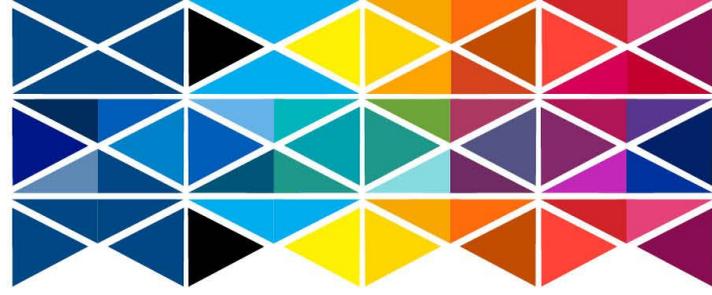




ST ANDREW'S  
INTERNATIONAL SCHOOL



# Newsletter: January 14th, 2018



INTERNATIONAL AND PROUDLY BAHAMIAN

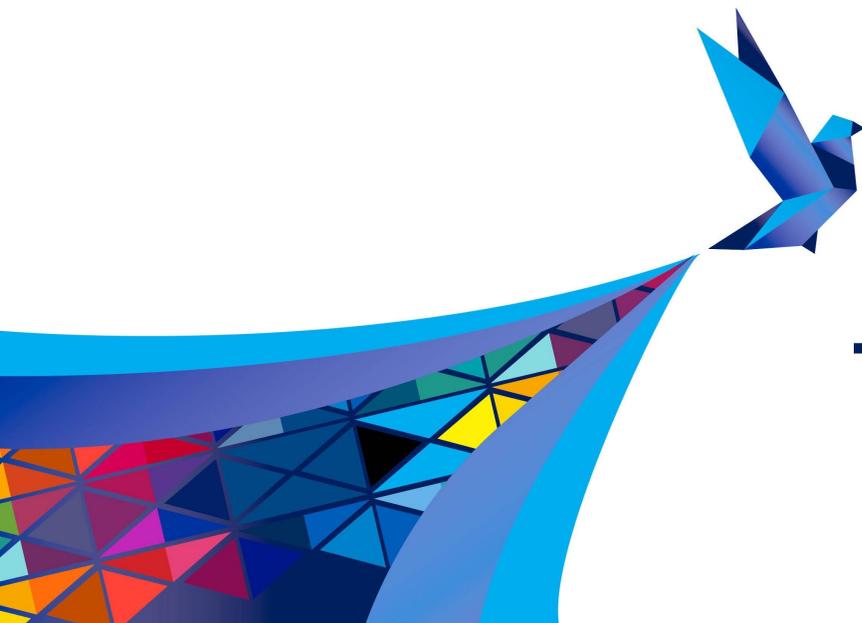
[From The Principal's Desk](#)

[Primary News](#)

[Secondary News](#)

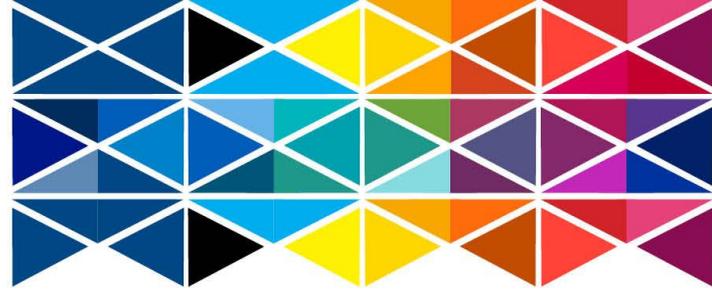
[Public Relations/Alumni News](#)

[ECA News](#)



together  
we learn





## From The Principal's Desk

At the start of each year we often think and talk about making resolutions, setting goals, what it takes to be successful, starting over, forgetting the past and moving forward, etc. At the first assembly of the term I spoke to the students about the habits of both successful and unsuccessful people. I started by sharing one of my favourite quotes, one that I live by. It was Aristotle who said that 'we are the sum of everything that we do. Excellence, therefore, is not an act but a habit'.

I have been reading an inspiring and reassuring book called Learning and Leading with habits of mind: 16 essential characteristics for success. Written and edited by Arthur Costa and Bena Kallick it draws on a body of meta-research (a grand term for summarizing the research of others!) that examines the mental habits of successful people. What is particularly interesting, and why I felt it worth bringing to your attention, is that these habits of mind are applicable to any age, any career, student or adult. They are common to successful people in many fields and I would encourage you to discuss them with your children.

Costa suggests that students need a set of key cognitive strategies—such as goal setting, time management, and persistence—that enable them to apply what they know and what they are learning in complex ways. There are strong parallels between the habits of mind and the IB learner profile. Like most good educational research, it tells you what you know to be true, reinforces your beliefs and validates your thinking.

Space only permits me to include 8 of the 16 habits of mind – the rest will have to wait until next time.

1. Successful students persist. They focus on the task and complete it successfully. They know how to proceed when they get stuck.
2. Successful students manage impulsivity. They control themselves and act thoughtfully and deliberately in any situation.
3. Successful students listen with understanding and empathy. They devote their mental attention to others and are able to build rapport easily and quickly. They can identify with another's point of view while keeping their own.
4. Successful students think flexibly. They are able to view a situation from many perspectives, and their minds are open to change. Such open-mindedness helps them deal with the novelty and ambiguity often encountered in the study of new material.
5. Successful students control and execute metacognitive processes, such as problem solving and decision making. They are able to make a mental plan, monitor their thinking, evaluate and modify their processes, determine new ways to proceed, and learn from the experience.
6. Successful students strive for accuracy and precision. They know what level of precision is appropriate to the task and the subject area, and they are able to increase their precision and accuracy accordingly.
7. Successful students ask questions and pose problems. They are curious and know how to search for problems to solve. They seek evidence rather than simply accepting any assertion. They analyze conflicting descriptions of an event or issue. They develop and apply multiple strategies to solving both routine and complex problems.
8. Successful students apply knowledge to new situations. They can detect patterns and make connections, and they are able to transfer knowledge from one context to another.

Aristotle sums it up so simply and clearly when he said:

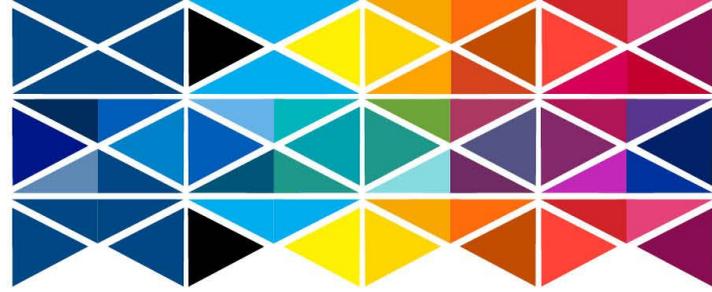
***I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is the victory over self.***

Andy Wood

Principal

[Back to Contents](#)





## Primary News

The month of December ended on a high note with three spectacular performances by our students and our creative arts department. *Elf, The Musical* was a wonderful example of how our community is able to pull together to accomplish a tremendous feat. The show was one of my favorites to date, and hopefully you were all able to attend one of the evenings as well. Not to be outdone, our infant students performed *A Charlie Brown Christmas* and had the audience laughing, smiling, and engaged the entire time. Secondary students, spearheaded by Elizabeth Cates and guided by the creative arts department, held the annual Christmas Concert and art show. All of the performances were simply incredible. Providing our students with opportunities to explore and develop these creative talents, as well as their academic and athletic abilities, enables us to foster the development of well rounded students. Giving our students a safe and supportive environment allows them to experiment on the stage, in the classroom, or on the field to explore, develop, practice, and master a multitude of skills.



Along with developing well rounded students, we strive to foster kind individuals who look for ways to give back to their local community. Opportunities pop up throughout the year where we are able to share the needs of our community and provide students with a way to help. Our Thanksgiving canned food drive and the Christmas toy drive are two of our main collections. This year, our toys were given to multiple charities throughout Nassau. The toys were wrapped and given directly to children who would have most likely not received Christmas gifts otherwise. The volunteers who collected the toys were very thankful for your generosity this year.



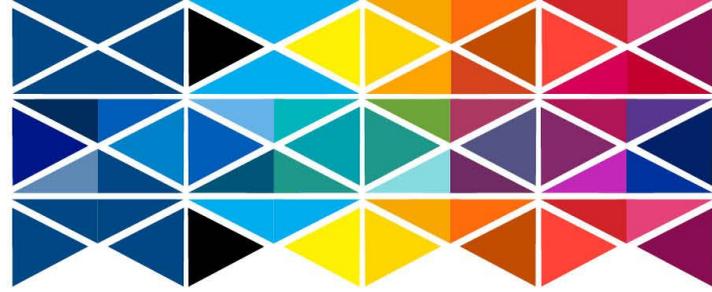
As we move through the month of January, students in first through fifth grade will complete their mid-year session of MAP testing. Report cards will also be sent home at the beginning of next month. This data and the supporting comments will provide students with opportunities to reflect on their progress so far this year and set goals moving forward. Reflecting on past success, or failure, and setting targets moving forward is crucial for development and improvement. We continually strive to reflect and adjust our practice to ensure we are offering our community of learners the absolute best.

Congratulations to Isabella Lightbourn and Zoe Fuchs who placed second and third in our Spelling Bee on Friday and will represent us at the BAISS Spelling Bee. We look forward to seeing you at our Junior Sports Day on Friday (10:30am - 12:15pm, field events / 1:15 - 3:00pm, track events) or our Infant Sports Day on Monday, January 28th, at 9am.

Jessica Waugh  
Vice Principal & Head of Primary

[Back to Contents](#)





## Secondary News

Happy New Year from all of us at St Andrew's Secondary School! This is traditionally a time of fresh starts and I'm sure many of you have made resolutions intended to improve some part of your life: perhaps to change your diet, exercise more, to save more money or spend less. According to a recent [New York Post article](#), more than half of all resolutions are health-related but in the same article, data from the fitness app Strava suggests that most people give up on their resolutions by January 12th - only 3% into the year! (this also means that by the time you read this, if you're still on track - congratulations! You have more staying power than most).

What this tells us is that improving is hard and that most people fail. Why then do we have so many successful people around us every day? The answer is that those people learned how to cope with failures. They developed grit and perseverance and realised that there is valuable learning in each moment which doesn't quite go the way we wanted, if only we can take the time to evaluate, alter the plan and try again.

This is key for young people today, learning and developing in a world which is filled with distractions, glorifies immediate gratification and encourages excuses: that the blame always be laid somewhere else. We need to make sure our students have plenty of opportunities to fail and that we are there, as teachers and parents, to ensure they try again. Here at school we use the terms 'What Went Well' and 'Even Better If' when giving feedback so that students learn from each attempt at a task. If your own resolutions have already begun to slide, or if it happens over the next few weeks, why not use this as an opportunity to discuss failure with your child? Talk about what went wrong and show them that you can try again and ultimately succeed. They might even want to help you. I wish you... not good luck, but success!

In my last newsletter I mentioned that I wanted to enhance our communication with you as parents. As I said, I'm open to suggestions so please get in touch, but below are a couple of things I've recently put in place:

### Secondary Parent Portal

You can now access this via the 'Our Community' section of the school website ([and I've added a link here](#)). This portal is intended to become a 'one-stop shop' for the information you'll need as a Secondary School parent. The portal views nicely on a smartphone and also includes articles and videos which I feel parents will find interesting. Please have a look, bookmark the page and make suggestions if you'd like to see any additions.

### Grade 8 (GCSE) and Grade 10 (IB) Options Evenings

Grade 8 (GCSE) - Thursday February 7th 6.30pm

Grade 10 (IB) - Tuesday February 12th 6.30pm

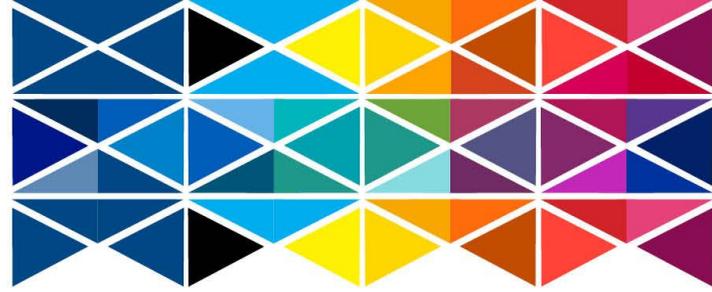
It is vital that parents with children in either grade 8 or grade 10 attend these evenings as the process for course selection is new this year. As well as an overview of the options processes, parents will receive information regarding college requirements, examination costs and administrative details about the stage of the school which students are about to enter. This is also the best time to ask any questions! We will see you there.

In the run up to these events and course choice day, students and parents will be issued with digital booklets with all the key information. Each student will have an individual meeting with Mrs Bodie, our counsellor, and grade 8's will take 'The Career Test', the results of which will help their thinking about college and potential life paths.

Our annual Sports Day takes place this Friday 18th January and I would encourage parents to come along and join us on the field. The weather forecast is currently perfect and it promises to be another competitive yet fun day here at school. Please ensure that your child comes to school appropriately dressed in line with our uniform guidelines. In particular, I would like to remind parents that black shorts are not acceptable and the only leggings allowed must be plain and navy blue. I appreciate your support.

Have a happy and prosperous 2019 and remember: just because you missed a day from your exercise schedule or slipped up once with your diet doesn't mean it's over for the year. Just try again and you'll already have improved your chances of success!



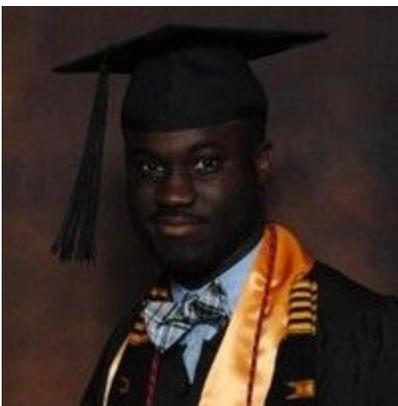


## Public Relations & Alumni News



Ambassador Extraordinary and Plenipotentiary of the People's Republic of China to the Commonwealth of The Bahamas, Huang Qinguo paid a visit to St Andrew's International School on December 12th. Mr. Qinguo and his delegates delivered five **HP Slim Desktop Computers** to the Modern Foreign Languages Department at St Andrew's School. Mandarin is one of the languages taught at St Andrew's and The Ambassador was delighted to be able to support our curricular initiatives in Mandarin. He added that the opportunity provided him with "support and hope for education in the Bahamas." ***Cable 12 and the Guardian were on hand to cover the story.***

## Alumni Feature



**Kenton Meronard:** Class of 2010 Scholarship Student

Kenton attended the University of Richmond (UR) and obtained his Bachelor of Science in Biochemistry and Molecular Biology while minoring in Healthcare studies. After graduating in 2015, he worked as a Healthcare and Science Policy Analyst for The Bahamas Embassy in Washington, D.C., where he formulated bilateral and multilateral partnerships to improve the Bahamian healthcare system. Currently, he works as a National Institute of Health-funded research technician at Albany State University. In this position, he assists in the development of a biosensor device for early detection of Prostate Cancer.



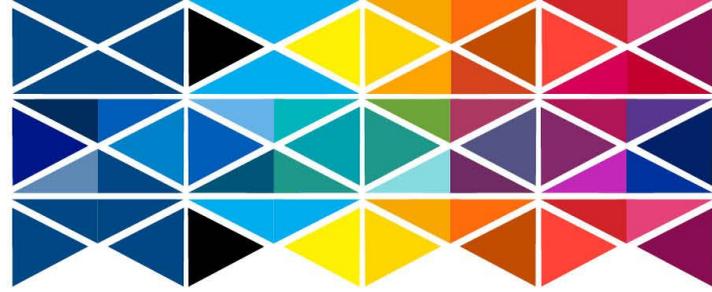
**Felicity Humblestone:** Class of 1996

Felicity is the Executive Director of Lyford Cay Foundations, with overall management responsibility, and a professional portfolio in Development. She started her career with the Foundations in 2010 as the Programme Director of FOCUS, a tuition-free college access programme serving students entering Grade 5 and following their progress through Grade 12. FOCUS, an acronym for Forward and Onward to College, Upward to Success, recruits public school students from the Northwest district of New Providence. At FOCUS, Felicity made use of her professional expertise in non-profit management, fundraising, K-12 education, out-of-school-time programming, and leadership. She earned a degree in Hispanic Studies & Linguistics from McMaster University.

**Tamika Cartwright**  
Director of Development & Public Relations

[Back to Contents](#)





## ECA News

### ***SPORTS***

I trust you all had a wonderful Christmas and have set yourself some New Year Goals. Mine usually evaporate in the first week but this year I intend to keep them up. Determination, focus, be consistent and driven are words that come to mind. In fact these are the words that we often use in the P.E. Dept. to our students. Being able to apply these attributes will lead to success in all areas of life.

We are now moving into an area where we have had great success in the past-soccer. Tryouts are now going on and the season kicks off in February. On Jan. 18 we have our All School Track and Field Meet and this will run from 10-30-3pm. Come and watch, or even better, join the 50 metre sprint to see who our best sprinters are in our parent body. Remember that our Primary Academies are on Monday and Thursday from 3.30-4.30pm and are free to all our Junior students.

### ***INTERHOUSE***

We are presently running our Spelling Bee competition to identify who will represent us in the BAISS competition, an art competition is coming soon and Junior House soccer.

### ***CREATIVE ARTS***

It's that time of year again....National Arts Festival. We are excited to be participating in this national competition once again. With our recent win of the Governor General's Award for Most Outstanding School at the 2018 E Clement Bethel National Arts Festival still fresh in our minds, we are preparing for this year's competition. Any student wishing to participate in Music, Drama, Dance or Art, should speak with Ms Petersen, Mr Carey, Mr Cooper, Mrs Campbell and Mrs Rolle for more information.

### ***TRIPS***

A number of our students are going off to Yale University in New Haven, CT to represent us at the Model United Nations. We wish them well. A group of students will also be going off to Queens University in Canada to get a taste of college life and courses.

We have a lot going on. Our teachers and administration are committed to your students. So parents let's continue to work together to make your daughter/son the best they can be. Any questions please come and see me. All the best for the New Year.

**Pete Wilson**

*Director of Co-Curricular and Student Leadership*

[\*\*Back to Contents\*\*](#)

