



**BRITISH  
INTERNATIONAL  
SCHOOL**  
HO CHI MINH CITY  
A NORD ANGLIA EDUCATION SCHOOL

# *Year 12 Parent Workshop*

## *Life in the Sixth Form*

November 29<sup>th</sup> 2017



# Year 12 Parent Workshop



Community	Self	Learning
Principled, Caring, Open-minded, Communicator	Balanced, Reflective	Enquirer, Knowledgeable, Thinker, Risk-taker
<p>Show respect, empathy and support to people and belongings within the community</p> <p>Always be positive with others and yourself</p> <p>Act with integrity and honesty in your personal and academic pursuits</p> <p>Take responsibility for your actions</p>	<p>Be ready to learn in a professional environment, maintaining standards of dress, deadlines, attendance and punctuality in line with expectations</p> <p>Reflect on your experience, know yourself and those around you</p>	<p>Practise Academic Honesty (<i>refer to Academic Honesty guidelines</i>)</p> <p>Pursue learning positively and with an open mind, actively building knowledge in collaboration with others</p> <p>Maturely acting on feedback and being open to criticism in learning</p> <p>Maintaining perseverance in work and resilience when faced with challenges</p>

# Sixth Form Principles



- Big Rocks First
- A Week in the Life of an IB Student
- Positivity & Relationships
- Sleep, Nutrition, Exercise

# *Workshop Overview*

# What are the demands on your time?


What about  
the demands  
on the time  
of an  
IB Student?

Activity	Time in hours
Sleeping	
Eating	
At school <small>07:45 – 14:45</small>	<b>35 hours</b>
Doing CAS activities (creativity, action & service)	
Homework	
Private study / tutoring / revision	
Socialising with friends & family	
Relaxing at home (watching TV, checking Facebook, etc.)	
Other e.g. showering	
<b>Total</b>	<b>168 hours</b>

- ❖ Sixth Form welfare team
- ❖ SIMS & Student Centre
- ❖ School counsellor
- ❖ University guidance
- ❖ ILS
- ❖ Deadline schedule
- ❖ Librarian & Academic English

*How does the school help?*



WEEK	BEGINS	DEADLINE (All IA Deadlines for a subject include both the HL and SL Students unless specifically stated)			
5	18 <sup>th</sup> Sept	 <p>BRITISH INTERNATIONAL SCHOOL HO CHI MINH CITY</p>	<p>ALL Written DEADLINES (both Draft Copy and Final Copy) have an 8am ManageBac deadline. Students need to submit an identical printed hardcopy to their subject teacher. ALL DEADLINES are FIXED and non-negotiable. <i>Deadlines are to help students organise themselves better, not to tyrannise them!</i></p>		
6	25 <sup>th</sup> Sept				
7	02 <sup>nd</sup> Oct				
8	09 <sup>th</sup> Oct				
9	16 <sup>th</sup> Oct				
HOLIDAY 23 <sup>rd</sup> October to 27 <sup>th</sup> October					
10	30 <sup>th</sup> Oct				
11	06 <sup>th</sup> Nov	<sup>07</sup> Vietnamese IOP Mock		<sup>07,08</sup> Theatre - Studio Piece (Evening Performance)	
12	13 <sup>th</sup> Nov	<sup>13,14,15,16</sup> English Literature IOP Mock		<sup>17</sup> Theatre - Director's Notebook Draft Copy	
13	20 <sup>th</sup> Nov	<sup>16/17/18/19/20</sup> Korean IOP Final			
14	27 <sup>th</sup> Nov	<sup>28</sup> Vietnamese IOP Final			
15	04 <sup>th</sup> Dec	<sup>05</sup> Music Performance 2		<sup>05,06,07,08,09</sup> English Literature IOP Final	
16	11 <sup>th</sup> Dec	<sup>11</sup> Design Technology Criterion A: Draft Copy	<sup>11</sup> Music Composition 1 Draft Copy		<sup>15</sup> Theatre - Director's Notebook Final Copy
HOLIDAY 18 <sup>th</sup> December to 05 <sup>th</sup> January					
17	08 <sup>th</sup> Jan	<sup>09</sup> Upload 2 EE proposals		<sup>10</sup> Theatre - Research Presentation Draft Copy	
18	15 <sup>th</sup> Jan	TRIPS WEEK			
19	22 <sup>nd</sup> Jan				
20	29 <sup>th</sup> Jan	<sup>31</sup> Theatre - Research Presentation Final Copy			
21	05 <sup>th</sup> Feb				
HOLIDAY 12 <sup>th</sup> February to 23 <sup>rd</sup> February					
22	26 <sup>th</sup> Feb	<sup>26</sup> Korean Written Assignment - Draft Copy			
23	05 <sup>th</sup> March	<sup>02</sup> Economics 1/3 Draft Copy			
24	12 <sup>th</sup> March	<sup>15</sup> SEHS Practice Internal Investigation			
25	19 <sup>th</sup> March				
26	26 <sup>th</sup> March	<sup>26</sup> Music Performance 3	<sup>28</sup> Theatre - Collab Draft Performance	<sup>30</sup> Economics 1/3 Final Copy	<sup>30</sup> Theatre - Collab Draft Written
27	02 <sup>nd</sup> April	<sup>04</sup> Geography IA Draft Copy			
28	09 <sup>th</sup> April	<sup>09</sup> Design Technology Criterion B: Draft Copy	<sup>09</sup> Computer Science Section A Draft Copy		<sup>09</sup> English Language & Literature IOC MOCK
HOLIDAY 16 <sup>th</sup> April to 27 <sup>th</sup> April					
29	30 <sup>th</sup> April	<sup>04</sup> Geography IA Final Copy		<sup>04</sup> Psychology HL IA Draft Copy	SAT – Saturday 5 <sup>th</sup>
30	07 <sup>th</sup> May	<sup>07,08,09,10</sup> English Language & Literature IOC Final		<sup>08</sup> EE Interim Deadline	
31	14 <sup>th</sup> May	<sup>18</sup> Mathematics HL & SL IA Draft Copies			
32	21 <sup>st</sup> May	<sup>22</sup> Vietnamese Written Assignment Draft Copy	<sup>23</sup> Theatre – Final Collab Performance		<sup>23</sup> Theatre – Final Collab Written
33	28 <sup>th</sup> May	<sup>01</sup> Theatre - Draft Solo Performance			
34	04 <sup>th</sup> June	<sup>04</sup> Theatre - Draft Solo Written		<sup>04</sup> Music Composition 2/3 Draft Copy	<sup>08</sup> ESS IA Draft Copy
35	11 <sup>th</sup> June	<sup>11</sup> Psychology HL IA Final Copy	<sup>11</sup> English Language & Literature WA Draft Copy	<sup>12</sup> G4 Project Day	<sup>15</sup> Mathematics HL & SL IA Final Copies
36	18 <sup>th</sup> June	<sup>18</sup> Music Performance 4		<sup>19</sup> Vietnamese Written Assignment Final Copy	<sup>22</sup> Theatre - Final Solo Performance
37	25 <sup>th</sup> June	<sup>25</sup> Design Technology Draft Copy Criterion C		<sup>25</sup> Theatre - Final Solo Written	<sup>27</sup> Mathematics Studies IA Draft Copy
SUMMER HOLIDAY					



WHAT YOU FOCUS  
ON GROWS.

POSITIVITY

- Positive relationships
- Healthy nutrition
- Enough sleep
- Regular exercise

*What fuels positivity?*

# POSITIVE RELATIONSHIPS

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- Parents
- Siblings
- Other family members
- Tutor
- Other welfare team members
- Teachers
- Classmates
- Friends

# HEALTHY NUTRITION

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- ❑ Serotonin regulates mood, appetite, and sleep keeping you relaxed and positive.
- ❑ 90% of serotonin is produced in the gut
- ❑ Serving size / sugar grams / divide by 4
- ❑ Only 6 teaspoons of sugar per day
- ❑ Include protein, fat, and carbohydrate
- ❑ Breakfast is important

# ENOUGH SLEEP

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- What is enough sleep and why do we need it?
  - [Mentalhealth.org.uk](http://Mentalhealth.org.uk)
- It allows our bodies to repair themselves and our brains to consolidate our memories and process information.
- Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression
- What difficulties are there in ensuring your child has enough sleep?

# REGULAR EXERCISE

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- ❖ Does not have to be competitive sport
- ❖ Reduces anxiety and depression
- ❖ Promotes positive mental health
- ❖ Boosts mood and wellbeing



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*What can you do to support your child to negotiate the issues we have discussed?*





Thank you.

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