intense debate, 4 out of 11 resolutions passed. Kevin and Christine's resolution on the food crisis was particularly outstanding where only one delegate voted against their resolution. In addition, Kevin, who made 5 speeches, 11 Points of Information, and 3 Amendments, was extraordinary and was voted 'the most desperate delegate'. The HRC this year was intense, fun, and exceedingly phenomenal!

Christine Shih - Delegate of ESCWA - Special Committee on Human Rights



Merging and redrafting resolutions, aiming for perfection.



Collaborative work.



Agreeing and disagreeing



Debating



Public speaking is a valuable skill.



Display of enthusiasm early in the morning ahead of a very tiring day.

TES will also participate in the TAIMUN conference next April at the Taichung American School and the TAIMUN Middle School conference for Key stage 3 students at the Taipei American School also next April.

For more information about the Model United Nations programme at TES, contact Fabrice Laureti (fabrice.laureti@tes.tp.edu.tw)

News from the Music department - TES at the FOBISSEA MUSIC FESTIVAL 2010

Seventeen students and three teachers represented TES at the Music FOBISSEA Festival held in Hong Kong from the 11th-16th of November. This year the festival involved over 300 students from eighteen different FOBISSEA schools. The following are articles written by three students describing their experiences at the event.



Chris Papps Head of Department - Music



My experience at Hong Kong Music Fobissea was that it was a great and fun trip because plenty of people from the international schools, all around Asia, came to Hong Kong to show their talents. The Music Fobissea was a big musical orchestra combining the choir and the orchestra. There were all sorts of instruments from all the families you could think of.

As we arrived in Hong Kong, I was very excited and so were my friends. The only thing we could think of was DISNEY LAND because it was the best thing in the world! When we got our room keys, we rushed in and started to unpack to get ready for DISNEY LAND. Unfortunately, we had to practice our piece for that night's show; the song was called "Take Five". I thought it was unfair because only the string players including me (cello) had to perform.

After the practice and the delicious lunch from the hotel, we were all prepared for the thing we were waiting for, which was obviously Disney Land! Once we got there, we were rushing to the most scary, most fun, most awesome ride ever called "SPACE MOUNTAIN". Ms Elmquist took our group on Space Mountain over 4 times! All of us went on other fun rides too and stopped for a break to buy some cotton candy. It was very sweet and yummy. The day ended with the most fabulous and beautiful Disney fireworks. The fireworks lasted a long time and it was so colorful and amazing to see.

The next few days were the most tiring because all we did was practice, practice, practice. We had sectionals, group rehearsals, whole orchestra rehearsals, as well as the orchestra and choir together. My fingers ended up all sore and red every single night because the breaks were short and the sessions were extra long.



It was very difficult to get so many pieces perfected in less than a week! However, we managed to make the songs sound wonderful on the big night. The audience applauded with tears at the end of the night. It was a fantastic day and finally the performance was over!

To complete the festival, there was the most fabulous thing in the world; the DISCO and GALA DINNER! This was held outside one of the other Disney Hotels. The dinner was fantastic, especially the chocolate fountain, which most people declared the best of the best. I added strawberry and melon on the stick and poured some sweet brown chocolate on top, which tasted absolutely amazing. When the disco was open, everybody hurried in the ballroom and the DJ started to play some cool music. I started to dance with my best friend Ray Chen when the song "Billionaire" started. I loved that song, so did the others and most of us formed a circle to see those good dancers. They were dancing in the centre of the circle and showing off their dancing skills. It was a very fun day and we left late at night. Everybody missed Hong Kong and I made loads of new friends. I am looking forward for the next music trip which is to Beijing!

Angelina Chen – Year 7

Music FOBISSEA 2010, which took place in Hong Kong Disneyland, was an amazing event. It was a great opportunity for me to gain more experience of how to perform in a whole orchestra and I also had the chance to make new friends from different schools who have the same passion for music. In spite of the hard work, I had a lot of fun taking part in all the different activities.

On the first day of our trip, we had to get up extremely early to catch our flight. So, when we arrived in Hong Kong, we still had an entire day ahead of us. The idea was to relax and enjoy the first day in Hong Kong Disneyland so that we could get to work and rehearsals during the rest of the week. I had an incredibly good time going on the rides and watching the beautiful fireworks at night. Later at the welcome dinner, we helped ourselves at the buffet and everybody kept refilling their plates with all kinds of delicious foods.



The following days were all very tiring and we worked very hard. For the first time, I had the chance to really concentrate on just music for an entire week and to spend more time practicing the violin. I enjoyed being part of a big orchestra, because it is so different from playing solo pieces and I also learned how to play in time with others. I realized that even though the orchestra consists of so many people, every single player is extremely important. Besides playing pieces in the whole orchestra we also played in string ensembles, the wind band, the jazz band and also combined songs with

the choir. During these days we were also offered the chance to participate in workshops that we had chosen. This was the first time I had conducted, and I realized it is very hard. I also joined the 'musical theatre' and 'beginner guitar'.

At the end of the week we finally reached our performance day. When we got to the "Cinderella Ballroom" everything was already set up. We ran through our entire program many times and ate lunch outside in the good weather. Later in the afternoon when we finished rehearsing, we got the chance to go back to our hotel to shower and to change into our black and whites. When we got back to the ballroom a lot of guests were already there. Many parents flew in from other countries just to see this concert. Everything went well just as we had practiced and I thought that everybody did a great job.

Afterwards, we had a huge buffet and everybody enjoyed the last day of this memorable event. We also got the chance to dance in the disco, so everyone dressed up nicely.

The next morning we had to leave. I wish it never ended. This trip was so much more than I had expected. I learned many things from it, enjoyed all the fun activities and I made many new friends. If I get the chance again, I will definitely go to the Music FOBISSEA next year, which is going to be held in Beijing. I will never forget this wonderful trip and I'm looking forward to next year's festival.

Kathleen Cheng – Klasse 8



We began our six-day music trip to Hong Kong on November 11th, 2010. I woke up at 4am when the sky was still pitch black. We met with the teachers at the TES primary school campus, and headed towards the Taoyuan airport to take the plane to Hong Kong.

After we arrived and placed our luggage in our hotel rooms, we took another short bus ride to Hong Kong Disney Land. The teachers split us into groups and

we started a memorable day taking the dreamlike rides and shopping at the souvenir shops. At around 7pm, there was the firework show. The colourful fireworks were accompanied by the familiar Disney movie songs as background music; it was the most amazing thing I've ever seen. At the end of the day, after the welcome dinner with the other schools, we returned to the hotel and went to bed quite early, in order to save enough energy for the rehearsals next day.

It is always normal to have a chaotic start, that's why we need more practices to get better. The first time the full orchestra was put together; there was a lack of cooperation, so it sounded a little untidy. We were then split into sectionals, and I was a part of the strings sectional. It took some time for us to get the rhythm and the notes right as a whole, but it was unquestionable that we played much more accurately. The rehearsals and related musical events went on for the whole day until it was time for us to head back to the hotel. It was the first time that I played the violin for such a long time; I had a sore back and was exhausted, and fell asleep immediately once I went to bed that night.

The rehearsals continued for the next two days and, although we still felt the stress, we were slowly getting used to the closely-packed schedule each day. Then the important day came. On the morning of Day 5, once breakfast was over, we took a short walk to the Cinderella Ballroom and began the final rehearsals. Before I could even enjoy it, the performance was over; proving the saying that "time flies", especially the good times. In contrast with the first rehearsal, we sounded amazing. It was unbelievable how we improved so much in such a short time. The audience's applause meant a lot to us, and rewarded the effort that we made during the past few days.

It was an unforgettable trip to Hong Kong. Thanks to Mr. Papps, Ms. Jameson and Ms Elmquist's patience and caring, we had a great time and I'm looking forward to the next Music Fobissea trip that is going to take place in Beijing next year!

Julia Chang – H2



News from the Chinese Department – **Joint ECA with Local Students at Zhong Zheng High School**

This year the CLC department has conducted an ECA, Comparative Literature in Chinese. IN term one, the ECA has been working on various literary works thematically connected by love. Fifteen H2 students from this ECA along with Ms. Chuan, Mr. Latchford and Ms. Sung visited Zhong Zheng Senior High School on December 9, to participate in joint activities with the local students and to share their ideas and interpretation about love from different cultural perspectives. Our students demonstrated their artistic talents in their unique production of “New Titanic” from the script writing, cast selection, to directing, music and movement designing. The production turned out to be a very impressive success and students from both schools enjoyed the performance a great deal. Congratulations to these H2 students for their achievement and we look forward to their creative productions again in the near future.



Flora Sung
Head of Department - Chinese

Sarah Pearson
Assistant Head of Secondary (Studies)

From the Assistant Head - IB

We have just reached the end of a very busy term for the H3 and H4 students. The Christmas holiday will be a good chance for the H3 students to both reflect on the work they have covered and decided on their extended essay subject. However, getting some time to themselves and indulging in some relaxation is also important. Next year at this time they will find themselves in a very different situation.

The H4 students need to get some rest as well, but preparation for the mock examinations is also vital. The IB examinations are packed closely together in both the mock examinations and the real examinations, and this really leaves little time for revision between the examinations. It is therefore vital that H4 students use their time wisely in the holiday to prepare thoroughly. I can not emphasise enough the importance of doing past examination questions, as revising the material covered is only 50% of a student's preparation for an examination. There will some time for students to ask their teachers questions in the 5 days before the mock examinations start and students can only do this if they have revised properly.

The mock examination schedule can be accessed at the link below.

<http://www.taipeieuropeanschool.com/ths/documents/IGCSEIBMockExamScheduleJan2011.pdf>

It has been great to hear about our H3 students' experiences at the Flora Expo. Ms. Hsu has put a lot of work in behind the scenes enabling the volunteer programme to both happen and run smoothly. Ms. Hsu works tirelessly to help our H3 and H4 students and she is always very humble about how much she does for these students. Mr. Bean and Ms. Hsieh have been dealing with more university applications than ever before, and their roles are vital in helping our students gain access to universities all around the world. Mr. Kenny and the TOK team have been doing some excellent work in helping our students become good critical thinkers who really question the information the world presents them on a daily basis. The visit by Mr. Andy Fletcher, organised by Mr. Kenny, was also interesting for our H3 and H4 students and provided many points for them to ponder.

Next term the H3 students can do their future selves a favour by getting as much work out of the way before second year of the course. If they have any doubts they should ask the current H4 students what they would do if they could go back in time. The H4 students will of course be on a mission in the coming year to gain IB results that match their potential.

International Flora Exposition – Volunteer Work

On the 6th of November the opening ceremony of the Taipei International Flora Exposition took place and over the past month approximately one million visitors, both international and local, have been to the Expo site. One of the many aspects that made this exposition a successful one thus far is the hard work behind the scenes. Over 15,000 volunteers signed up to work at the exposition and TES students were amongst them.

As one of the IB Diploma requirements, students must fulfill certain hours of activities in order to receive the IB Diploma; these are the renowned CAS hours. The CAS program focuses on three different areas of skills that students should acquire: creativity, action and service. The CAS coordinator Ms. Hsu worked very closely with the organizers of the Flora Expo in order to offer our students this great opportunity of working at the exposition site as a volunteer. This chance not only gives us students the possibility of gaining credible service hours, but is also an invaluable experience for each individual, as volunteering increases our social and communication skills, enabling people to make new friends and contacts. Moreover, it develops social responsibility, is fun and can increase one's self confidence. Many of the IB students put their names down to serve as a volunteer for the Flora Expo, but also younger students were eager to be part of it as well.



Before our actual shifts started, Ms. Hsu held several meetings and organized a brief training for all the volunteers, during which we watched the Flora Expo introduction video and listened to a presentation some key note speakers prepared, to give us further information about the Flora Expo as a whole and to explain our task at hand. We were also able to visit the site before the official opening, so that we had a basic idea of the area. The Flora Exposition is spread across four areas, YuanShan, Dajia Riverside, XinSheng and Fine Arts. All TES volunteers worked in the Fine Arts area.

My very first shift was the day after the opening ceremony and I was quite nervous at first. I was aware that there were always two people for each three-hour shift, however I didn't know who my partner would be. After signing in at the volunteer center, you receive a vest and a badge. I was quite lost at first and was unsure what to do, but after observing the other volunteers around the site I realized that people will approach you if they have questions. It was best to stand in places where many visitors would pass. I stationed myself right next to the performance hall and it didn't take long before the first visitor asked questions. The questions weren't hard to answer, most of the guests ask for directions to the nearest MRT station (YuanShan station); where the bathrooms are located or how to get to the food court. Occasionally some questions spark up that are harder to answer, but thankfully there are many specially trained volunteers/personnel by the government, who are more than happy to assist you and save you from awkward moments.

During my first shift I got to talk to a university student who also volunteered. She offered me many explanations and gave me basic information about the Fine Arts area, such as the time schedule for the busses, how to transfer to the other areas and when the performances that would take place. Already on my second shift I was more confident and even approached people who looked like they needed help. I realized that being a volunteer was actually quite fun and it feels good to be able to help someone out. The majority of the visitors were either from Taiwan or Mainland China, but once or twice I was asked questions by people from Europe or the United States.

On my third shift I already knew the drill. You grasp the concept of it quite quickly and know some of the questions that pop up frequently so it is always helpful to memorise the main buildings and some routes. Even though it is quite strenuous to stand for three hours straight, it was still a good experience. Ms. Hsu was also at the expo site during my first two shifts and offered me much advice and support. I will be continuing my volunteering work until the end of March and for future volunteers, or students who haven't been to their shifts yet I can offer the following advice: make sure you wear comfortable shoes; bring an umbrella; even if a visitor is rude and impatient, bear with her/him there's no point in getting worked up about it and if you encounter a question to which you don't have the answer to, try to answer it the best you can or just simply direct him to the closest volunteer nearby; oh and don't forget to flash an apologetic smile, that always seems to do the trick.

Alessia Cheng, H3

Flora Exposition review

It's been a wonderful experience volunteering at the International Flora Exposition in Taipei, Taiwan. It was a great experience for both of us to contribute something to the society. Even though 12 hours wasn't that much time, we gained knowledge about the responsibility of arriving there on time, providing a good service, and being friendly to the people we were guiding. We also learned to be committed, how to cooperate and to be determined in providing the best service we could.



The International Flora Exposition was extraordinary. There were so many different kinds of flowers; it was surprising how they attracted people from all over the world. On the first day of our shift, we were surprised by how many people were visiting. There were one million locals and tourists visiting the exposition. There were four locations to the Flora Exposition. Dajia Riverside Park, Taipei Artist Park, Yuanshan Park and Xinsheng Park. Our shift took place at the Taipei Artist Park where the Global Garden is being

hosted. In the Global Garden exhibition there were different countries featuring unique displays of their cultures by using flowers as the decoration. Since it was the Global Garden there were a lot of foreigners visiting their own nation's exhibit, and it was here that we got to help a lot of overseas visitors when they needed assistance. It was also sometimes hard communicating with the locals because we couldn't speak fluent Chinese, but we always managed to guide them through to their destination in the park. The night view in the Global Garden was also fantastic. When the lights lit it up it brightened the whole area and made the setting appear very glamorous.

In summation, it was a marvelous experience working there with all the friendly people. It was also great to admire so many vibrant flowers that were blossoming all around us.

Jenny Kwak and Mfihlakalo Ndlovu

UCC Update

- **H1 Work Experience:** The majority of students have now registered with a placement for January. There are still a few who need to confirm their arrangements. We look forward to a successful week with our largest 'workforce' ever of 72 students.
- **H4 students are completing applications for 2011.** There are 33 students applying for the UK, our largest number to date. Meanwhile the US numbers are up this year with 17 students applying on the Common Application alone. A healthy number are also applying for Canada.
- **Final thought...**
 - Top 5 universities for getting a graduate job in UK**
 - 1. The University of Surrey (96.9%)
 - 2. Harper Adams University College (96.5%)
 - 3. The Robert Gordon University (95.9%)
 - 4. The University of Cambridge (95.2%)
 - 5. King's College London (94.6%)

(Source ISCO Newsletter, December 2010)

Stewart Redden
Assistant Head (IB)

From the Head of Sport

TES U15 FOBISSEA team travels to “the Abode of Peace”

On Wednesday 17 November trainings for the U15 FOBISSEA Games finally ended as we traveled to Brunei for the Games hosted by The International School, Brunei. As with the last two to three years these Games proved to be very successful for our TES teams.

Due to flight limitations to Brunei we had to travel a day early which meant a day of visiting shopping malls (loved by both the girls AND the boys!) and ten pin bowling where coach David Lin, once again, showed he is the master of ten pin.

The relaxed, yet very enjoyable opening dinner featured some excellent musical talent from ISB including an 11 year old boy who sung while playing acoustic guitar who had released a record “single” the previous week in Brunei.

Day 1 of Competition was boys’ football and girls’ basketball.

The boys’ football team didn’t start very well conceding a goal after about 12 seconds of the first game. We managed to “steal” a goal in the very last minute of this game to earn a 1-1 draw. Following this however, the boys really “kicked on” and played some superb football with results of 1-0, 0-0, 2-1 (semi final) and a hard earned, but well deserved 2-0 victory in the final v JIS. This really was a “champion team” effort with everyone working very hard during the day, none more so than our two playmakers Kelvin Lee (captain) and Modou Jarjou with Charlie Barratt showing some great touches as well.

Unfortunately for the girls’ basketball team Mr. Woodall fell ill just before we left for Brunei and could not make the trip. Coach AJ Li stepped in to guide the girls to 3rd place in the tournament with Ayumi Kikuchi, Caroline Noel and Angel Mai playing very well for the girls’ team. A very good effort from the girls to come 3rd which made Mr. Woodall (and AJ) very proud.

Competition Day 2 was athletics (track & field) in the morning and swimming in the evening.

As is tradition, we did very well in the field events winning 15 medals (7 gold) with Jacky Chen, Brandon Hsiao and Joseph Liu outstanding.

For the first time ever the swim meet was held at night, under lights at the Brunei National Swimming Stadium. The atmosphere was “electric” in more ways than one and the gala had to be stopped with 12 races left due to lightning. As so often happens, our small swim team swam very hard but with little success with Vernon Lin, John Turner & Chi Wen Chang doing well.

Competition Day 3 was boys’ basketball and girls’ football.

As we had hoped our boys’ basketball team led by SUPER COACH David Lin played very well to finish undefeated and CHAMPIONS of the boys’ basketball competition. Even other coaches mentioned that our boys’ team was “a cut above the rest” winning the tournament for the 7th time in 8 years – a truly remarkable feat. Congratulations to BIG David and all the boys who were lead magnificently on court by Brandon Hsiao & with Jacky Chen. A magnificent effort.

Unfortunately for the girls’ football team the “sporting Gods” weren’t smiling down on us for as with last year, we finished first in our group but then lost the semi final on penalties and then ALSO lost the 3 v 4 play off for the bronze medal. As coach, I REALLY felt for the girls as they worked really, really hard all day long and deserved better than to finish 4th but we had no luck at all which was summed up by losing the semi final in a penalty shoot out.

Regardless, (I think) the girls enjoyed the day with our goalkeeper, Kristy Teng, who had never played football before, being outstanding.



The final event was the Gala dinner on the Sunday night where our girls looked lovely, Joseph & Modou showed other schools how to “kick it” on the dance floor and John Turner enjoyed himself!

Being part of The FOBISSEA Games is a tremendous experience and it is a HUGE commitment from all students and staff involved and I would like to congratulate ALL our students for ALL their hard work and efforts during the Games. You were, and always are, excellent in representing TES.

My sincere thanks to the coaching staff also; Mr. Woodall, AJ, Chin Lin and David for all your work, help and support.

We (P.E. staff) have already started training our U13 FOBISSEA team which travels to Malaysia in March. Basketball training, football training,training training....

GO TYPHOONS!

Leighton Edwards
Head of Secondary Physical Education and Sport



TES U15 FOBISSEA team – Brunei Nov 2010

Taipei win U15 boys football

By Khairil Hassan

TAIPEI European School, Taiwan (TES) emerged champions in the FOBIS-SEA Games 2010 Boys U-15 Football Tournament on the first day of the games yesterday at the Track and Field Centre, National Stadium Complex, Berakas.

TES defeated Jerudong International School, Brunei (JIS) 2-0 in the final match and Shrewsbury International School.

Thailand (SHB) took third place after defeating British International School, Vietnam (BIS).

Eight teams were divided into two groups. Group A has British International School, Vietnam (BIS), The International School of Penang (Uplands), Malaysia (UPL), International School Brunei (ISB) and Taipei European School, Taiwan (TES).



Boys football champions Taipei European School, Taiwan (TES)

Group B has Jerudong International School, Brunei (JIS), The Regents School, Pattaya Thailand (ISR), Shrewsbury International School, Thailand (SHB) and ELC International School Malaysia (ELC).

TES U15 FOBISSEA results:

International School Brunei, Nov '10

Athletics results:

Jacky Chen:	1 st High jump, 1 st Triple Jump, 1st Long Jump
Brandon Hsiao:	1 st High jump, 1 st Triple Jump, 2 nd Long Jump
Joseph Liu:	1 st Shot putt, 2nd Discus
Sion Ings:	1st Javelin
Ryan Lin:	1st Discus
Vivian Chuang	2nd Javelin
Ayumi Kikuchi:	2 nd Long Jump
Angel Mai:	2nd Shot putt
Caroline Noel:	2nd Shot putt
Modou Jarjou:	2 nd 1500m
Kelvin Lee:	3rd 1500m
Borren Hui :	3 rd Discus
Boys' 4 x 100m relay teams:	2 nd & 3 rd places

• Boys Basketball – 1st place Girls Basketball – 3rd

• Boys Football – 1st place Girls Football – 4th place

It's Better to Talk It's Better to Talk

November / December 2010

Health and Counselling Week 29 November – 3 December 2010

It aims to promote the awareness on self-care both physically and emotionally to all staff and students.

Health Advice

An informative approach to medical care involving individual care, understanding the meaning behind the illness and the opportunity to ask questions about any concerns that you might have.

This includes a health assessment, education and focus on outcomes to help you self manage your health needs. Advice from the nurses to help you on healthy eating; improve your fitness and much more!

Minds & Body, Study/Work/Life Balance

Study/Work involves time pressure on our already busy lives. Planning and organization skills can help to reduce stress and give you a greater sense of achievement.

Using a time schedule and master list of assignments, exam dates and work commitment will help you to make realistic priorities to get the most important things done first.

Confidential conversations with the counsellor, in creating balance - remember to include the other aspects of your life - relationships, work, exercise, healthy eating, fun and spirituality.

COUNSELLING WORLD

7 Quick Tips to Avoid a Meltdown

- 1. Walk Away**
Know your triggers. If a conversation might seem to upset you or if you are noise-sensitive, simply put one foot in front of another, and departed.
- 2. Close Your Eyes**
Gently let the world disappear, and go within to regain your equilibrium. You will become aware of how important shutting your eyes is to the health of the nervous system. The only time not using this technique is on the road (if you're driving).
- 3. Find Some Solitude**
This can be challenging if you are at work, or at home with kids but we all need some private time to let the nervous system regenerate. Be creative. Find your space. Any way you can.

4. Go Outside

Even if you are not walking or running or biking or swimming, being outside calms you in a way that hardly anything else can. With an hour of nature, you find yourself being an angry and uptight person into an optimistic and relaxed person.

5. Find Some Water

“Water helps in many ways,” writes Elaine Aron. “Keep drinking it—a big glass of it once an hour. Walk beside some water, look at it, listen to it. Get into some if you can, for a bath or a swim. Hot tubs and hot springs are popular for good reasons.”

6. Breathe Deeply

Breathing is the foundation of sanity, because it is the way we provide our brain and every other vital organ in our body with the oxygen needed for us to survive. Breathing also eliminates toxins from our systems.

The “Four Square” method of breathing to reduce anxiety:

1. Breathe in slowly to a count of four.
2. Hold the breath for a count of four.
3. Exhale slowly through pursed lips to a count of four.
4. Rest for a count of four (without taking any breaths).
5. Take two normal breaths.
6. Start over again with number one.

7. Listen to Music

Across the ages, music has been used to soothe and relax. The gorgeous song—like all good music—could stroke that tender place within us that words couldn’t get to.