



TAIPEI EUROPEAN SCHOOL

台北歐洲學校

EUROPEAN SECONDARY CAMPUS NEWSLETTER

Edition 9.0 Friday 28 January 2011

From the Acting Head of British Secondary and High School Section

Dear Parents and Students,

The Chinese New Year of the rabbit will soon be upon us I would like to wish you and your family a very prosperous New Year. Two of our teachers are leaving today and we at TES would also like to wish them all the best for the New Year.

On behalf of the school I would like to thank Ms. Kathie Chang for the outstanding contribution she has made to the school. During her time at the Taipei European School she has engendered a real enthusiasm for mathematics in her students. She will be missed by both the students and her fellow teachers. At TES we hope that the birth of her baby boy goes smoothly and wish her all the best for the future. We do expect her to come back and visit. Ms. Rebecca Brown one of our part-time teachers is relocating out of Taiwan and as result will be leaving TES. Her students have enjoyed her lessons over the last year. All the staff and students would like to wish her all the best in future endeavours.

Mr. Paul Grundy the school's replacement for Ms. Berry Khella started teaching this week. He has been getting to know his classes and I am sure he has enjoyed his first week at TES. To replace Ms. Kathie Chang we have employed a new mathematics teacher from the UK. His name is Mr. Alex Elkins and his first day in the school will be on 8 April 2011. Mr. Elkins is looking forward to meeting his new students and he is busily making preparations for his new classes. Ms Meaghan Chantrill will replace Ms. Rebecca Brown as a part-time science teacher. Many of our students will already know her as she has worked as supply teacher for us during the last six months, and we are very happy to have her on board.

This half term has been a very busy one for the teaching staff up here at the Swire European Secondary Campus with the marking of mock examinations and report writing. This also marks a very important time for our H2 and H4 students in their examination preparation, and it is vital that they respond to the targets set by their teachers in their reports. In addition, Mr. Andy Philips' INSET training with staff was very successful and I am sure his insights and suggestions will have a positive influence on the educational development of our students.

SCHOOL WEBSITE: www.taipeieuropeanschool.com



Deutsche Sektion



British Section



Section Française



TES High School

CONTACT: Taipei European School, Swire European Secondary Campus, 31 Jian Ye Road, Shihlin, Taipei 11193 Telephone: +886 2 8145 9007

The Chinese New Year celebrations organized by the Chinese department were fantastic. The Ten Drum group performed first and they wowed the audience with their drumming, and also encouraged some audience participation from students and teachers.



The Hong Dow Junior High School also provided a stunning performance with their most impressive Diablo skills. They then went on to show how rope jumping can be pushed to its limits. I would like to thank all the performers and the Chinese department for organizing this great event.



Gong xi fa cai,
Stewart Redden Assistant Head of Secondary – IB (on behalf of Stuart Glascott)

Attention All Students – ECAs for Term 2

You can now sign up for ECAs for term 2 on the QS Web system.

<http://emaze.tes.tp.edu.tw:33688/QSWeb/login.php>

You should either have a username and password already or you will have received these details by email to your personal email account in the last week. Please note that there is a facility to use if you have forgotten your password

If you are interested in signing up for an ECA then you will need to register using the link above. The system is very easy to use. Please note that some clubs have a limit on the number of students able to attend so you will need to sign up as soon as possible in order to ensure a place. If you are already participating in an ECA that has started you should still register for this online.

Registration for clubs opens this Thursday 27 January at 18:00 and closes at 17:00 on Friday 11 February. Once you have signed up for an ECA you will be expected to attend regularly and show a commitment to that ECA.

ECA involvement is looked upon very favourably by universities. Meet your pastoral target and get involved in an ECA now!

From the Assistant Head of Secondary – Student Welfare

The H1 work experience week has been a valuable learning opportunity for the H1 students. The students have been able to put into practice in the work place what they have learnt in PSHCE. It is hoped that this week has helped them decide what kind of work they may or may not want to pursue later in life. I would like to thank Ms. Papps, Mr. Bean and Ms. Hsieh for organizing this event.

In this section of the newsletter Ms. Papps has included some of the students' personal reflections on the week and what they gained from the experience.

Stewart Redden, Assistant Head of Secondary - IB
On behalf of Ms. Rachel Harris, Assistant Head of Secondary - Student Welfare

H1 Work Experience Jan 17th - Jan 21st by Vernon Lin

I always imagined that working in a five star hotel would be paradise. I saw myself walking in every day through ridiculously huge revolving doors to find grand chandeliers and shiny white marble floors awaiting me. After that I would then have lunch with my colleagues in one of the fancy hotel restaurants and watch the day go by. Working for a week at the Westin Taipei changed all that. That is not to say that the Westin did not live up to the name of a five star hotel, as the Westin did contain all of the aforementioned luxuries, but those parts of the hotel belonged to the guests. As a worker, my part of the hotel was behind the doors that said "Employees Only". It was a clean and safe working environment in general but without the huge revolving doors, the white marble floors, and the fancy restaurants. Instead, there were normal white tiles, normal wooden doors and an employee canteen. It was through this environment and the friendly staff who worked within it, that helped me learn a lot more about the hospitality business and a bit more about myself. Apart from learning directly through practical work, I learnt a lot from my friendly colleagues and their interesting stories and experiences.



I worked from 9:00 in the morning to 5:00 in the afternoon, and in five different departments / locations each day: the Buffet Restaurant, the Executive Lounge + Hampton Court Café, the Front office, Housekeeping, and Engineering. Kelly Huang, a member of the Human Resources Department was the woman who took care of me. I was to report to her if I had any questions or queries during the week. Each day, after reporting to Kelly in the morning, I would meet a supervisor from each department. He/she would show me around my workplace and tell me what to do. I would work until my lunch break and go eat lunch, then it was straight back to work until 5:00 when I would report back to Kelly.



The first two days I mostly worked as a waiter. As crazy as this might sound, being a waiter takes a lot of skill and strength. My main task was setting up tables and collecting dirty plates. I learned lessons like simply smiling when

dealing with customers can make a huge difference. By the end of the two days my arms were sore as I had to collect stacks of extremely heavy fine china and balance them on a tray back to the kitchen. On the third day of Work Experience I was a bell-boy, which involved opening doors for people and carrying their luggage. I had to stand up straight the whole day and maintain a good posture which was literally, a pain in the back. On the fourth day, I worked in the housekeeping department which required to make up king sized beds in presidential suits. On the fifth day, I was shown the complex machines that keep the hotel running in the Engineering Department. During my Work Experience, I met numerous people from each department who shared their backgrounds and experiences with me.

By the end of the week, I learnt one key fact. Workers such as the ones I spent my week with are often looked down upon and seen as unskilled. However, some people fail to acknowledge the conscientiousness shown by these workers and the resulting high quality customer service they get because of these efforts. Only through experience can one truly understand just how hard these jobs are and how important they are to the society we live in. I am glad to have had this chance to work at the Westin because in the future, I will further appreciate the luxuries I have taken for granted in the past.

H1 Work Experience Jan 17th- Jan 21st by Jasmine Wung

My name is Jasmine Wung. I worked at DaHan Interior Design for my week of Work Experience. I learned a lot during this week and found it to be a very valuable experience. DaHan Interior Design is a company that designs houses for different people. Also, it provides services such as architectural exterior design, interior architectural design plans, landscape design plans as well as interior design. I enjoyed working at DaHan; even I do not get much work to do. My colleagues were all designers; and one of them was a 3D designer which I found really impressive. I was really amazed by what they accomplished each day. Some of the designers there could even sit on the chair for eight hours a day straight, without having to get up!

For most of the week when I went into the office, I did not do much. Sometimes I copied paper and made coffee for the design team, went to post office and dealt with the mail. These simple tasks made up my daily routine. However, near the end of the week I was given some more interesting jobs.

I learnt a lot last week, and had many experiences, but the best experience was visiting a construction site where DaHan are currently working on a house. The site is on a mountain, and the view from the house will be beautiful! I learned about that kind of design the owner of that house wanted, the requirements of that particular design, and the owner's wishes for the interior decoration such as the type of wallpaper, doors, colours and much, much more. I discovered that there are a lot of details that designers must consider when trying to make their clients happy.

My week on Work Experience was great! I hope that in the future I get another opportunity to learn about a career by trying it out. I am especially grateful to have worked with a good team and my supervisor who taught me a lot.

From the Assistant Head of Secondary - Studies

Dear Parents,

If you are a parent of an H1 or an H3 student your child should be bringing their academic reports home with them today. There are separate reports for each subject along with a pastoral report. These reports can also be accessed online through QS Web (<http://emaze.tes.tp.edu.tw:33688/QSWeb/login.php?usertype=p>) using the same log on details as you do for parent teacher interviews. Online copies will be available from Saturday 29 January.

H2 and H4 students will receive their full academic reports on 11 February and these need to be read carefully by the students so that they can plan their revision strategies for their actual examinations in May and June. Parent- Teacher interviews take place for High School students on 23 February.

We are celebrating further academic success at TES this week. Ms. Chang's H2 Mathematics class, who took their IGCSE examinations in November, and this week they received their results from Cambridge International Examinations. All fifteen students obtained A* or A grades; a great achievement and a fitting farewell to Ms. Chang as she begins her maternity leave.

On 19 and 20 January, Secondary staff attended two inset days presented by Andy Philips of BPC International, an educational consultancy company based in the UK. Andy held workshops on Assessing Pupils Progress at Key Stage Three, Assessment for Learning and on Observing Lessons and Giving Feedback. The workshops were both enjoyable and informative and we hope to have Andy back to work with staff next year.



Primary and Secondary staff attend a joint session on Observing Lessons



Secondary teachers discuss Assessing Pupils Progress at Key Stage Three

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

Science Department News:

Chemical donation from Merck Ltd. Taiwan

Merck Ltd. Taiwan has continued their generous relationship with the Taipei European School by once again donating chemicals to the Secondary Science Department.



This donation will allow us to expand the scope and range of practical work that we are able to complete, particularly in Chemistry and Biology. The lab facilities and resources are shared between all four sections using the ESC and thus students from the British, French, German and High School sections will benefit from the donation.

On behalf of all the students and Science teachers I would like to thank both Dr. Boedecker, Managing Director and Mr Schroth Vice-President of Merck Ltd. Taiwan for this extremely useful donation. Hopefully, in years to come, some of our budding young scientists may end up working for Merck!

Neil Tollervey - Head of Science

Year 9 History news:

Students showcasing their talents!



For the last month Year 9 History students have been studying different themes connected to the British Empire.



Students worked in groups to participate in a historical enquiry into the British Empire, considering key questions such as:

- Why did the British become empire builders?
- How should we remember the British Empire?
- What factors caused the end of the British Empire?

The students have been congratulated for producing excellent and creative 'museum' exhibits that are currently on display in the Phase 2 atrium. Examples of the students' ideas include an evidence wall, artifacts from India and Africa, a model slave ship, rotating timelines and various models and jigsaws. Some students acted as curators to explain the work they had produced to others. Well-done to all of Year 9 - 9IST, 9DGR and 9GCH, and thanks go to Ms Papps and Ms Harris for their significant involvement in this successful project.

Ian Stewart – Head of History

From the Assistant Head of Secondary - IB

The H3 students have been very active on the CAS front this month and they have been doing their best to raise money for TABITHA Cambodia. I have been really impressed with their innovation and determination in raising funds for this very worthwhile concern. The article that follows by Christine and Cindy gives detailed account of what the H3 students have been doing to raise money over the last term and half.

In H4 the students have just completed their mock examinations and they will now know what they need to do over the next three months in order to be successful in their external examinations in May.

TABITHA CAMBODIA PROJECT 2010-2011

This year the H3s decided to create a promotion group for the Tabitha Cambodia project, with the aim of promoting the fundraising events and just Tabitha in general. We kicked off term one by creating posters for the school, which we changed every other week; this constantly reminds the students, teachers and even parents of our project and the support we seek in order to get the most out of this year's Tabitha project. We also started a "Cambodia fact of the day" notice in the daily bulletin, raising awareness among the students and teachers about the unfortunate lives of the Cambodian people, which further reiterates the importance of everyone's support. Well, off into term one with Halloween approaching, we had a week long Tabitha Halloween Candy sale. The sale not only allowed us to raise money for the project, but also gave us the opportunity to inform the students about how their money could help. The students showed great enthusiasm for this event, which encourages us to work even harder towards this great cause.

At the end of the last term, we collaborated with the TES student council at the school disco to also earn some profit and further promote Tabitha. We did some research and figured out that "raving glasses", a type of accessory, proved to be an increasingly popular item in the school as well as in popular mainstream culture in general. Therefore we invested into a substantial stock and managed to sell the majority of it to students during the disco. We labelled them with Tabitha Cambodia stickers which allowed us to render the students happy with their purchase as well as spreading awareness about Tabitha Cambodia.

Around the same time we also worked on other promotional media forms such as the coloured brochures for the parents and the general public. This proved to be useful at the Carrefour event when H3 representatives went out to the community to advocate our cause. Also, they have played a role in informing parents, teachers and students in the community during school gatherings such as parent-teacher interviews. These brochures were also placed with the "silk-seller's" stand which another Tabitha Cambodia committee was in charge of.

Although this term has barely started, the Tabitha Promotional group has already started a new project in collaboration with the corporate sponsorship group. We are launching a project called "10 NT for Tabitha" and donation boxes have already made in order for members of the TES community to donate money and show their support for this worthy cause. As it is the week before Chinese New Year this week, our group has made a variation of this project. From the 24th -28th of January, there will be a giant red envelope (紅包) around at breaktimes and lunchtimes. The envelope dons the slogan of "紅包 for Tabitha". We hope that the students will help us send this giant 紅包 to the people in need in the country of Cambodia.

The Tabitha Promotional Group is actually indeed only one group in the myriad of H3 groups dedicated to the Tabitha Cambodia Service Project. Other events to look out for are:

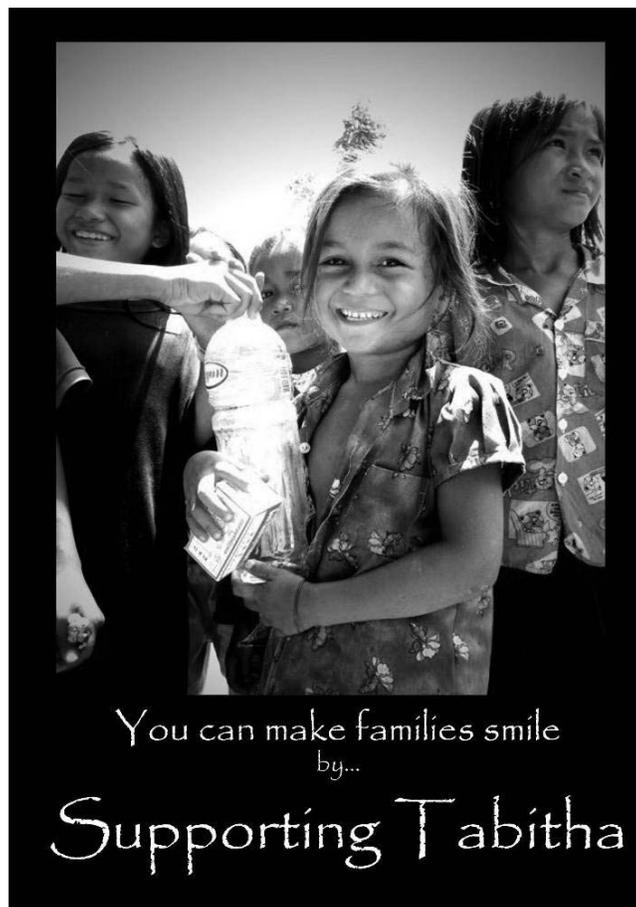
- “Walk to Cambodia” – an event where all members of the TES community can get sponsors for walking a given distance and then donating it to the cause
- “Capone’s Dinner” – This will be held later on the year. This auction dinner will give parents the chance to win some fancy prizes while showing their support for Tabitha Cambodia
- “Food Sales” – The Tabitha Food Group will be providing healthy breakfast food from now on at great prices during breaktimes.
- “Carrefour Information Saturdays” – For the next 4 weeks, H3s will be at Carrefour Tienmu with information and donation boxes available to everyone. Go and support Tabitha.

It is evident that H3s have been quite busy this past term and are striving to continue with determination until our trip to Cambodia. We wish that all members of the TES community would support all our events to help us build more houses for the people of Cambodia!

For more information on our projects or on Tabitha Cambodia itself, please feel free to email the Tabitha Promotional Group members:

Cindy Chen - cindyhwc_28@hotmail.com

Christine Yeh – christineyeh825@hotmail.com



From the Secondary and High School Library

Have you prepared enough books for your CNY holidays? We have a lot of new English, French and German books waiting for you in our libraries! Please see next page for the librarians' recommendations.

Starting from January, Sport Illustrated and BBC Music magazines will also be available at Phase 2 library!



Besides, we would like to remind all the students once again some changes to the library borrowing policy. The major change is about the overdue books.

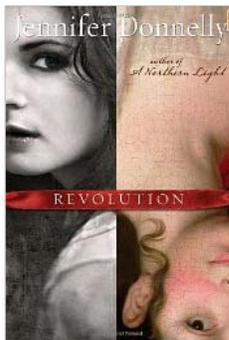
- When an item is overdue, overdue notices will be sent every week for three weeks via email.
- If the item has not been returned by the end of this period of 4 weeks it will be considered lost and an invoice will be issued.
- At the end of the second month, if the item has neither been returned nor replaced, the borrower's name will be sent to the head of school.
- Please bear in mind that all the library books should be brought back to the library when it is due, no matter you have finished it or not. If you finished reading it, bring it back to return; if not, please bring it back to renew!
- If you are a high school student, the loan period of your library books is changed to 3 weeks now!

Happy reading and Happy New Year of the Rabbit!!

Angela Chang
Chief Librarian

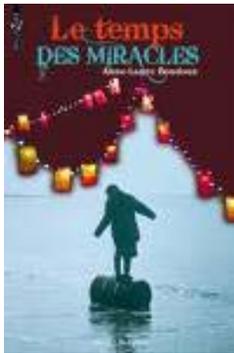
Librarians' Recommendations

Revolution, by Jennifer Donnelly (REALISTIC EN DON)



“Andi Alpers, a 17-year-old music lover, is about to be expelled from her elite private school. Despite her brilliance, she has not been able to focus on anything except music since the death of her younger brother, which pushed the difficulties in her family to the breaking point. She resists accompanying her work-obsessed father to Paris, especially after he places her mentally fragile mother in a hospital, but once there works in earnest on her senior thesis about an 18th-century French musician. But when she finds the 200-year-old diary of another teen, Alexandrine Paradis, she is plunged into the chaos of the French Revolution. Soon, Alex's life and struggles become as real and as painful for Andi as her own troubled life.

Printz Honor winner Donnelly combines compelling historical fiction with a frank contemporary story. Andi is brilliantly realized, complete and complex. The novel is rich with detail, and both the Brooklyn and Paris settings provide important grounding for the haunting and beautifully told story." ~Kirkus Reviews, starred review



Le temps des miracles, de Anne-Laure Bondoux (AVENTURE FR BON)

« Lorsque les douaniers m'ont trouvé, tapi au fond d'un camion à la frontière française, j'avais douze ans et j'étais seul. Je n'arrêtais pas de répéter

"jemapèlblèzfortunéjesuicityoyendelarépubliquedefrancecélapurvérité". Je ne savais pas que mon passeport était trafiqué, et en dehors de ces quelques mots, je ne parlais que le russe. Je ne pouvais pas expliquer comment j'étais venu du Caucase jusqu'ici, dans le pays des droits de l'homme et de Charles Baudelaire. Surtout, j'avais perdu Gloria. »

Une histoire d'exil bouleversante sur la vérité, le mensonge et la quête du bonheur. En plus, ce livre plaira aussi bien aux ados qu'à leurs parents !

Le temps des miracles a été élu par la rédaction du magazine Lire parmi les 20 meilleurs livres de l'année 2009 dans la catégorie Jeunesse.

A partir de 12 ans.



Das Böse Mädchen, by Mario Vargas Llosa (ROMANCE GR LLO)
Die Mädchen aus Chile tanzen den Mambo ganz freizügig und unverschämt. Vor allem eine: das böse Mädchen, 15 Jahre alt, in das der ebenfalls 15-jährige Ich-Erzähler im gleichnamigen Roman von Mario Vargas Llosa sich unsterblich verliebt. Dann ist sie plötzlich weg, und ihm bleibt nur die Erinnerung -- bis er sie eines Tages in Paris für eine Nacht der Leidenschaft wiedertrifft. Es folgt eine Kette von Treffen, abenteuerlichen und leidenschaftlichen Treffen, die sich wie eine Schlinge um sein Leben ziehen.

UCC Update

Work Experience 2011:

Our H1 students completed their work placements last week and there was some very positive feedback from all concerned. Thanks must go to all those companies and businesses that supported our programme providing work and guidance for our students.

2011 TES Careers Evening: Phase 2 Building, Secondary Campus, Yangminshan, Tuesday 8th February, 6.30 pm – 8.30 pm.

We look forward to a successful evening with many professions represented such as business management, engineering, medicine, public relations, interior design, biotechnology, law, hospitality, travel, psychology and many more. ALL STUDENTS AND THEIR PARENTS are invited to attend.

Futurewise Review

Following the Futurewise testing programme last October, Mr. and Mrs. Broadbent will be back at TES from 8th till 11th February interviewing our H2 and H3 students who are taking part. The interviews will take place in both our conference rooms. Students will receive their full profiles as part of the review. Mr. Broadbent, an experienced careers counsellor, will also attend the Careers Evening on 8th February.

Graham Bean, University and Careers Counsellor

Stewart Redden, Assistant Head of Secondary - IB

Schüler-Schreibwerkstatt

Konjunktiv in Lied, Rock, Pop – Deutsch Klasse 8
Eingereicht von Kornelia Schiesske

Wär' ich ein Buch im Leben

Wär' ich ein Buch im Leben,
so wäre mein Name der Titel,
die Einleitung meine Kindheit
und der Hauptteil mein Lebenslauf.
Das Ende wäre unbekannt, die letzten Seiten frei und leer,
bis ich wieder vorankommen würd', damit Tinte wieder aufs Blatt gelangt.

Wär' ich ein Buch im Leben,
so würde ich mich wundern, in welche Hände ich gelange.
Würde der Leser meine Worte verstehen?
Würde er bis zur letzten Seite lesen?
Würde er sich über meine Fehler
und Entscheidungen aufregen?

Wär' ich ein Buch im Leben,
würdest du mich wieder erkennen, wenn mein Name nicht da wäre?
Nur durch die Worte, die ich so selten im Leben ausspreche.
Bin ich innen jemand anderes, den niemand kennt?
So überlegte ich es mir anders.
Wär' ich ein Buch im Leben,
so bliebe ich anonym.

Kathleen

Schulleitung

Beratungsbesuch von Prozessbegleiter Markus Pieper

von Emmanuel Fritzen, Schulleiter

In der Woche vom 18. bis zum 23. Januar 2011 war der Prozessbegleiter der Zentralstelle für das Auslandsschulwesen Markus Pieper zu einem Beratungsbesuch an der Deutschen Schule Taipei.

Deutsche Auslandsschulen in privater Trägerschaft gleichen oft kleinen Wirtschaftsunternehmen: Sie müssen wirtschaftlich handeln und sich im Bildungswettbewerb behaupten. Um die Schulen systematisch bei ihren qualitativen Entwicklungsvorhaben zu unterstützen, hat die Zentralstelle für das Auslandsschulwesen (ZfA) im Rahmen der Partnerschulinitiative im Sommer 2008 die Stellen von zehn Prozessbegleiterinnen und Prozessbegleiter eingerichtet. (aus: www.auslandsschulwesen.de)

Die Prozessbegleiter unterstützen die Schulen bei allen Fragen des Pädagogischen Qualitätsmanagements (PQM), um die Leistungs- und Wettbewerbsfähigkeit der

Auslandsschulen zu steigern. Sie helfen den Schulen, sich auf die bevorstehenden Bundesländer-Inspektionen (BLI) vorzubereiten und im Anschluss daran die gewonnenen Erkenntnisse für die weitere Qualitätsentwicklung zu nutzen.



Seit August 2008 ist Markus Pieper als Prozessbegleiter in der Region Fernost tätig. Sein Dienstsitz ist an der Deutschen Europäischen Schule Singapur. Er berät die Deutschen Schulen in Indien, Thailand, Malaysia, Singapur, Indonesien, Vietnam, Australien, Taiwan, China mit Hongkong, Korea, Japan und auf den Philippinen in Schulentwicklungsfragen.

Die Deutsche Schule Taipei hatte Markus Pieper schon einmal im März 2009 zu einem Beratungsbesuch nach Taipei geholt, um den Weg über die Peer Review zur Inspektion zu planen.

Bei dem Besuch in der vergangenen Woche ging es um drei Schwerpunkte:

Beratung der Steuergruppe bei der Ausarbeitung des neuen Schulprogramms
Beratung der Arbeitsgruppe „Binnendifferenzierungskonzept“ und
Beratung von einzelnen Lehrerinnen und Lehrern

Alle Beteiligten haben aus der Arbeit mit Markus Pieper wesentliche Impulse für die weitere Qualitätsentwicklung der Schule erhalten und wir bedanken uns bei ihm herzlich für diese wertvolle Beratung.



From the Counsellor

TES Counselling News

It's Better to Talk

January 2011

COUNSELLING WORLD

Child Anxiety Disorder Symptoms

By ERIKA KRULL, MS, LMHP

Anxiety disorders are the number one mental health issue in America today. Many children go through months and even years of undiagnosed (or improperly diagnosed) anxiety problems. Since some of the symptoms are behavioral, parents or other adults that don't understand the full range of symptoms can miss a major problem.

Take a look at the following descriptions of red-flag child anxiety symptoms.

1. A child with an anxiety disorder usually don't understand that their reaction is off the charts compared to other kids their age. They don't have the sense of what's normal to everyone, only for themselves. A growing child anxiety problem isn't likely to get better on its own. Parents and other adults need to step in and help them with their symptoms.
2. A child has persistent worries, even when an obvious reason or threat is no longer present. Anything that lasts for weeks or months is a concern. Some worry or anxiety is normal, and it's actually necessary for kids to learn about their environment. They may worry for a long time after the perceived threat or many days or weeks in advance.
3. A child seems inconsolable when you try to reassure them. They speak in catastrophic terms about all the "what ifs," and don't seem to accept realistic or logical explanations.
4. Physical symptoms may show up like repeated stomachaches and headaches that have no other explanation.
5. Nightmares, difficulty or refusal to sleep alone, and general difficulty getting a good night of sleep can also be a red flag.
6. A child with high anxiety is also highly critical of themselves, easily disappointed with their effort, and upset when they do things wrong. They tend to have a black-and-white or perfectionist view of their personal expectations. For example, they may make a small error on an assignment and then erase all of their work while crying.

Anxiety and Exercise – A Family Approach

By ERIKA KRULL, MS, LMHP

A recent press release from the University of Georgia confirms what many mental health professionals and doctors have known for some time: Regular exercise can significantly and noticeably reduce symptoms of anxiety. Simple physical activities like walking and weight lifting can be a very effective method for people with anxiety. And the key here seems to be *regular* exercise and also for periods of 30 minutes or more.

So who needs this type of anxiety antidote? It could be someone in your family, maybe even you. The National Institute of Mental Health reports that in any given year, about 18% of the adult population has some type of anxiety disorder. Almost one out of every five adults has a significant anxiety problem, and probably many more have lesser anxiety symptoms that may still make their life difficult. So even if you know you have a more nervous personality or have periods of high stress and worry, you may find some good relief with regular exercise.

Consider the people in your extended family — siblings, parents, children, even your grandparents. Can you identify any trends towards anxiety or notice that one or more of your children tend to become anxious more easily? If so, you might want to consider an even broader approach to regular exercise — a family commitment to exercise for better well-being. OK, your kids may not quite get it if you explain it in those "big person" words. But you can easily take them on a brisk walk and point out how much more relaxed they feel when they are done.

As you continue to make your kids aware of this, they will gradually understand and remember the connection between exercise and relaxation. If they are the type that might really need this type of coping skill now, you will also set them up well for their future. When they have something they can physically do to keep their feelings of anxiety and stress in check, they will feel more in control of themselves. You teach them a stress management skill they can use for their whole life. Plus, exercise is an activity you can do as a family sometimes. Positive healthy family time can also help everyone feel more joy and content in their life. Those times help combat fears and worries when they creep in.

Some more ideas for family exercise:

- Walking in your neighborhood
- Bike trails
- Golfing
- Playing with the dog
- Swimming

TES Careers Evening 2011



When: Tuesday 8th February
6.30 – 8.30 p.m.

Where: Taipei European School
Phase 2 Building
Yangmingshan
European Secondary Campus

11th Annual TES Music Concert

Friday 11th February
7:00 pm
TES ESC Phase 2 Atrium

Students \$50
Adults \$100

Tickets on sale in the ESC Phase 1 British Office

