



# SECONDARY NEWSLETTER

Issue No. 394

7th December 2018

## SCHOOL DIRECTOR'S MESSAGE

### Emotions and Learning

IN THIS ISSUE:	PAGE
School Director	1-2
Head of Secondary	3
Music Dynamics	4
Garget corner	5
PTA News	6

Try this on a few friends...

Ask them to take their pulse for 10 seconds and multiply the number by 6. Ask them to remember that number.

Now tell them that you have a quick Maths test for them and ask them to calculate:

23 x 12 and 369/9

Don't give them too long before interrupting to ask them to re-check their pulse rate. You should find that for some people their pulse has risen quite sharply. This is because the questions and the feeling of being under pressure caused an emotional reaction (anxiety) which cause a physical reaction (an adrenaline spike). This is concerning because adrenaline spikes are specifically designed to actually limit cognitive function; this is our fight or flight drug- it makes us stronger, faster and less sensitive to pain but it also shuts down higher cognitive functions so that we don't waste precious time in emergencies. Not good news for learning!! Interestingly, the sums above are not actually as hard as they look once we calm down and apply some simple processes to them!

There are now huge swathes of research that suggest that emotional thought and cognitive thought are not, as we previously thought, two separate processes. They are in fact deeply intertwined. Immordino Yang MH "Emotions, Learning, and the Brain" (2016) explores this issue in considerable depth. They write:

**"When educators fail to appreciate the importance of students' emotions, they fail to appreciate a critical force in students' learning. One could argue, in fact, that they fail to appreciate the very reason that students learn at all."**

They go on to say:

**"We only think deeply about the things we care about (p. 18).**

**Helping students care about what they are learning is both difficult and complex, but "it appears to be essential for the development of truly useful, transferable, intrinsically motivated learning" (p. 20).**

### UPCOMING EVENTS

- 10th Dec Half Year Reports  
12pm; ISSAK Squad  
Posted; Club B  
Begins
- 11th Dec Arts Evening  
(Performances and presentations in Music, Drama and Art)
- 12th Dec Super Learning Day  
1For Y7& Y8
- 13th Dec Super Learning Day  
For Y9 & Y10; PSHE  
Student Council  
Elections for  
President
- 14th Dec Amazing Race;  
Term ends @ noon
- 15th Dec 2nd Tracking  
Reports

**Sharing with our students the critical importance of being emotionally connected to/caring about what they are learning to make what they are learning meaningful and useful, however, may be the first right step."**

So what I have been impressing on us as teachers lately is the paramount importance of us being passionate about what we are teaching. If we really care about the material and concepts we are teaching then there is every chance that this will prove infectious and so too will the children. I must say that anyone who wants evidence of how this works should make sure to attend one of our Topic Explosions (like the excellent Year 6 one of WWII this morning!). Here you will find students who have real mastery of their learning in a particular area and who clearly care about it very deeply.

I have also challenged us to be more aware of the range of emotions being felt by individuals in our lessons. We are tempted to fall into the trap of judging students by their level of competence in the skills we are trying to teach but if we start from a place of understanding where they are at emotionally and then differentiate and refine our approach from there, we may be surprised at how positive the results are.

**Steve lang**

**School Director**

The world, like KISU, is a multicultural place, with its people celebrating many different holidays during the final weeks of the year, from Hanukkah to Kwanzaa. I would like to look at how Christmas is celebrated in different countries.

## The Philippines

Christmas celebrations start in September — making it the longest Christmas celebration in the world. Christmas is celebrated by a nine-day series of Christmas masses called *simbang gabi*. Star-shaped lanterns brighten windows during the entire holiday season and are called *parols* after the Spanish word for lantern, *farol*. Merry Christmas is “Maligayang Pasko.”

## Sweden

Sweden has adopted the Yule Goat which is typically made almost entirely of straw. In the Swedish tongue, the Christmas goat is known as the *Julbok*. The *Julbok*'s origins are rooted in mythology, but it's been warmly adopted by Swedes as part of modern Christian tradition. Merry Christmas in Swedish is “God Jul.”



## Finland

Reindeer run rampant in Finnish Lapland and Joulupukki, a bearded mythical figure who looks and acts for all the world like Santa Claus, is said to make his home where those same reindeer roam. On Christmas Eve the Declaration of Christmas Peace is read in a formal ceremony in South Finland, which was first read in the 13th century. In Finland, people wish each other “Hyvää Joulua” on Christmas.



## France

Christmas Day is always preceded by a “Reveillon”, which means staying awake to usher in the next day. Susi Seguret, who leads the Seasonal School of Culinary Arts, says “This means essentially gathering with friends, often a dozen or more, and enjoying a multi-course dinner, in company of many bottles of wine and much champagne,” Seguret also says. “This is a time to dress to the nines, even if at home, and to get out the best china and silver and crystal and all the candles.” The meal always includes fresh oysters, a fish course, a poultry course, a meat course, an extensive cheese platter and delicate desserts. Merry Christmas in French is “Joyeux Noel.”

## Terry Garbett

### Head of Secondary

Congratulations to our Secondary musicians who performed in the Secondary Music Recital last Friday.



Don't Miss the Secondary Arts Evening next Tuesday 11th December at 2018 at 5.30 PM





## Xiaomi Mi Robot 2



So today we get to talk about something that is for the whole family. Not one of those you can play with but one that can allow you play or shop while it sorts out the dirt in the house. Now this may not really work in Uganda where we have lots of mad but if you keep your house relatively clean, then this is your guy. The Xiaomi Mi Robot 2 vacuum cleaner. This one is the predecessor to Robot 1 and it has been improved in almost all areas. The robot is manufactured by Roborock, one of Xiaomi's hardware partners, and while the first-gen model featured the Mijia label (a Xiaomi sub-brand that caters to the smart home segment), the Mi Robot 2 comes with Roborock branding.

The Mi Robot 2 shares the same design aesthetic as the first-gen model — there are a lot of white elements interlaced with grey — but there are a few changes in the layout. The biggest change is that it now has a mop function, allowing the robot to perform a dry and wet clean in one go.

There's a manual in English this time around, giving you a breakdown of all the vacuum's features, and the default language is also English out of the box, so you don't have to rely on Google Translate to decipher what the vacuum is saying.

This cleaner works in 4 general stages;

Stage 1: the dual sweeping side brushes work together to catch dirt, dust, hair, and debris from corners and edges to the center main brush.

Stage 2: the main roller brush grab pet's hair and debris with its bristles, and remove the dirt, dust, stains with its rubber roller from your floors.

Stage 3: the powerful motor suctions dirt into the filtered dustbin through the air inlet while the HEPA filter removes the tiny dust particles, mites, and allergens from the air.

Stage 4: the water tank dispenses liquid to the microfiber cloth continually, and the robovac uses a damp cloth to mop your floor back-and-forth, easily removing the stubborn dirt, smudges and grime from the floors.

You don't necessarily need to use the Mi Home app to monitor the Mi Robot 2. You can start the cleaning by hitting the power button, and the robot does the rest by itself. But if you want to take a look at the vacuum's cleaning route in real-time or get a detailed view of the cleaning statistics and remaining charge level, then Mi Home comes in handy.

You can easily connect the Mi Robot 2 to Mi Home after downloading the app. The vacuum has built-in Wi-Fi, and it's fairly straightforward to hook it up to Mi Home. Just install the app and log in with a Mi account, and you should see the Mi Robot 2 shortly after the app loads. You can then connect the robot to your home's Wi-Fi network (it works over 2.4GHz), and once it's paired with Mi Home, you can access its full list of features. From within the Mi Home app, you'll be able to view the virtual map that the vacuum "sees," and take a look at the cleaning area and the time it took the robot to clean a particular room. A cool new feature is the ability to put a marker anywhere in the house and direct the robot to clean that spot.

It's inconvenient for us to empty our house before robot vac starts its job. So it is necessary for the robot to sense and avoid obstacles like edges, stairs, door sills, or other tricky areas with large furniture (such as desks, chairs, sofas).

Most robot vacuums usually adopt multiple intelligent sensors such as edge sensor, cliff sensor, collision sensor, obstacles sensors, ultrasonic Radar sensor, laser distance sensor, Gyro sensor and so on, so that the robots can move freely around the home and adapts automatically to the surroundings to clean the floors thoroughly.

So this holiday, send the house helps home, stay in bed longer and let technology work for you.

**Robert Buga**

**Head of IT**

Dear Parents and Guardians

The end of Term 1 is coming at us at lightening speed. Only one week to go...

This week we enjoyed the amazing KS1 production - ***Stella the Starfish***. Congratulations to everyone that helped make the production such a success. Our children were FANTASTIC! If any parent would still like to order a copy of the DVD, please contact Judith / PTA Exec before Tuesday.

Next week, we look forward to seeing the musical / poetic / artistic talents of our KS3 children. We look forward to seeing many Secondary parents on Tuesday evening for the ***Arts Extravaganza***.

**Term 2 Dates:**

Wed 9 January	PTA Coffee Morning
Wed 16 January	PTA Coffee Morning
Wed 23 January	CPR Forum

Please look out for photos of all our activities on our Facebook and Instagram pages. Email us on [pta@kisu.com](mailto:pta@kisu.com) for any ideas and suggestions.

Have a great Weekend!

**PTA Executive Committee**

**Judith Kyule-Raval**

**Jose Martin**

**Liesl Wingfield**

**LiyaTadese**