

# Dragon Tales

Volume 9 Issue 33

Monday, May 11, 2009

FREE

## WHAT'S ON?

### GRADE 7 & 8 ART EXHIBITION

Monday May 11 - Friday May 15  
Suitable for Secondary students and parents

### PREP ARTS NIGHT

Tuesday May 12 at 5pm

### SHARING OUR HUMANITY

Wednesday May 13 at 7pm

### IOWA BASIC SKILLS TEST

Saturday May 16 at 8am



**Saturday May 16**

### GRADE 8 & 9 ART EXHIBITION

Monday May 18 - Friday May 22

### LIBRARY ALIVE WEEK

Monday May 18 - Friday May 22

### GRADE 1 ARTS NIGHT

Wednesday May 20 at 5pm

### GRADE 4-5 DANCE

Thursday May 21 6-8pm

### BURNING POETRY

Friday May 22

### FOR THE LOVE BBALL CAMP

Monday May 25 - Friday May 29

### ART & MULTIMEDIA EXHIBIT.

Thursday May 28

### A MIDSUMMER NIGHTS DREAM

Friday May 29 & Friday May 30

## MRISA JNR SOCCER

By Philip Graham  
ATHLETICS DIRECTOR

Over the weekend VIS hosted a very successful MRISA event. Many people worked hard to ensure that everything went smoothly and to plan. However people who should be individually recognized are:

- ♦ Ms. Ben and all the ground and cleaning staff
- ♦ Ms. Moe Moe and all the medical helpers
- ♦ Ms. Nalin and the Dragon Cafe
- ♦ Mr. Michel, Mrs. Kim and the student council
- ♦ Game Directors Mr. Jamie, Mr. Gordon and Mr. Durkin
- ♦ Mr. Bruce for the photos
- ♦ Scorers Amanda M, Sophie M, Torje, Dai, Josh and Sean
- ♦ Ball people Jan, Robin, Maite and Kolap
- ♦ PE staff Mr. Juteau and Mr. Pany
- ♦ Ms. Paramy in the school office
- ♦ Everyone who hosted visiting athletes

## VIS girls close to reaching the final

By Per and Daniel  
COACHES

The VIS junior girls made an excellent performance in this year's MRISA soccer tournament by finishing in 3<sup>rd</sup> place.

VIS played the opening game against ISSP. The VIS girls started very strong with

several opportunities to take the lead in the first few minutes. The girls kept on fighting throughout the game and finished as winners with a 2-1 victory and goals from Fannie and Toni.

Next game was against last year's winner ISHCMC. VIS having already played one game did not have the strength to stand up against the big ISHCMC girls and lost 5-1. Lynn scored VIS's only goal for the game.

All girls gave it their best in an excellent game against SSIS. Scores were 3-0 after goals from Fannie, Toni and Holly.

The next day VIS started very strong and we had full control of the game from the first minute against ISE. In the last 5 minutes, after catching a high ball from behind the midfield, Lynn struggled through two defenders to score the most amazing goal of the tournament. The game ended with a 3-0 victory by the VIS girls with a goal from Lynn and Fannie's two goals.

The last game was against the confident and unbeatable UNIS. Despite being the better team and with several opportunities we did not manage to pass their excellent goalkeeper. VIS tried hard during the whole game but did not succeed scoring and the game ended 0-0.

This draw with UNIS put us out of the final against UNIS. It was head to head between ISHCMC and VIS as both teams ended up on 10 points. The game against ISHCMC was VIS's only loss but it left us out of the final.

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## Language Profile Survey

By Steve Alexander  
DIRECTOR

**Grade 5-10 Parents** - We urgently need parents of students in grades 5 through 10 to fill out and return the Language Profile Survey as soon as possible. This information is needed to help us determine any

changes we might make in our Language Program, especially to support Mother Tongue (first language) learning at VIS. We will also send today an email with an attachment of the survey if you do not have the hard copy that was sent to you. Thank you for your attention to this matter.

# SCIENCE FAIR

By Dobi Edwards  
SCIENCE TEACHER

Thank you to all the parents and friends of our students who came to support their efforts in the inaugural VIS Science Fair. There were many excellent projects on display and all the students worked with enthusiasm which was reflected in the quality produced.

Ribbons were awarded to the first, second and third place winners in each grade level. First place winners will receive a prize at the next Secondary assembly. The winners were:

Grade 6 - 1 <sup>st</sup>	Rupina
2 <sup>nd</sup>	Holly
3 <sup>rd</sup>	Nana and Chelsea
Grade 7 - 1 <sup>st</sup>	Ju Hui
2 <sup>nd</sup>	Maite and Silayan
3 <sup>rd</sup>	Johanna
Grade 8 - 1 <sup>st</sup>	Henny and Hanh
2 <sup>nd</sup>	Ymiel
3 <sup>rd</sup>	Cathy and Pantavanh
Grade 9 - 1 <sup>st</sup>	Tasneema
2 <sup>nd</sup>	Ranjana
3 <sup>rd</sup>	Soo Yun and Jennifer
Grade 10 - 1 <sup>st</sup>	Helga
2 <sup>nd</sup>	Ellie and Olga
3 <sup>rd</sup>	Alan

The judges found it very difficult to award prizes as the work quality was so high. As a result the judges have chosen the following students for *recognition of merit* :

Grade 6	Micky Filippa and Cheri Ella and Ardin Hana Anna and Amanda
Grade 7	Caitlin Julien and Kaleb Kent and David
Grade 8	Marissa Mui and Praew Panyavanh Finn Blake and Jonas Jasmine Bhawana Jessie and Anne Mai Rica and Aditi
Grade 9	Josh and Sean

All second, third and recognition of merit recipients will receive a token prize for their efforts.

Well done to all and remember "Science is life".

# Sharing our Humanity

By Kim Green & Rowland Jepson  
COORDINATORS

The IB community includes more than 2370 schools, 644,000 students, teachers, parents, staff and examiners and other colleagues in 128 countries. In an effort to strengthen this large and growing community and the IB mission which we at VIS share, the IB has initiated an exciting project - the IB community theme '*sharing our humanity*'. The theme is intended to serve as a focus for the IB and IB World Schools to capture the excellent initiatives that are already underway in many schools and encourage and inspire new activities, in and out of the classroom, around the following topics:

- ◆ Global poverty
  - ◆ Peace and conflict
  - ◆ Education for all
  - ◆ Global infectious diseases
  - ◆ Digital divide - uneven access to information and communication technologies
  - ◆ Disasters and emergencies
- (Adapted from "High Noon" by J.F. Richard, 2002)

The aim is to focus and direct our collective efforts in a way that unites our work and builds connections within the VIS community and across the whole IB community as we engage with these important global issues. On **Wednesday 13<sup>th</sup> May at 7pm in room 214** we will be hosting the final Secondary forum for the year. This evening is to explore how VIS shares its humanity and will include sessions on:

- ⊕ What is a Global Citizen?
- ⊕ Sharing Our Humanity - the IB Community Theme
- ⊕ VIS Students Sharing their Humanity
- ⊕ How can you become involved?
- ⊕ Youth Club

We look forward to seeing you on Wednesday.

# ART EXHIBITION

**As part of our 'Festival of Arts in May', Grades 7W and 8G will be exhibiting artwork completed this semester. They have done some wonderful art and would like to share it with you from 11 to 15 May. You are invited to an opening on Monday 11 May in the cafeteria from 5.00pm to 6.30 pm. Work can also be viewed from 12 to 15 May during school hours.**

**We look forward to seeing you there.**

# LIBRARY ALIVE WEEK

## How can I help my child/ren use good websites?

Parent and Child Seminar for Grades 4-12  
An introduction to using electronic encyclopedias and electronic books

By Jeanette Brooker  
LIBRARIAN

Parents do you know what internet resources your child/ren use to do their homework? Do you know if these websites are suitable and up to date? Do you wish your child/ren had access to safe and reliable information at home? Are there alternatives to Wikipedia?

To celebrate Library Alive week and to promote the library's electronic resources, the library will be holding this seminar on **Tuesday 19<sup>th</sup> May, at 7pm in the Library Lab**. You will learn how to use the electronic encyclopedias, dictionaries and electronic books that VIS offers which are accessible at school and from your home. We also have access to more than 1,500,000 books and articles online. Parents please bring your child/ren to the seminar so you can learn together. **Places are limited**. Sign up at the library, phone the library (486001) or email the me at [jeanetteb@vislao.com](mailto:jeanetteb@vislao.com)

## Library Alive Week

### Monday 18 Focus on Fiction

- ♦ **Come dressed as a fiction character day.** Choose a character from a book you like. Perhaps your character is a modern day kid and wore nothing special - no problem. Wear something on your normal clothing that give people clues as to who you are. For example, "My parents are dead and I have a mark on my forehead. I am a risk-taker" if you're coming as Harry Potter. Consider the Learner Profile - what qualities does your character have? Prizes for the best

## WANTED: Parent volunteers for the Big Book Swap on Wednesday 20 May

The Big Book Swap is an opportunity for your child to get books for free (as long as your child brings in books to swap). We are looking for volunteers to help set up and run the book swap on Wednesday between 10am and 1:45pm. Even if you can only help for an hour or so your help will be appreciated. Please contact Rebecca Cameron at [rebcameron@yahoo.com](mailto:rebcameron@yahoo.com)

## BOOK SWAP

### Students only

By Jeanette Brooker  
LIBRARIAN

**Books will be collected from Wednesday 13<sup>th</sup> May to Tuesday 19<sup>th</sup>.** Bring in books (no magazines) you no longer want (in English and in good condition - no chewed books please!), give them to your teacher during advisory in the morning and on Wednesday 20<sup>th</sup> receive a to-

ken for the number of books you brought. The Big Book Swap is on **Wednesday 20<sup>th</sup> during both P0ri-mary and Secondary lunch times in the Primary Assembly Room**. Only students with tokens can enter the Assembly Room. When students leave, the number of books a student has will be checked off against their token. Students cannot take out more books than they brought to school. For each book you give you can choose 1 different book. Students are not buying books, only swapping them. This is only open to students who bring books.

dressed and the most original dress.

- ♦ Celebrate words by helping fill in the empty space on our **Word Wall (primary) and Graffiti Wall (secondary)**.
- ♦ **Drop Everything And Read (DEAR)** where the whole school will read between 8am and 8:10am. Make sure you have a book/magazine to read..

### Tuesday 19 Exciting Electronic Media

- ♦ **Treasure hunt** on the Internet at lunchtime (Primary only). Limit 24 teams (2 per team). Sign up in the library
- ♦ **What came first, the movie or the book?** Competition with prizes (Secondary only) in the library at lunch time. This will test student book and movie knowledge.
- ♦ Last day to bring in books for the Big Book Swap
- ♦ **Parent and student seminar: An introduction to using electronic encyclopedias, and electronic**

**books.** 7pm in the Library Lab. Sign up necessary.

### Wednesday 20 Powerful pictures - Focus on comics, manga and picture books

- ♦ Bring a favorite comic book/manga/picture book (in any language) to share with your classmates. What learner profile qualities do the characters have?
- ♦ The **Big Book Swap** - books for free! (see details this page).
- ♦ Primary and Secondary classes pair up for buddy reading time during the last period.

### Thursday 21 Fabulous facts - a focus on non-fiction

There are plenty of pirates in our non-fiction books. Come and join the hunt for treasure on a terrific treasure hunt in the library (Primary and Secondary). Open to 20 teams of 2. Sign up in the library.

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## VIS girls close to reaching the final

*Continued from page 1*

The girls were of course disappointed at not reaching the final but they should be very proud of a performance that far exceeded expectations. Three wins, one draw and only one loss is something they all can be very proud of. Most of all, they always showed courage and a positive attitude throughout the tournament. Our girls were the team picked by the others as showing the best sportsmanship. The hard fighting team consisted of Alex as goalie, Toni, Filippa and Amelia on defense, Marissa, Sarah, Lynn, Holly and Rica as midfielders and Fannie as striker who was also chosen in the Tournament team. Well done girls!

## A tough weekend for the boys

By Philip Graham  
COACH

The boy's team struggled in this tournament due to inexperience, size and ability compared to the other teams. However they competed in every game and the experience if not the results will benefit them in the future. Special mention should be made of Ymiel in goal who endured a torrid two days but was stoic to the end, and Julien who was chosen in the Tournament team.

## GRADUATION

FRIDAY JUNE 12

LAO PLAZA

6-10PM

## SCHOOL PHOTOS

Ready for collection for those who put in orders. For more details, please contact Mrs.

Paramy at

paramyv@vislao.com.

# FROM THE DIRECTOR

By Steve Alexander  
DIRECTOR

### Youth Night Meeting

We are looking for parents of students who will be in grades 6-12 next year to meet and discuss the organization of a Youth Night next year at VIS. We need a committed group of parents to help make this happen. This meeting will take place as part of this Wednesday's (May 13<sup>th</sup>) Grade 6-12 Forum starting at 7pm. Please consider helping us with starting this very important program next year.

### MRISA Soccer Exchange

I would like to thank all staff, parents and students for helping make this

past weekend's soccer exchange a great success. In order for us to host these events at a school our size it is necessary to have a wide range of support in our community. I would especially like to thank Philip Graham, our Athletic Director, for overseeing the organization of this event.

### OZ

Anyone who had the opportunity to see the Grade 9 performance of "OZ" were treated to a very entertaining show. The students performed brilliantly under the direction of Garret Hotrich and the accompanying music under the direction of Tony Waters was excellent. Well done! Don't forget to see "A Mid Summer Night's Dream" coming soon.

# Library Alive Week

*Continued from page 3*

### Friday 22 Perfect Poetry

- ♦ **Pocket a poem** - bring it to school and share it with others throughout the day. Show your originality and write your own poem or choose a poem from a master poet.
- ♦ **Wonderful words** - without words, poetry wouldn't exist. Celebrate the power of words to make people laugh, think or puzzle. **Students are asked to wear a t-shirt with words** - create your own words and stick them on your t-shirt or dig deep into your wardrobe and see what zany t-shirts you have. Prizes given for the funniest, most puzzling and most meaningful messages of the day.
- ♦ Have you got what it takes to **hip hop**? Hip hop uses lots of rhyme so put your pen to paper or fingers to keyboard and create cool piece for us to listen to. First prize wins an Ipod MP3 stereo speaker system so get writing or typing!
- ♦ Don't forget the poetry event in the evening organized by Mr. Bruce.

### Events happening all week

- ♦ **Grade 3 & 4 book cover competition.** Which student is the most in-

novative illustrator? Come and vote (parents included) for the best book cover.

- ♦ **Drop Everything And Read (DEAR)** the whole school will spend some time every day being bookworms.
- ♦ **Diary of a Wimpy Kid (complete set) Raffle** Tickets are 5,000 kip each. All proceeds will go towards buying books for a Lao school library.
- ♦ **Open microphone for everyone** - there will be a performance space upstairs in the library for students to show off their talents during lunch. Now is your chance to shine! Sign up beforehand.
- ♦ **The 39 Questions** - Based on the popular series The 39 clues, guess the 39 Questions that Mrs. Brooker has chosen. A first hint: if you ask I will answer, I come not to you but you to me. Further details to come.
- ♦ **Naming competition** for the Library Dragon - what is the perfect name for our dragon?
- ♦ Displays of many Primary classes' work.

# 4 Ways to Avoid Catching & Spreading the Flu Virus

By Moe Moe Fennema  
NURSE

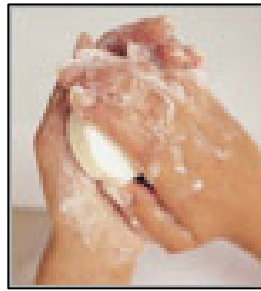
## 1. Achoo! Cover Your Mouth and Nose to Stop the Flu

It starts with a tickle, a prickle, an itch: Achoo! Cover up that sneeze to avoid spreading flu germs.



## 2. Prevent Flu: Soap Away Germs

Scrubbing germ-y hands is one of the top tips for preventing spread of the flu.



## 3. Don't Be Touchy: Keep Your Hands Off Your Face

Rubbing your eyes, nose, or mouth is an easy way to get the flu. But how long are surfaces contagious? Think twice to shake hands and giving big hugs.



## 4. Good Health Beats the Flu: The Power of Healthy Habits

When you're in good health, your immune system is stronger. So keep your-

self in top health this flu season and throughout next year! Here are healthy habits to get hooked on. Good nutrition, regular exercise and enough sleep.



# Symptoms of Swine Flu

The symptoms of swine flu in people are similar to the symptoms of a regular flu:

- ◆ Fever
- ◆ Cough
- ◆ Sore throat
- ◆ Body aches
- ◆ Headache
- ◆ Chills
- ◆ Fatigue

Some people have reported diarrhea and vomiting associated with swine flu. See below table for details.

Symptom	Cold	Flu
<b>Fever</b>	Fever is rare.	Fever is usually present in up to 80% of all cases. A temperature of 100°F or higher for 3-4 days is associated with the flu.
<b>Coughing</b>	A hacking, mucus-producing cough is often present.	A non-mucus producing cough or dry cough is usually present.
<b>Aches</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common.
<b>Stuffy Nose</b>	Stuffy nose is common and typically resolves spontaneously within a week.	Stuffy nose is not common.
<b>Chills</b>	Chills are uncommon.	60% of people who have the flu experience chills.
<b>Tiredness</b>	Tiredness is fairly mild.	Tiredness is moderate to severe.
<b>Sneezing</b>	Sneezing is common.	Sneezing is not common.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. It hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly uncommon.	A headache is very common, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is common.	Sore throat is not common.
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate.	Chest discomfort is often severe.