

Dear Parents,

During this time of the year, in many parts of the world, people are preparing for the Christmas holiday. It is fun and exciting to see all the beautiful decorations and lights go up. Christmas cards are being written and sent to friends and families while many make wish lists of gifts they would like to receive and give out during the holiday season. 'Tis the season of giving. Students, of course, are excited because they know that the Christmas holiday break means no school for a couple of weeks. Families gather together to participate in those very special traditions that are family-specific. I would decorate my home with beautiful **Flores de Pascua rojas o blancas** (red or white Poinsettias) all around the fireplace and on the front porch area.

With all the fun and excitement, we cannot lose sight of the importance of being thankful for the provisions we already have and the Compassion we should have for one another. In my hometown, we would gather and donate gifts and clothing to children around the world. We would also volunteer at the Red Cross Shelter serving meals to people and families who may not have the opportunity to eat a Christmas dinner. Showing compassion means showing kindness to others and understanding other's feelings. The smallest things like holding the door for someone entering a building after you walk through show that you care. This is something we should take time to reflect on and make a part of who we are and what we do.

This week, our students demonstrated acts of kindness and compassion. **G6 student Minato Tanaka** was recognized by his peers and teachers because of his daily acts of kindness towards his friends in class. He is always helpful and encourages them to participate in class activities. When I asked him about Compassion he stated, **"I like helping others in and outside of class."** There have been many examples of students demonstrating **"Random Acts of Kindness"**. We will continue to make this a part of the ISW culture.

Last week I shared about the importance of getting enough rest and sleep. With the semester winding down, I would like to reemphasize how critical this is for our student's success. Adequate rest and sleep reduce stress and add benefits to the overall health of their immune systems. One of the biggest challenges is limiting the amount of screen time before bed. This includes T.V., cell phones, computers, and iPads just to name a few. Students fall asleep faster if they have a set bedtime and have limited access to electronic devices. We want our students to finish the semester successfully and we have full confidence that they will especially if they get enough rest and sleep.

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**. **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.

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

Christmas Concert

- Tonight, Secondary students perform at 6:00 pm.

WIDA Assessment

- December 11-19th, Monday – Tuesday.

Health and Physical Check

- December 12th, Tuesday @ #3 High School during school hours.
- **All forms were due on Wednesday, Dec. 6th.**

ISW Book Fair

- December 20-22nd, Wednesday – Friday.

End of the Semester

- December 22nd, **Friday.**

Pride Chip Total

Liddell Leopards -	943 points
Taylor Tigers -	940 points
Morrison Mountain Lions -	773 points
Goforth Jaguars -	550 points

Our [LifePlus 9 Qualities of Life](#) for the month of December is [Compassion](#). Ask your child(ren) what they have learned about Compassion and how it has impacted them this month.

Enjoy Your Weekend Wildcat Family!

Dr. Williams