



The Bear Essentials



The International School of Busan Weekly Newsletter

Friday 2nd December, 2022

Volume 4, Issue 15

CONTENTS

Featured Story
Whole School News
From the Head of School
From the Counsellor
From the Elementary Principal
From the Secondary Principal
Introducing Dale Plotzki
Eco-Schools Update

IMPORTANT DATES

3rd December - SAT at ISB
7th December - Early Years Winter Celebration
8th December - Grade 11 Drama Production
9th December - Hour of Code
10th December - SKAC MUN at KFS
15th December - Winter Music Concert
16th December - 12.00 pm Dismissal for Winter Break
10th January - Students back to School

Featured Story

WINTER SYMPHONY

FEATURING A DIVERSE COLLECTION OF MUSIC
FROM CLASSICAL TO CONTEMPORARY
1:40 PM, THURSDAY 15TH DECEMBER, 2022
ISB GYMNASIUM

ISB
INTERNATIONAL SCHOOL OF BUSAN
Est. 1983

Students are busy rehearsing for our winter concert on Thursday 15th December. The Winter Symphony will have 4 movements, with performances from students across the school. Grade 2 and Grade 5 students will be representing the Elementary School. Students from grades 6 through 10 will represent the Secondary School. The ISB orchestra, as well as our rock band, will be performing. We look forward to students presenting a diverse repertoire of music from across the globe!



Early Years Winter Concert

EY1, EY2, and Kindergarten will perform in the Early Years Winter Concert on Wednesday, 7th December at 8:45am, in the ES Hall. Come and follow the story of Jun the Penguin in a singing and dancing journey around the world as Jun tries to find out why the ice is melting in Antarctica.

SKAC Spelling Bee

Eleven students from Grades 1 to 6 participated in the virtual SKAC spelling bee on Thursday, December 1st, competing against students from Daegu International School, Kwangju Foreign School and Handong International School. We had a strong group of spellers in the competition, with every grade level having to move on to the 'secret word list' to find a winner. We are so proud of all of the ISB students who took part. Well done Ashley and Jin (Grade 1), Jonathan and Richard (Grade 2), Han and JunHong (Grade 3), Adele and Leilani (Grade 4), Yoonjae (Grade 5), and Robin and Caleb (Grade 6). A special congratulations to the Grade 2 team as Jonathan won first place and Richard took second place. Certificates will be given out next week in our assembly.



ISB Facility Improvement Project December 2022

New Astroturf installed on sports field

New giant pitchside digital clock.

Area redeveloped for new outdoor gym



We are delighted to announce that during December and over the winter break, we will be completing KRW 350,000,000 worth of work to improve the outdoor sports field area. We will be replacing the astroturf on the field. We will install a new pitch-side giant digital clock and a new outdoor gym with a wide range of outdoor fitness equipment (see below). The outdoor gym installation will begin on Tuesday 6th December.

Seated Chest Press

How to use

Sit down, grip the handles and pull your arms round so the bar handles meet in front of your face.

This equipment:

- Exercises the arms and chest
- Low impact on joints

Body Benefits

The Seated Chest Press provides an excellent strength building workout for the upper body.

Primary Muscle Groups

- Chest
- Arms
- Shoulders

Secondary Muscle Groups

- Core

Air Skier

How to use

Swing legs from side to side. Be careful not to swing too fast as this could cause injury.

This equipment:

- Exercises the thighs, hips and core
- Improves balance, coordination and flexibility
- Gives an excellent cardiovascular workout
- Very low impact on joints

Body Benefits

The Air Skier provides an excellent cardio workout, as well as building strength, flexibility, balance and coordination.

Primary Muscle Groups

- Legs
- Hips
- Glutes

Secondary Muscle Groups

- Arms

Pull Down Combo Machine

How to use

Sit down and pull down on the bars using both hands.

This equipment:

- Builds strength in the arms, chest and back
- Improves balance and flexibility
- Suitable for all abilities

Body Benefits

The Combo provides an excellent strength-building workout.

Primary Muscle Groups

- Chest
- Shoulders
- Arms
- Back

Secondary Muscle Groups

- Core

Elliptical Cross Trainer

How to use

Stand on the foot-pads, grip the handles and start walking or running.

This equipment:

- Exercises the whole body
- Gives an excellent cardiovascular workout
- Improves balance and coordination
- Low impact for leg and arm joints

Body Benefits

The Elliptical Cross Trainer provides an excellent cardio workout, as well as building strength, flexibility, balance and coordination.

Primary Muscle Groups

- Arms
- Legs
- Glutes

Secondary Muscle Groups

- Core
- Shoulders
- Back

Stretching Station

How to use

This station can be used to warm-up and stretch your body in preparation for exercise.

This equipment:

- Improves balance and flexibility
- Ideal for warming up/warm down and stretching

Body Benefits

The Leg Stretch develops flexibility, balance and strength.

Primary Muscle Groups

- Legs

Secondary Muscle Groups

- Arms

Sit Up Bench

How to use

Hook both feet underneath the bar, lie back and pull yourself up. Alternatively lie in the reverse position, holding the bar with your hands and raising your legs or knees.

This equipment:

- Exercises the core and arms
- Improves tone in the upper body
- Perfect for dips, press-ups and back extensions
- Suitable for 1 or 2 users

Body Benefits

The Sit Up Bench provides an excellent strength-building workout.

Primary Muscle Groups

- Core
- Back
- Shoulders
- Chest

Secondary Muscle Groups

- Legs
- Arms

Pull Up Bar

How to use

Grip the handles above your head and pull yourself up until your chin is in line with the bars.

This equipment:

- Builds strength in the arms and shoulders
- Functional training/calisthenic workout
- Multi-height bar
- Suitable for all abilities

Body Benefits

The Chin Up Bars provide an excellent strength-building workout.

Primary Muscle Groups

- Arms
- Shoulders
- Chest
- Back

Secondary Muscle Groups

- Core

Air Walker

How to use

Grip the handle and swing both legs as if walking on air.

This equipment:

- Exercises the legs, hips and core
- Improves balance, coordination and flexibility
- Gives an excellent cardiovascular workout
- Very low impact on joints - An excellent alternative for jogging and power walking

Body Benefits

The Air Walker provides an excellent cardio workout, as well as building strength, flexibility, balance and coordination.

Primary Muscle Groups

- Legs
- Core

Secondary Muscle Groups

- Arms

Seated Leg Press

How to use

Sit with your feet on the footpads, straighten your legs and repeat. Increase the number of reps for more strenuous exercise. Do not lock your knees.

This equipment:

- Exercises the legs
- Improves balance, flexibility and strength
- Ideal for stretching

Body Benefits

The Seated Leg Press provides an excellent strength-building workout, as well as developing flexibility and balance.

Primary Muscle Groups

- Legs
- Glutes

Secondary Muscle Groups

- Core

Push Up and Dip Station

How to use

Using both hands, lift yourself off the floor. Ideal for push-ups, dips, knee raises and assisted squats.

This equipment:

- Builds upper body strength
- Functional/calisthenic training
- Suitable for all abilities
- Suitable for 1 or 2 users

Body Benefits

The Push Up & Dip Station builds muscular strength.

Primary Muscle Groups

- Arms
- Chest
- Shoulders
- Back

Secondary Muscle Groups

- Core
- Legs

From the Head of School

As we head towards the last couple of (very busy) weeks of school before the winter holiday, I would like to take this opportunity to say a big 'thank you' to our fabulous teaching staff. We have so many wonderful events and activities going on at our school and I am immensely proud of the scope and quality of the learning experiences on offer for our students. We are fortunate to have such a talented, hard-working, caring and supportive group of teachers at ISB. As a parent and colleague, I am very grateful for the outstanding education they provide.



Simon McCloskey

I am also very happy to say that our school community will continue to grow in 2023. After the winter break we will welcome more than 20 new students coming from the USA, Korea, China, Vietnam, Russia, Brazil and Norway. We look forward to welcoming them to our school community!

From the Student Council

This upcoming week, the Elementary and Secondary Student Council have organized a school wide spirit week **from December 5th to December 9th**. Just as the name states, spirit week is to increase school spirit and morale. With the excitement of the upcoming winter holidays, we hope that students will enjoy a little fun to get them through the last couple of the semester. The posters below show the events of each day and we are excited to see ISB students come together with clever outfits. See you next week and thank you!
From Hannah (Student Council)

Spirit Week in the Elementary School



ELEMENTARY SPIRIT WEEK

Dec. 5th ~ Dec. 9th



MONDAY
Crazy Hair or Hat



TUESDAY
Dress like someone famous



WEDNESDAY
Dress Formal Day



THURSDAY
Most Uncoordinated Day



FRIDAY
Pajama Day

Spirit Week in the Secondary School



SPIRIT WEEK

Dec. 5th ~ Dec. 9th



MONDAY
Twin Day



TUESDAY
Dress Like Adam Sandler Day



WEDNESDAY
Dress Formal Day



THURSDAY
Most Uncoordinated Day



FRIDAY
Pajama Day

Transitions

The end of Semester 1 is a natural time for transitions to happen at international schools. Whether your child is leaving, staying, or arriving, it is helpful to recognize that this time of year can bring a change in friendship and peer groups, which impacts everyone in the community.

Moving or arriving somewhere new after a move: Early childhood aged children, who are moving, can suddenly find that they are uprooted from the safe space they spend most of their time in, their home. Some might experience the absence of a beloved caretaker or teacher. Primary children, and teens are fully aware of friends, teachers, and school. They have a sense of what it means to be an ISB student, and their life in Busan.



Ellenore Hibon
School Counsellor

- Understand that children and teens rarely have any say in a family move.
- Try as best you can to give your children and teens some sense of control on the other side. Perhaps they pick their room, or you agree to let them decide how to decorate their space. Maybe your children can decide what family routines they enjoyed, like “pizza night,” and one they would like to start in the new place they live in, like “exploring a new restaurant night”.
- Help them learn and get excited about their new school. Ask their new counsellor to help them connect with new students.
- Figure out ways to help them stay connected to close friends they leave behind.
- Make sure you listen to how they are really feeling about leaving and arriving in a new place, and understand that regression happens. (acting in a younger or needier way)
- Make sure ISB knows your family is leaving. Schools want to help with the transition.

Staying: Children and teens, who stay in an international school for an extended time, experience repeated losses of peers and friends.

- Ask your child if they know of anyone moving from their class or friend group.
- Find out how they are feeling and processing that loss.
- Try to help them find power because they do not have control of this situation.
- Agree to ways they can say farewell in a caring manner, and stay connected to close friends who are leaving.
- Be careful that your child or teen is not talking about how it’s easier not to connect with new people because it hurts too much when people leave. Even adults staying in transient communities start to do this. Be careful you are not modelling this approach.

Children and teens in international schools build resilience, but that does not mean that they naturally know how to stay, leave, and arrive well. Take time to work through transitions together as a family. For more information, please consult the [Transitions/Nomadic Lifestyle](#) section on the [ISB Health and Wellbeing Resources](#) page.

Please do not hesitate to contact me at ehibon@isbusan.org if you have any questions.

Warm regards,
Ellenore Hibon

This week we begin Season 2 of our After School Activities programme. Students are enjoying a range of activities from sports (football, gymnastics and taekwondo), arts (ballet, piano, guitar and recorders, paper & fabric arts) to cooking and Korean book club!. Truly, something for everyone!

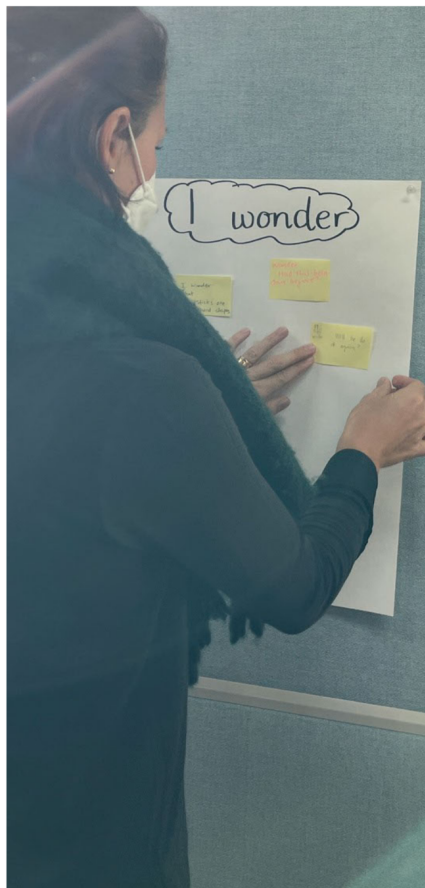
Early Years Parent Workshop

We had a great turn out for our parent workshop on Wednesday morning: The Early Years Philosophy at ISB. Parents were welcomed with an exciting performance by our drummers from Kindergarten to Grade 2.



Kevin Smith

Afterwards, parents were guided through a series of playful experiences as they learned more about how their children learn at school. Our Early Years team are skilled and experienced 'observers' and document their students' learning through play as the children develop their social, thinking, research, communication and self-management skills.



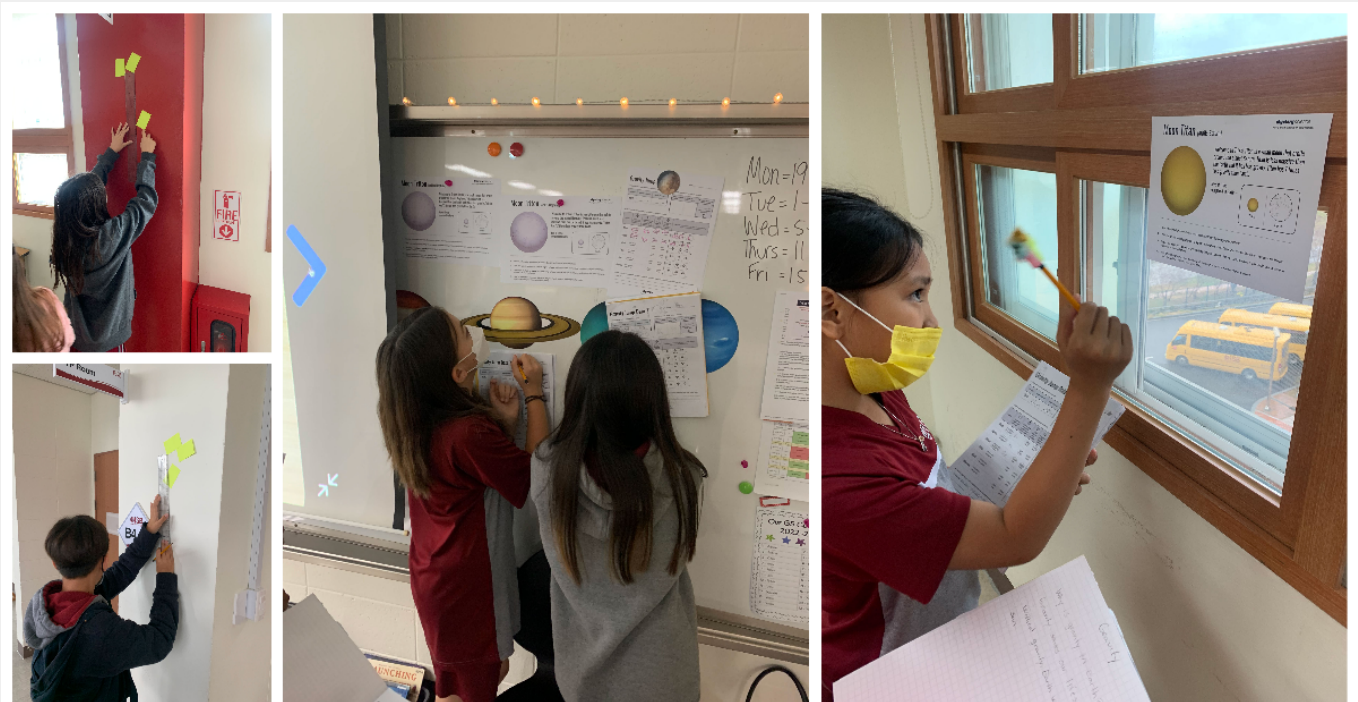
Grade 4 Visit the Local Library

Grade four students had the opportunity to visit a public library. This experience allowed students to inquire further into how libraries are organised. The students enjoyed exploring the new space and finding new books to read. The students enjoyed the visit and all said that they would like to return soon.



Grade 5 Investigating Gravity

This week, Grade 5 inquired into why gravity is different on various planets and how it affects us on Earth. Students demonstrated gravity by testing their jump height on Earth and then calculated how high they would be able to jump on different planets and moons. It was an intergalactic adventure! We learned that when a planet has a heavy mass, its gravity is stronger so we cannot jump as high. How high can you jump on planet Earth?



From the Secondary Principal

The change of seasons arrived briskly this week with the temperature dropping quickly midweek! Nature does not have to wait for the winter solstice to be announced. Winter is here! It was a timely reminder of the passage of time, of how quickly the semester has passed and how much has already been accomplished this school year. Grade 11 and 12 exams are complete but other assessments are still underway or along the way. It is thus a great thing that we are continuing our Mindfulness training with all of our secondary grades as part of our Wellbeing programme.



Gilles Buck



This training better equips our students to be able to cope with stress in their lives. With two weeks remaining before the winter break, I ask parents to join us in supporting our students to focus on learning and make a final push to complete work and thus complete the semester successfully. With service being integral to the education we aim to offer, it is great to know that all of our secondary students have now participated in the river and beach cleanups that our Science department has organised.

Having participated with the Grade 11 group myself, I am impressed with the effort and enthusiastic participation of our students in improving our local environment and giving back to our local community.

In the department section of the newsletter, you will find details about learning taking place in the Arts. You will be able to see and hear some of that learning during our winter concert on December 15th. I look forward to seeing you there!

Upcoming Parent Event:

Grade 10 Parent and Student Course Selection Evening

Wednesday, January 18 from 6:00 - 7:30 PM. A not-to-be missed opportunity to learn about programmes, our course offerings and how to make the best course choices for Grade 11 (and into Grade 12).

College Corner

Our College Counselor, GJ Johnson, will be updating College Counseling information in this section of the Newsletter every other week. Here is **last** week's edition of the [College Counseling letter](#).

In the Arts Department

In music, for the past few weeks all MYP grades, including middle and high school, took part in preparing for their first stage performance of this school year. It is a big step for any musician, no matter if they are an experienced instrumental player or a beginner. Playing together is not just playing the right notes at the right time. During classroom and stage rehearsals, students pay attention to expressive play and making connections with the audience. Students answer the inquiry questions “How do you connect with the audience and what message do you send to the audience during your performance? and - Do you think the audience will feel the music you play the same as you or a different way, and why?”

During this time, students are also experiencing other parts of the concert preparation process, such as stage logistics and stage presence. They are learning how to be flexible and make adjustments during the combined ensemble practices. Students are also exploring some strategies of how to overcome stage fright and build self-confidence.

In music class, students continue exploring diverse musical styles and genres. This is part of the learning process that students will demonstrate during the Winter Concert, and they are excited to share what they learned in music over this semester with the ISB audience!



Invented Cultures

Grade 7 Visual Art students are coming up with designs that represent their 'Invented Cultures'. They have been brainstorming and evolving their ideas into symbols, patterns and motifs that are going to be applied to the masks that they will be making using paper mache.

This unit gets the students to develop an understanding of how 'Cultural Identity' is represented by visual symbols and patterns. As well, they explore through an inquiry into existing cultures, the key concepts of Identity, Expression and Representation.



Eco-Schools Update

ISB Eco Club Members @ BeFM!

Tune into BeFM (90.5 or 103.3) this Friday, December 2nd at 7:15pm to hear H'sia (Eco Club member), Kate (Eco Club member), and Mr. Johnson (Eco Coordinator) discuss green initiatives at ISB and within the community, as well as what we can all do more to be more environmentally friendly.



Go green, keep
it clean!

Each week we feature an ISB Teacher in our newsletter.

This week we interviewed **Dale Plotzki**.

Qualification and certifications:

BA in International Relations, BEd and MEd in Education, Google Certified Innovator, ISTE Certified Educator

What is your role at ISB?

I am the Whole School Technology and Learning Innovation Coordinator.

Our community really is an international community! Where would you say you're from and where else have you lived?

I am a third culture kid just like the students at ISB. I lived in Peru in elementary school, Indonesia in middle school, Chile and Brazil in high school and have been travelling the world professionally ever since I started teaching.



What inspired you to become a teacher?

For me teaching is just about the perfect career. It's creative, engaging and everyday is different. Most importantly, it's a career where building community is really at the heart of everything. I also love learning and challenging myself to constantly learn new things. I want to instil that same love in our students.

What is your educational philosophy?

Learn by doing. Play is essential. Creativity is a skill. Creators over consumers. Learn to be comfortable with failure. Students can do hard things.

What made you choose ISB?

To be honest, I had never even heard of Busan when I connected with the school. The images I saw of this beautiful place with amazing forests, beaches and a futuristic skyline were very intriguing. But when I learned about the school being a small, tight-knit community that was looking to take a big step forward, I knew it would be a place for me.

What is the best part of your job?

The best part of my job is that I am one of few people at school who gets to work with all of our students. I know everyone from Early Years 1 to Grade 12. And because of that, I have this unique zoomed-out view of how our school helps kids grow into amazing people. It's a real privilege!

What are your hobbies and interests?

First and foremost I am a family man. Spending time with my lovely wife Blanca and my wonderful son Franco is pretty much my favourite thing to do. Second, I am a surfer and I am making it my personal mission to turn every ISB kid into a die-hard waverider as well. Finally, I am obsessed with watches, bitcoin, and cooking.

What is your favourite quote?

"It is not the horse but the oats that pull the cart." - Russian Proverb

What is the impact you'd like to have on the world?

To help people remember that even though the world is a tough and complex place sometimes, we still need to have fun and enjoy it.



A big thanks to all those parents who attended the Parent Workshop and PTA Coffee Morning on Wednesday. There were lots of tasty treats to share!

The next parent workshop and coffee morning will take place after the winter holiday on Wednesday 25th January 2023.

Dragon's Den Volunteers

The PTA would like to thank those who helped out for this week's Dragon's Den. We appreciate you taking the time to participate! (Аминат Магадова, 박혜진, Shin Hyun Hee, Maggie Sun, Suzanne Alonzo and Jia Kim).

ISB Winter Party

The ISB staff will celebrate the holiday season at an upcoming staff party. As a gift to the teachers and staff we can purchase bottles of wine for 30,000KRW each. If anyone would like to contribute to this, please send the donation to the PTA bank account:

Bank name : Hana Bank(하나은행)

Bank account : 329-890013-24704

Beneficiary : 부산국제외국인학교(International School of Busan)

Note: Holiday Party

Important Links:

- [ISB PTA Volunteer Kakao Chat](#)
- [PTA Facebook Page](#)



International School of Busan, 50 Gijang-daero, Gijang-eup, Gijang-gun, Busan, South Korea 46081,
Tel: +82-51-742-3332, Email: info@isbusan.org