

Dear Parents,

Getting enough rest and sleep is very important. Children and teens need the right amount of sleep to promote healthy brain functioning and physical health. Children and teens who get adequate sleep reduce stress and have overall healthier immune systems. Research also tells us that adequate sleep is a major contributor to a student's academic success. As you know, this time of year is very busy. The end of the semester is right around the corner, Friday, December 22nd. Students will be hard at work finishing up projects and if they are Secondary students, preparing for final exams. If you are a parent of Secondary students, please help them prepare by ensuring they rest and get enough sleep. Our students work really hard, and we know that with adequate sleep and support, they will end the semester successfully.

The Wuxi Education Bureau is providing all our G1-G12 students with an opportunity to complete an annual health and physical check on Tuesday, December 12. This full physical exam is required every year for each student and fortunately is provided at a low cost of 30 RMB, but only on Tuesday, December 12, 2023. **For more information, please click on the [link....](#)**

Health Reminders

If your child exhibits any cold or flu-like symptoms including fever, dry cough, fatigue, sore throat, and other symptoms, we ask that they stay home to recover. If your child has a fever, they will not be allowed to come back to school until they are fever-free without medication for at least 24 hours.

Lost and Found

We are seeing more jackets and other items starting to fill up in the Lost and Found. Please remind your students to stop by and collect their lost or left behind items.

Campus Location Update

A couple of weeks ago, I shared with you that an agreement was made with No. 3 High School that allows ISW to stay on the current campus until the end of the 2023-2024 school year. We will finish the year strong. We are currently exploring all of our options at this time and hope to have additional updates within the next couple of weeks.

Congratulations to our ECC/Elementary Students of the Month and Elementary Readers of the Month for the month of November. Congratulations students!



Congratulations to our Secondary Students of the Month.

	Student of the Month
G6-	Enzo Gabriel Araujo Lima
G8-	Jun Hyeok Jung
G9-	Isaac Shen Yu Wang
G11-	Huai Jun Shi

Here are some [important dates](#) and reminders to be aware of for the coming weeks.

SAT

- December 2nd

WIDA Assessments

- December 11-19th

Christmas Concerts

- Friday, December 8th.
 - Lower Elementary 9:30 am,
 - Upper Elementary 1:30 pm,
 - Secondary 6:00 pm

Health and Physical Check

- Tuesday, December 12th
- Forms turned in by Dec. 6th.

Pride Chip Total

Liddell Leopards -	889 points
Taylor Tigers -	874 points
Morrison Mountain Lions -	680 points
Goforth Jaguars -	528 points

For the month of November, our LifePlus 9 Qualities of Life focus is [Curiosity](#). Ask your child(ren) what they have learned about Curiosity and how it has impacted them this month.

Enjoy Your Weekend Wildcat Family!

Dr. Williams