



ISH NEWSLETTER

The latest news and updates from International School of Hellerup



Halloween in the library

Welcome to the November edition of the ISH Newsletter, with the latest news, updates and stories from International School of Hellerup.

In this issue, Mr Asanovski writes about the impact of praise, Mr Fleet and Ms Oklowicz introduce the upcoming Festival of Lights and share updates and tips from the Primary School and the Secondary School team share their reflections and photos from the recent Motion Day, introduce a number of upcoming MYP and DP events and share valuable advice on what parents can do to support their children in MYP.

Also in this newsletter: Ms Keenoy and Ms Okolowicz writes about the power of a great classroom library, Ms Thoren reports from the PYP Halloween Party and Ms Mira Bush, our new PTA Chair, sums up the October PTA meeting and writes about PTA's involvement in the recent PYP Halloween Party and the upcoming Festival of Lights.

This, and much more, in this month's newsletter!

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News from the Head of School



Mr Nedzat Asanovski
Head of School

Praise: Can it be damaging?

Last month I wrote about the importance of life-long learning, and that learning does not only take place in schools but everywhere –as long as we have the right approach. I also mentioned Carol Dweck's studies and her mindset theory. Her theory on mindset is intriguing as she bases it on how we develop as learners. She has done a number of studies and finally came to the conclusion about her mindset theory. Before we explore her mindset theory, we will look at her initial studies which are about the impact of praise.

Carol Dweck started her studies looking at ability vs effort. In 1999 she did a number of exercises with fourth-grade students. Children were divided into two groups and were asked to do several IQ tests. The significance of this study would be the feedback given to the children. One group would be praised for their abilities and the other group for their efforts. An example of a comment praising the abilities of the children would be "wow, you did really well. You must be really smart". A typical comment for praising their effort would be "wow, you did really well, you must have worked very hard to achieve this result".

After the students had completed the first test, they were asked to do a second test, but this time, they were given options. They could choose to do a test that was harder but more educational or a test that was very similar to the first test. Nine out of the ten children who had been praised for their efforts chose the more challenging test, while only three of the ten children that had previously been praised for the abilities chose the challenging test. The reason that these children chose a similar test is that they were afraid of failing or doing worse than the first time. This is because the feedback was based on their abilities. Not getting good results would make them feel as if they were not smart.

Next, all the students were given a really difficult test and there was no option this time. They all failed. The interesting part was that the children who had been praised for their effort felt that this test was the best test since they found it challenging. The children who had been praised for their abilities barely pulled through and felt that they were under tremendous pressure. When they got the results, they were devastated because they felt that this showed that they were not clever after all.

Finally, the children were given a fourth test, and the results from this test both surprised and shocked Dweck. The fourth test was as difficult as the first test, but the interesting part was that almost all the children who were praised for their efforts did 30 % better than the first test while the children who were praised for their abilities did not improve their result. On the contrary, all their results were 20 % worse than their first results. What was supposed to be an educational pathway turned out to be the opposite.

The impact of praise can be positive or negative. It contributes to the development of our mindsets towards learning and how we view ourselves as learners. As educators and parents, we need to be careful when giving feedback to the children so that we don't damage what we intend to improve.

Next month we will take a closer look at how to develop a growth mindset, so we have an open mindset towards learning.





Primary School News



Mr Stef Fleet
Primary School Principal



Ms Joanna Okolowicz
IB Coordinator
Primary Years Programme

Festival of Lights Concert Tuesday November 27th

As we go deeper into winter, we need to gather together and have cosy/hygge experiences that help us cope with the cold and the dark. As a whole team, PYP students and teachers are preparing for a special event for our parents!

Each grade level from Pre-K up to PYP 5 will give short performances with the theme of 'light', 'winter' and 'celebration', in a special event for parents after school.

The performance will be for parents only, and due to space limitations we will only have space for 1-2 family members per student.

Timings and exact details are to be finalized, but the event will be around 1500-1630. Care will be arranged for all students (both ASCP and non-ASCP) up to and during the event. Students can be picked up directly after the concert.

Watch out for further details a couple of weeks before the event.

PYP Motions Day

On Friday 5th October, all PYP participated in a Motions Day at Ryparken. There was a 1k run/walk through the forest, and different team-building and fitness activities on the sports field. The rain did not stop the children from having a fun, healthy and active day!



Video: PYP Motions Day warm-up session



Photos from last year's Festival of Lights Performances

Upcoming PYP dates

- | | |
|-------------|---|
| November 27 | Festival of Lights (PYP performance in canteen, approx 16:00-17:00) |
| December 14 | Mid-Year Reports Published |



<p>What was the last assembly about? Take a look at the presentation and ask your child what happened.</p>  <p><i>In the PYP students gain an understanding of a concept (like Responsibility or Sustainability) through experiences and discussion.</i></p>	<p>Inquiry in the PYP Last week the PYP 1 classes were inquiring into family roles in the past at the National Museum. They also applied standard units of measurement to weigh their snack.</p> 	<p>STOP after the first STOP! What does that mean?</p>  <p>Watch this video created by PYP3A to find out how they took action</p>
<p>Help your child be ready for their weekly sports lessons!</p> <p>Monday - PYP5A, PYP1B, PYP2B Tuesday - PYP3B Wednesday - PYP4B, PYP3A Thursday - Pre-K3, Pre-K4B, KA, KB, PYP2A Friday - PYP5B, Pre-K4A, PYP4A</p> <p>Each student should bring: water bottle, training shoes, comfortable clothes</p>	<p style="text-align: center;">PYP Updates</p>	<p>Learner Profile in Action This month: Principled and Caring PYP5 take turns being hall monitors, leading assemblies and managing the play equipment</p>  <p><i>Olave and Malak: "We make sure people are ok, get fresh air, and the school is well looked after!"</i></p>
<p>Seesaw-Digital Portfolio</p>  <p><i>Please make sure you are connected to Seesaw. Ask your child's homeroom teacher to learn more!</i></p>	<p>On October 11th and 12th, PYP teachers participated in IB workshops in Esbjerg.</p>  <p>#action #learnerprofile #action #inquiry #playbased #transdisciplinary #symbolicplay</p>	<p>The IB Learner Profile</p>  <p>What are the IB Learner Profile attributes? Watch this video to learn more.</p>



Secondary School News



Ms Monika Pedersen
Secondary School Principal



Ms Abenaa Uttenthal
IB Coordinator
Middle Years Programme



Mr Evis Qeska
IB Coordinator
Diploma Programme

Motion Day

Exercise is an important aspect of life and helps to maintain a healthy life. This is crucial to working well and studying effectively. Research and government reports repeatedly verify this line of thought. This is reinforced by the MYP where Physical and Health education, PHE, is one of the main subjects which forms the MYP circle. Holding the same importance as Math and Languages, the IB is to be congratulated to take such a strong stance.

We are lucky to have an opportunity to have access to two local sports halls: Svanenmøllen and Ryparken to be able to deliver our programme. In addition to this, we have two very dedicated teachers: Ms Laura Demaria working in the PYP and Ms Isla Christensen working in MYP. Together these professionals not only deliver the two respective programmes, but they also find the time to provide our students with special opportunities such as Motion Day, a national tradition in Denmark in the month of October, where school children celebrate physical activities and participate in group activities such as football, dodgeball, and beach volleyball along as running, and more creative activities such as ultimate frisbee or jersey games.

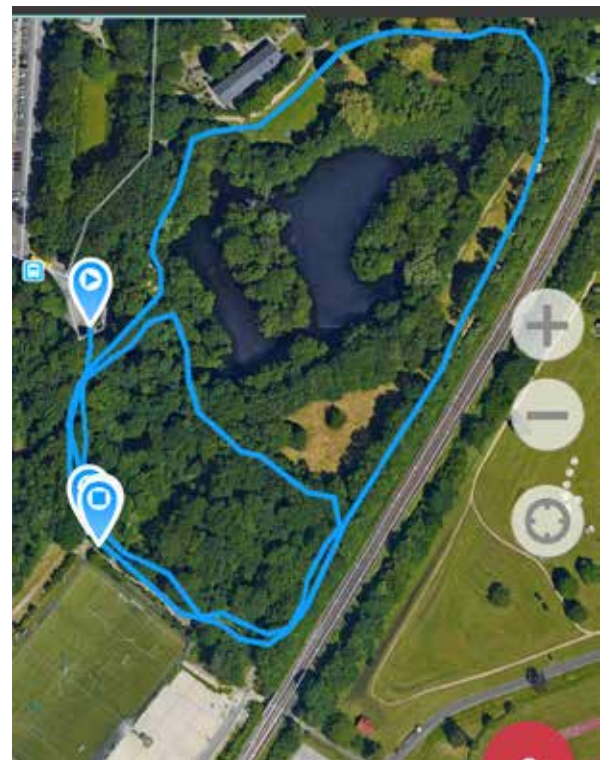
This year, the event took place in a new location: Ryparken idrætsanlæg which is very close to the school. This facility has excellent outside facilities which ensured that on the 12 October, we

had a super day. We were also granted a beautiful warm and sunny day, so the day unfolded fantastically with staff and students enjoying sports. We are very fortunate to have many sports orientated teachers who can support the various events.

We sincerely hope that the word will really spread that it is a great day and in the coming years this event is supported by all students and parents and more students are at school to enjoy the fun, build stronger friendships, and develop a great love of exercise.



Ryparken idrætsanlæg is located near our school



Running/walking tracks in the forest by our school - 500m (short) and 1km (long)



Gallery: Motions Day





Gallery: Motions Day





MYP 4 Work Experience (Praktikuge) Repeat Appeal

MYP 4 do participate in an interdisciplinary unit, but during core week, they perform an internship. Our plea is that if you have any friends or contacts who would be kind enough to offer a placement, please reach out to them. We would be really grateful if you could help us in this venture by offering some places, in case students have no luck, despite their best effort. Please use this form to fill out details about your company, your role and to let us know how many students you can accommodate:

[MYP 4 WORK EXPERIENCE 'PRAKTUGE' FORM](#)

Please contact me if you have any questions on mpedersen@ish.dk

Parent-Teacher Conferences, 1 and 2 November

We hope that you have found the very recent parent-teacher conferences a helpful opportunity for you to connect with the teachers and learn about your child's progress. If for any reason, you have not been able to meet with a teacher, please remember we have an open door policy. Please email the teacher in question, to set up a meeting.

DP2 Parents and Students Evening on November 21st, 17:00-19:00

We would like to invite you to the last DP 2 parents evening on Wednesday the 21st of November. There will be a general presentation about what the students have achieved so far and what needs to be completed, and we will touch upon predicted grades, mock exams and the issue of results. There will also be presentation by our last year students, where they share their experiences from the last year of IB and how they successfully managed to get through it. After the presentation you will have a chance to meet the individual subject teachers for individual discussions.

We hope that you can attend this important DP information evening. The students are about to graduate and a well rounded support will make

the final stage of their IB education successful. The information evening will take place on the 21st November from 5 pm to 7 pm in the DP lounge. Snacks and drinks will be provided.

Please RSVP to egeska@ish.dk by Friday, the 16th of November .

Upcoming DP2 Mock Exams

It has been a busy period for many of the DP2 students since the start of the school year. They have completed their TOK presentation and handed in their final drafts of the Extended Essay. They have also handed in the Internal assessment for their Group 2 and 3 subjects. They have come a long way and we should all be proud of them.

Mock exams will be running from the 6th of December till the 13th of December. Students will have no classes during this period and the intention is for students to prepare for their final official exams in May 2019.



Secondary School Parent-Teacher Conferences



Supporting your MYP Students

It takes a village to raise successful IB students. As parents, partnering with school and staying connected to your child's education empowers you to support them.



The MYP Coffee Morning on October 10th

Events, such as Parent/Teacher Conferences and Coffee Mornings, as well as open communication with subject teachers, build the bridges between home and school that support students as they carry out this rigorous and meaningful academic programme.

Parent involvement helps students to:

- Achieve academic goals
- Develop better social skills
- Transition well to reduce culture shock
-

Read the IB's [Parent Pack](#) for answers to some of MYP parents' Frequently Asked Questions about the programme.

Tips:

Here are a few practical ways to help your MYP student:

1. Talk to your child about school every day to stay connected.
2. See beyond the words: teenagers will try to push you away, but lean in...always lean in

3. Encourage your child to participate fully in the programme: PHE, Music, Language Acquisition, etc.
4. Stay connected! Attend Parent/Teacher Conferences and other school meetings
5. Insist on good attendance
6. Help your child to get organized





Welcome to MY Copenhagen

For our first unit in English Language Acquisition and English Language and Literature, students created their own blogs about Copenhagen. Their challenge was to produce a blog for teens with an individual focus, be it about Copenhagen for teen foodies, teen fashionistas, or teens on a budget. The students took this idea and ran with it, creating amazing posts that captured their own unique perspectives on the city.

Below are hyperlinks to each student's blog; please explore their work and then venture out and explore the city yourself through their eyes!

- Malina Aagaard <https://malinascopenhagen.wordpress.com/>
- Mahnoor Ahmed <https://mahnoorsdaily.wordpress.com/>
- Nobal Aryal <https://insidecopenhaganbynobal.wordpress.com/>
- Mohamed Chihatli <https://mohamedscopenhagen.wordpress.com/>
- Maryam Essibar <https://maryamsopenhagen.wordpress.com/>
- Nicole Hansen <https://insidetherealityofcopenhagen.wordpress.com/>
- Nicholas Nielsen <https://copenhagenbynicholas.home.blog/>
- Sunraj Patel <http://sunrajandcopenhagen.wordpress.com>
- Enan Rahman <https://inanportfoliodigital.wordpress.com/>
- Jehan Abdelreda: <https://jehansopenhagen.wordpress.com>
- Cornelia Dalsgaard: <https://corneliasopenhagen.wordpress.com/>
- David Efinda: <https://footballblog89636311.wordpress.com/>
- Arsene Fernandez: <https://activitiesdk.blogspot.com>
- Melisa Inal: <https://meliasopenhagen.wordpress.com>
- Zoe Kaefer: <https://bestbitesbyzoe.home.blog>
- Sixten Løgstrup: <https://curbedskatestyle.wordpress.com/>
- Maud Martinussen: <https://maudsmuseumblog.wordpress.com>
- Shazray Parvez: <https://shazraysopenhagen.wordpress.com/>
- Marie-Louise Schaufuss: <https://marielouisesblogcom.wordpress.com>
- Daniel Schmidt Kjærgaard: <https://travelcopenhagen.wordpress.com/>
- Erin Spence: <https://erinxcph.weebly.com/>
- Evan Stephens: <https://keepatplay.game.blog/>
- Zoha Ahmed: <https://zohaahmedenglish.wordpress.com>
- Ana Miruna Avriganu: <https://anas667060436.wordpress.com>
- Federico D'Agata: <https://welcomemycopenhagen.blogspot.com/>
- Kimia Farhadpour: <https://kimiafarhadpour.wordpress.com>
- Pablo Christian Helms Nevot: <https://mycopenhagendotblog.wordpress.com/>
- Hanieh sadat Kazemi: <http://copenhagenentertainment.game.blog/>
- Nada Khaled: <https://na4730.wordpress.com/about/>
- Shakhzoda Khusankhodjaeva: <https://myshay80916249.wordpress.com>
- Sisca Erica Kure Bredel: <https://lifeincph202870021.wordpress.com/>
- Salonee Neupane: <http://itismycopenhagen.blogspot.com/>
- Aya Sadouk: <https://ayalifeindk.wordpress.com/>
- Oliwia Sławińska: <http://betweenwordsdotblog.wordpress.com>
- Sergiu-Andrei Vintila: <http://andyscph.wordpress.com>

Rachel Castillo, Abenaa Uttenthal, Ramazan Dicle

Library Corner



Ms Andrée Keenoy
School Librarian



Ms Joanna Okolowicz
IB Coordinator
Primary Years Programme

The Power of a Great Classroom Library

Kids who have access to great books become readers! This year the school has made a big investment in the Fountas and Pinnell reading programme, a high-quality classroom library resource. Classrooms from K to PYP 4 are being provided with a whole library of books. Next year additional readers on grade 5 level will be released by the publishers and purchased for the PYP 5 classrooms.

Several key ideas guided the selection process:

- The system is designed to support Reading Workshop during the whole-group, small-group and independent learning.
- Books at each grade level—all organized into collections based on level, genre, topic, and available in versions for students reading both at and below benchmark.
- The system has been carefully developed to have a high impact on literacy.
- Teacher forms temporary small groups of students, matching books to readers and providing differentiated instruction, thinking about the strengths, needs, and background knowledge of the group
- It includes about 1400 books in sets of books, arranged by levels of difficulty, plus a collection of Independent Readers, also organized in progressive levels, for each classroom. This is supported by guides and reliable tools for teachers, which enable them to identify the instructional and independent reading levels of students and to document their progress.

- The Guided Reading and Independent Reading sets not only consider sentence complexity, vocabulary and difficulty of words, they also balance a selection of different genre, content, themes, ideas, and language and literary features such as dialogues, setting, and plots. Students encounter text presented in different structures, such as narrative text and factual texts
- Illustrations also play a relevant role, both to add meaning and for enjoyment. Factual texts include graphics that provide a great deal of information that readers must integrate with the text, such as labels, heading, and subheadings.

Fountas and Pinnell's selection of books and teachings are based in the research practice that when a text is too difficult for a child, he or she does not process it effectively. When the text poses enough challenge, but not too much, the child develops effective, problem-solving strategies. The goal of reading well implies reading with deep comprehension and gaining maximum insight or knowledge from each source. Engaging them and fueling their intellectual curiosity helps students become strong readers and life-long learners.



Classrooms from K to PYP 4 are being provided with a brand new classroom library. PYP5 classrooms will receive their books next year when additional readers on grade 5 level are released by the publisher.

Gallery: Celebrating Halloween in the Library!



ASCP, Enrichments and MTP News



Ms Elana Thoren
ASCP, Enrichments and MTP
Coordinator

Halloween Party Success

A lot of happy students dressed in amazing costumes and enjoyed the Halloween festivities at the party which included games, treats, and music. The spooky Haunted House sensory experience was a hit with PYP 3-5 students. A HUGE thank you to the PTA for providing so many tasty treats and candy for students to enjoy!

ASCP/Care dates when school is closed during Winter Break

During part of Winter Break, CARE and ASCP will be open. Please see below for specific dates and the links to register.

December 17th-December 21st, CARE will be available from 8:30-4:30pm. The cost of this program is 1000 DKK and is available for students from Pre-K to PYP 4. The link to register is below. The deadline to sign up is December 7th. This deadline is necessary in order to secure the appropriate number of staff to care for your children.

<https://goo.gl/forms/S9N2O6kmUyupqgGh2>

January 2nd, January 3rd, and January 4th, ASCP will be open from 8:30-4:30pm for students who are enrolled in ASCP. Please sign up your child using the link below if your child will come to ASCP on any or all of these three days. The deadline to sign up is December 7th. This deadline is necessary in order to secure the appropriate number of staff to care for your children.

<https://goo.gl/forms/JsHUImUzQRTyDM8F3>

ASCP and School will be closed on December 24th through January 1st.

Famly app- Please make sure your contact information is updated

Please make sure your contact information is updated and includes your phone numbers in the app. Also, please double check that if your child has allergies, this info is listed in Famly as well.



The PYP Halloween Party

PTA News



Ms Mira Bush
PTA Chair

The New PTA Committee

It is with great excitement that I am writing my first newsletter as the PTA Chair. We are already off to a good start, and I have great expectations for the rest of the school year! We have a full slate for the PTA committee, and I am happy to announce that we have formed a sub-committee that will focus on fun-filled events during the school year. But that's not it! The parents' involvement is already blowing me away, and I wanted to express my sincerest gratitude and appreciation to all the parents volunteering to help when needed, so thank you!

October PTA Meeting

We had a full agenda at the October PTA meeting. We discussed traffic safety around the school and the possibility of walking buses to and from the train stations (Ryparken and Hellerup) in this connection we also touched on the subject School buses and will send out a survey in the near future that we encourage you to fill out. In an effort to become more eco-friendly and focus more on the school's environmental sustainability and responsibility Katie Fox (teacher) updated us on the progress that the school has initiated and how the recycling is already supported by both the school and the students. The minutes of the meeting are published on the school website here: <http://ish.dk/school-life/pta/pta-meetings/>.

The next PTA meeting will take place on Thursday, November 22, 2018. If you would like to suggest a topic to add to the agenda for the next PTA meeting, please email pta@ish.dk.

The PYP Halloween Party

The Halloween party was a big success and everything ran smoothly down to the smallest detail!!! A huge thanks to all the volunteers whom we couldn't have done this without, all steps are equally important, prepping, serving, cooking and cleaning, it all matters and it is the reason that all the children had an absolutely

Spooktacular time! A special thanks to Birgitte Lassen (Event Coordinator) for overseeing the event and keeping track of all the details and to Nicola Lal (Event Committee) for creating such a great signup tool that made the impossible possible -> having the perfect amount of food, not too little and not too much!

PYP Festival of Lights Volunteers?

The PYP Festival of Lights is scheduled for November 27, 2018. Before and after the student performances, PTA will organize a Danish hygge with Gløgg, æbleskiver and traditional Danish Christmas cookies. If you would like to help by cooking æbleskiver and Christmas cookies for the event, serving food during the party and/or helping with the cleanup afterwards, please sign up on the RSVP list that will be sent out shortly or email pta@ish.dk. There will be a Festival of Lights planning meeting sometime in mid-November, but more information will follow. Everyone is welcome!



PTA at the PYP Halloween Party