

Hao Xiao Xi

Our “Good News” Bi-Monthly Newsletter
February 26, 2010

Schoolwork and Music

By MRS. van OORT

Parents sometimes wonder if they should allow their children to listen to music while doing their homework. There have been several studies done on this subject and while these studies rarely are conclusive, they are not speaking out against it!

In my classroom, students are allowed to use their iPods/MP3 players while working on individual class work and tests. Students know that if they finish their assignments in class they will not have homework and music helps some students to concentrate so they get more work done in class. Listening to music also allows students to relax and tune out conversations going on around them.

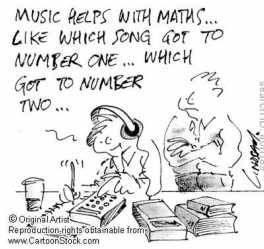
There are 2 basic rules in my class:

1. Music should not be played so loud that it can be heard by or disturbs others.
2. Students need to remove their earphones when spoken to.

By no means do all students listen to music in class, most actually prefer not to, but those students that prefer to work with music showed improvement both in the amount and quality of work done in class. If a student does well in school while listening to music, why not allow this at home?

To read more on research on this topic visit one of the following websites:

<http://music.arts.usf.edu/rpme/effects.htm> “Effects of Popular and Classical Background Music on the Math Test Scores of Undergraduate Students”
<http://edweb.sdsu.edu/Courses/ED690DR/Examples/LitRev/Levy.htm> “The Effects of Background Music on Learning: A Review of Recent Literature”



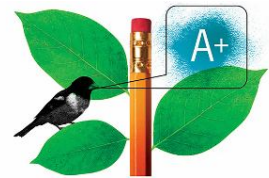
Parents,

This was an interesting article we thought you might enjoy. The entire article can be found on the NY Times website at the address below.

The 3 R's? A Fourth Is Crucial, Too: Recess

By TARA PARKER-POPE

New research suggests that play and down time may be as important to a child's academic experience



as reading, science and math, and that regular recess, fitness or nature time can influence behavior, concentration and even grades.

A study published this month in the journal Pediatrics studied the links between recess and classroom behavior among about 11,000 children age 8 and 9. Those who had more than 15 minutes of recess a day showed better behavior in class than those who had little or none.

Last month, Harvard researchers reported in The Journal of School Health that the more physical fitness tests children passed, the better they did on academic tests. The study, of 1,800 middle school students, suggests that children can benefit academically from physical activity during gym class and recess. The reason may be that the brain uses two forms of attention. “Directed” attention allows us to concentrate on work, reading and tests, while “involuntary” attention

Dates to remember:

Feb 27: CYSL soccer begins
Mar 3: Q3 ends
Mar 8: Q4 ASA begin
Mar 10: Q3 Reports go home
Mar 15 - 19: International Week
Mar 16: Cross-country competition
Mar 24-26 12-13 YO trip to Xian
Mar 25-26 11 YO trip to Zigong

...Continued...

takes over when we're distracted by things like running water, crying babies, a beautiful view or a pet that crawls onto our lap. Directed attention is a limited resource. Long hours in front of a computer or studying for a test can leave us feeling fatigued. But spending time in natural settings appears to activate involuntary attention, giving the brain's directed attention time to rest. Playtime and nature time are important not only for learning but also for health and development. ... "From my viewpoint, it's a major public health issue," he said. "Teachers feel like they're under huge pressures to get academic excellence to the exclusion of having much fun in the classroom. But playful learning leads to better academic success than the skills-and-drills approach." <http://www.nytimes.com/2009/02/24/health/24well.html?8dpc=&r=1&pagewanted=print>
[2/24/2009](http://www.nytimes.com/2009/02/24/health/24well.html?8dpc=&r=1&pagewanted=print)

Is there a music surprise in your future?

From MRS. LAMBERT

Spring is almost here! Students are improving their instrumental skills and have begun preparing for the End of the Year Program. Level 10 through Level 13 students have one violin class each week; and secondary students have one piano, violin, drum, or guitar class each week.



QSI will award a GRAND PRIZE to the student who makes the most progress during the remainder of the year.

How do you qualify?

At school: During music classes work hard and practice the success orientations: Kindness, Responsibility, Concern for Others, Independent Endeavor, Group Interaction, Trust, Aesthetic Appreciation.

At home: Practice, practice, practice: you will have a calendar chart for each month. Record the number of minutes you practice, have your parent sign the chart and return it at the end of the month.

Good luck and happy practicing!

Homework Survey

From MRS. NOLL

Thank you for filling out a homework survey to help us determine approximately how much time students are spending at home. Here are the results.

In the elementary school, 7– 10 YO students are spending about 45 minutes a night on homework. Reading for about 20 minutes per night was part of the 45 minutes. Math, Language Arts and Chinese were the major subjects for the remaining 25 minutes.

In the MS/HS, the average 62 minutes per night was spent on science, reading (for MS) and math, although most subjects had some homework during the week.

Elementary teachers reviewed the survey to make sure no one student was spending an unusual amount of time on homework. They also looked to see that students were reading each night. Secondary teachers looked at the survey for time spent on their subject, what projects were going on and how much time students were actually spending on their work at home compared to the amount of time teachers thought it would take.

Again, thank you for your support in helping us gather this information.

Volunteers Needed: Cross-country competition

From MR. NOLL and MR. LAMBERT

The first annual Chengdu International Schools Association (CISA) X-country running competition will be held **at QSI on Tuesday, March 16 from 1:30 pm to 3:00 pm. We need many parent and teacher volunteers** in order to make this a successful event! Please contact either Ron Noll (noll_ron@hotmail.com) or David Lambert (david-lambert@qsi.org) before March 12 to volunteer.

The competition will have five age groups: three boys and three girls from each school in each age group. QSI is holding try-outs during PE classes and the "team" will be selected in the next few weeks.

Thank you in advance!



QSI International Week

March 15-19, 2010

Each year during International Week, one of the highlights for students is having their parents share an aspect of their culture with their classmates. Please help make this International Week a success by volunteering to do some of the following activities. Return this form to QSI before March 10.

_____ **Monday, Mar 15: Read a book or story** from your Home Country.
_____ Time (example: between 10:45 am -2:15 pm)
_____ Classes (example: 5 YO and 8 YO classes OR any class)

_____ **Tuesday, Mar 16: Sing the National Anthem or song** from your Home Country.
_____ Time _____ Classes

_____ **Wednesday, Mar 17: Share a craft or talk about a holiday** from your Home Country.
_____ Time _____ Classes

_____ **Thursday, March 18: Teach a game** from your Home Country.
_____ Time _____ Classes

Name of Parent

Dear Families, Please tape this to the dish you send in for our International Day Lunch. Your dish should be in the **cafeteria by 9 am** with heating or cooling instructions in a well labeled container. ****Please do not use NUTS in the food.**** Thank you so much and hope to see you on International Day!

International Day Lunch



Country: _____

Food Name: _____

Ingredients: _____

Provided by: _____ Family