



FEELING *STRESSED* BECAUSE IT IS *SO* HARD TO CATCH UP?

Have no fear. Help's here! The **FOCUS** team has assembled a to-do list to help you do just that.

Train Your Brain and boost your memory

When revising for tests or exams, you need a good memory to retain information and facts. Exercising your cognitive skills by following the tips below could be fun and effective ways to boost your memory. The **FOCUS** team has put together a few tips to help you make the best of your study sessions.

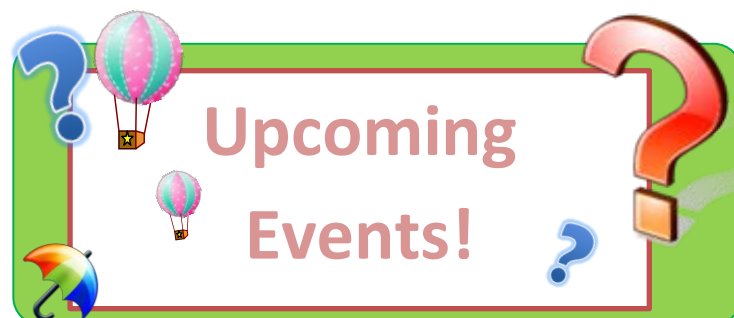
Exercise your brain by playing Crosswords, Word-Recall games, among many others. Tetris and even mobile apps dedicated to memory training are excellent ways to strengthen your memory.

Exercise your body by going for a quick jog or swim. Studies show that even one-off physical workouts can be very helpful in strengthening your memory.

SHARE your knowledge with people who study with you or even people you have just met. Teaching others what you know helps you to remember it better and for a longer period of time.

Noting it down with a pen on a piece of paper helps you to remember better. Research shows this method is better than typing it out on a keyboard.

Soon, you'll find that you have improved by so much more, and yourself enjoying your learning.



Some of you might be wondering that with so many fantastic journeys and adventures we have already had, would there be any more to look forward to in the next half of the year? Well, have no fear! The answer is a resounding 'Yes!'

Here are some of the major highlights to look forward to!

Thanksgiving Celebration



Christmas



Jr School Graduation Celebration



Share your thoughts with us!

Are there any thoughts and ideas that you would like to share with the teachers and students of Ascensia International School? Is there a meaningful event or wonderful experience that you had and would like us to know about? If you do, write them down on a clean and new piece of paper (you may obtain one by requesting it from a member of the staff). You may even choose to decorate it or attach a photo if you have one! Be creative and let your linguistic and creative energies flow. Title your writing 'A Meaningful Ascensia Experience'. After you are done, simply drop your creation into the **FOCUS** box by 29th Nov 2019. We would love to hear from you!



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Urban Learning Adventure

Dear Readers,



Learning at school is always full of discovery and excitement, so much so that many students profess that they look forward to the new adventures that each day will bring. From traipses in the yard to handling animals or building tools and models, the students discover knowledge rather than have it taught to them. Through the quintessential learning experiences, the students build knowledge and question even how they know what they know. No how tough the processes were, they persevered through them by reminding themselves to be inquirers, thinkers and risk-takers.

Forging through the challenges, our students are developing and preparing themselves to be innovative yet principled and caring leaders in spearheading the development of a better and brighter world for tomorrow.

Join us on the journey in this issue of **FOCUS**.

Yours sincerely,
Wong Wai Kong (Editor)



On the 29th September, 2019, the students of the Middle and High School set out on a journey to learn more about the urban planning and development at the Urban Redevelopment Authority, Singapore City Gallery in Chinatown. The students discovered how Singapore despite being small in size is able to maximise the usage of space to provide every person on the island with all the facilities they need. The students took on



the puzzles and research tasks with much enthusiasm, and through it challenged themselves to be inquirers, and exercising their research skills to the fullest!



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<https://www.facebook.com/Ascensia-100882184670453/>

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National Day Celebration

& Easter Celebration!



All the students and staff of Ascensia assembled were decked out in red and white to show the love and admiration for the home they have adopted – Singapore! The festivities started with a solemn speech from the Vice Principal sharing his perspectives about life in Singapore, how fortunate they are, and how they can do their part for the nation.



Creative cards wishing Singapore 'Happy birthday!'



Students eager to show off their knowledge about Singapore in a quiz.



The Great Easter Egg Hunt!

Every student scrambled in a search for the elusive eggs. They searched high and low but also did not forget to help others out by sharing what they found.



Mid-Autuum Celebration



In the Mid-Autumn Festival Celebration, the students immersed themselves fully in the celebratory events. They had the chance to try making mooncakes themselves. They toiled at kneading and moulding the mooncakes into shape all the while reflective of the significance of their societal and cultural roots. Other than that, they showed off the application of science and technology in their daily lives by using recycled materials to craft their very own lantern all with the hope of using what they have learnt and discovered to make a change for the world through raising awareness for conservation and recycling!



Students showing off their lanterns made with recycled materials.



Students tried their hand at making snow-skin mooncakes.



The student-made mooncakes. Success!

Teacher's Day

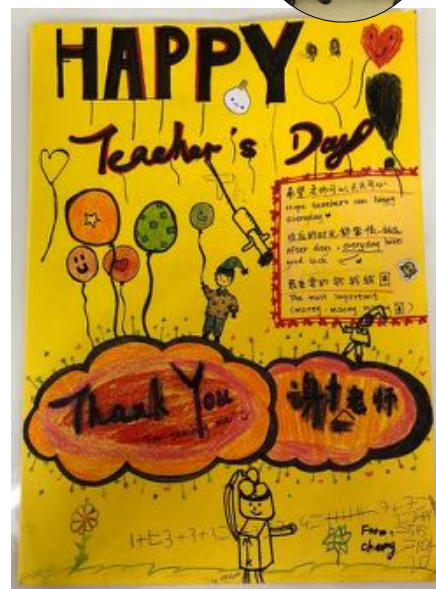
The preparation for Teacher's Day Celebration took place in the weeks preceding the actual Day. The students meticulously prepared cards and gifts for their teachers to show their gratitude and appreciation for what their teachers have done for them. It was a massive display of affection and outpouring of love. It is testimony to how our students and teachers learn together and celebrate one another as part of the Ascensia family!



The students put their heart and soul into designing the cards.



The teachers had a pot luck meal to celebrate the occasion.



Students demonstrate their creative and artistic talent when designing the cards for their teachers.



A Halloween Festival

On the 31st October, 2019, the staff and students celebrated Halloween with much fanfare and showed off their creativity and talent.

PYP 1 chanting verses to put everyone under their spell.



PYP 2 & 5 performing a play.

PYP 5 spooking everyone out of their wits with their costumes and a haunting play.



Halloween Fashion with flair.



Learning to be united and thinkers to solve the Jigsaw Puzzles.