



**ISTANBUL
INTERNATIONAL
COMMUNITY
SCHOOL**

Over 95 years of excellence in education.

IICS Friday Flash Newsletter - Issue: 35- 12 June 2009

LAST ISSUE OF THE YEAR!

From the Headmaster

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Dear Parents, Teachers and Students,

Welcome to the last Friday Flash of the 2008/9 school year. This is probably not the best time to go into lengthy farewells and tributes, suffice it to say that I have really enjoyed working with you all again this year. Regrettably, many of you will not be returning to IICS next year and I wish all of our leavers the very best in their new locations.

LAST DAY OF SCHOOL – TUESDAY JUNE 16

Please note that students will finish school at the normal Tuesday times:

Hisar: 1:30 pm

Marmara: 2:30 pm

NEW SCHOOL YEAR

Please note that the first day of the new school year is Monday August 24th. I have attached a **calendar** for your reference.

And finally, let me insist that you all have a magnificent summer vacation!

--**Jeremy Lewis**, Headmaster



Young Authors' Day at Hisar Campus

IICS MISSION STATEMENT

Through its challenging curriculum and strong staff-student relationships, IICS provides a caring environment that inspires each student to excel and to be inquisitive, creative, compassionate, balanced, and internationally-minded.

IB MISSION STATEMENT

The International Baccalaureate aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect. To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment. These programmes encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.

Over 95 years of excellence in education.

IICS is the only PK-12 international school in Istanbul fully authorized and globally accredited by IB, NEASC and CIS.





Secondary: Teens at Bomonti for a Greater Cause

This Monday, we, the homeroom of 10XJM, chaperoned by Ms McGarrigle, packed up our juice and watercolors to visit the Bomonti Old Age Facility. Firstly, our visit was for us to donate the 1000TL we raised throughout the numerous bake sales during the year, and secondly for us to demonstrate our involvement in relations other than financial. As one of the eldest residents (95 years old next March), showed us around, we saw exactly what the final results of our efforts in baking and selling would end up supporting. After the very thorough guided tour, we had familiarized ourselves with the dining and living rooms as well as the gardens and kitchen facilities, acquiring an insight into how the elders of the Bomonti spend their everyday. Soon after, it was time for us to take part in the housework by donating our much needed help to the very devoted nuns. We were split into smaller groups and spread out in order to make our efforts as effective as possible; our Turkish speakers enjoyed intimate conversations and watercolors with the elders, and the rest of us showed our dedication through sweeping, cooking and ironing.

As lunch time approached, it was our cue to leave. Only one last task to accomplish before departure-- as our class StuCo representatives handed over the money raised, we saw the gratitude it brought the Sisters.

On our return to school, a student expressed how constructive fieldtrip had been, and that they felt they really had an opportunity to do something... Homeroom10XJM wishes to thank Ms McGarrigle for arranging our excursion and encouraging us throughout the year; in the end we saw how smaller actions at IICS can lead to a big difference elsewhere in Istanbul and this will definitely be motivation for our future Community & Service activities.

--Olivia, 10XJM Student

Secondary: Grade 10 Graduation to DP



Primary: Grade 6 Graduation to MYP



Secondary: Music, Arts, Drama Fest



Primary: Young Authors' Day



Ten Tips to Improve Your Brain

Guy Kawasaki of *How to Change the World*

<http://blogs.openforum.com/2009/06/08/ten-tips-to-improve-your-brain/>

Dr. Richard Restak is a clinical professor of neurology at George Washington Hospital University School of Medicine and Health Sciences. He also is also a member of the clinical faculty at St Elizabeth's Hospital Overhoiser Division of Training, Department of Psychiatry, Washington, DC, and maintains a private practice in neurology and neuropsychiatry in Washington, DC. His most recent book is *Think Smart: A Neuroscientist's Prescription for Improving Your Brain's Performance*.

He provided me with this list of the top ten ways to improve your brain's performance:

1. **Take up video-gaming.** Action video games improve eye-hand coordination, improve spatial visualization skills, and increase the number of things that you can visually attend to simultaneously. [Editor's Note: this article was geared towards adults; though there are apparent benefits to the coordination skills aspect to video gaming, parents are encouraged to monitor the content of the games and limit the amount of time a child spends at this hobby.]
2. **Strengthen your memory.** Memory is our most vital mental faculty. Strengthening memory is an important component in lessening the odds of developing Alzheimer's disease.
3. **Learn a new word every day.** Learning new words not only enriches one's understanding of the world, but also enhances the brain's language centers and the prefrontal lobes where judgement and executive function are mediated. [You can learn a new word every day by subscribing to this feed from Answers.com.]
4. **Engage in spelling exercises.** Spelling forces you to mentally "see" the word prior to speaking it or writing it down. This exercises several language-related brain areas and circuits.
5. **Monitor your moods, fantasies, and self-talk.** If you find yourself immersed in upsetting or stressful scenarios, change your brain activity by switching to something that doesn't involve just your own concerns.
6. **Work off stress with increased physical activity.** A healthy brain requires good general health. You can decrease the harmful effects of stress on general health by exercising daily. But you should choose an exercise that appeals to you and that won't be considered a tiresome chore. Even just walking is fine. Walking four miles per week cuts down on the chances of later developing dementia by fifty percent.
7. **Take a twenty-minute nap every afternoon that you can manage it.** A daytime nap will produce nearly as much skill-memory enhancement as a whole night of sleep. So after you have taken a class or engaged in some other learning situation in the morning, consolidate that information by napping for a brief time in the afternoon after lunch when you're most likely to feel tired and fall asleep easier.
8. **Solve puzzles.** Different parts of the brain will be exercised depending on what kind of puzzle you choose. Crossword puzzles challenge the language and memory areas while jigsaw puzzles provide exercise for the parietal lobes. When you get proficient do the crossword puzzles in your mind without writing anything down and do the jigsaw puzzles with the picture side turned over so that you're working with shape and form alone.
9. **Work with your hands.** Few people other than musicians and surgeons are skilled in fine finger control. Whenever you perform an activity requiring finger dexterity you enhance your brain. Knitting, model-ship or model-train building are fine—taking up a musical instrument is even better.
10. **Pay more attention to your sensory experiences.** One of the most common causes of forgetting and poor memory relates to failures to register what is going on during the original experience. Practice sharpening your senses by identifying by name all of the herbs and essences you encounter in everything you eat. Challenges are as readily available as the nearest garden, spice-rack, and wine-tasting group.

As a small business owner, you certainly can't let your brain fade, so take Dr. Restak's advice.



Class of 2009 University Acceptances

As University acceptances begin to stream in, we will post them here so that everyone can share in the achievements of our studious Grade 12 students! Congratulations everyone!

Student	University	Location	Student	University	Location
Chris Akavi	Emory Univ.	USA	Jared Niehl	Rice Univ.	USA
	Franklin and Marshall College	USA	Sarah Reid	Brigham Young Univ.	USA
	George Washington Univ.	USA	Christin Robben	Erasmus University	NL
	Pennsylvania State Univ.	USA		Tilburg University	NL
	Univ. of British Columbia <i>-with Entrance Scholarship</i>	Canada		Webster University at Leiden	NL
Iris Behler	Brown Univ.	USA	Nesrin Samli	Univ. of Kent	UK
Joe Bounasser	Univ. of Exeter	UK		Univ. of Leeds	UK
	Univ. of Leicester	UK		University of Southampton	UK
	Univ. of Nottingham	UK	Alex Silva	Boston Univ.	USA
Mohamed Faramawy	New York Univ.	USA		McGill Univ.	Canada
Damla Karagöz	George Washington Univ.	USA		Northeastern Univ.	USA
	Ithaca College	USA		Univ. of British Columbia <i>-with Entrance Scholarship</i>	Canada
	Suffolk Univ.	USA	Jonathan Stegner	Indiana Univ./Bloomington	USA
	Mount Ida College	USA		Texas A & M Univ.	USA
Janina Korten	Roosevelt Academy	NL		Univ. of Illinois	USA
Lara Kunze-Concewitz	Emerson College	USA	Frank Sullivan	Maastricht Univ.	NL
	Univ. of Birmingham	UK		Univ. of Aberdeen	UK
	Univ. of East Anglia	UK		Univ. of Dundee	UK
	Univ. of Leicester	UK		Univ. of Kent	UK
Josh Lake	School of Audio Engineering, Middlesex Univ.	UK	Fleur van der Ende	Maastricht Univ.	NL
				Univ. of Bath	UK
Aksel Levi	Boston Univ.	USA		Univ. College London	UK
Philip Lungen	Maastricht Univ.	NL		Univ. of Manchester	UK
Luca Manera	Bocconi Univ.	IT		Univ. of Edinburgh	UK
	Univ. of British Columbia	Canada	Olga Yücer	Fashion Institute of Technology	USA
	Univ. of Exeter	UK		Fashion Institute of Design and Merchandising	USA
Desen Özkan	Tufts Univ.	USA		Istituto Marangoni	UK
	Univ. of British Columbia	Canada			
	Worcester Polytechnic Institute	USA			